

## 12 Step Worksheet Questions

### STEP 1

We admitted we were powerless over alcohol that our lives had become unmanageable.

*The first time I took a drink I knew it wasn't for me. Every time I drank I got drunk and I got sick. It made me forget. It made me suffer. With the help of others I finally surrendered.*

### QUESTIONS

1. How did alcohol control you?  
How and when did you really feel powerless over alcohol?  
When did you feel powerless over someone or something?
2. Who or what in your life is making you feel different and causing you stress to-day?  
Who do you feel is controlling you now?  
What situations, feelings, or realities have you been running from, denying, or avoiding?
3. What would you have to face in your own life if you stopped trying to control someone or something?  
What might happen if you stopped allowing someone or something to control you?
4. What in your life is unmanageable?  
What is your current condition in these areas: emotions, finances, spirituality, physical health, career?  
What are you doing for fun, pleasure and enjoyment?
5. What is the current state of your relationships with these people: family, friends, co-workers.  
Do you have any relationships, or are you feeling alone and isolated?
6. What is causing you to be resentful?  
Is there anyone you want to say something to? If so, why can't you say it?
7. What particular incident helped you to begin attending A.A. meetings?  
If attending for a time, what issue has been plaguing you most recently?  
When was the last time you did something loving and nurturing for yourself?  
Is there someone in your life that you feel is causing you misery?  
Do you feel that if he or she behaved differently, you would be happy?

### STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

*I came to realize I could not do it alone. I was very weak. I asked for help. Somehow I asked others and God to help me.*

### QUESTIONS

1. What are the activities that bring you hope and help you believe things are okay and will be okay?
  - a) Going to meetings?
  - b) Talking with other alcoholics?
  - c) Reading recovery material?
2. Name those who have helped you to believe the most in your future.
3. How have your ideas changed about what it means to be restored to sanity?  
Have your expectations about recovery changed?  
What do you expect from recovery now that is different from what you expected when you first stopped drinking?
4. For now, how do you define a Power greater than yourself?  
Do you believe that Power cares about you?
5. What is a reasonable plan of self-care for you to help you continue to believe that recovery can, and will, work for you?
6. What has been done for others in recovery that you would like to happen for yourself?  
Do you believe this is possible?
7. Make a list of the areas in your life where you would like to be restored.  
Your goals will be more effective if they center around restoring your own life rather than someone else's.

### STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

*I continued to believe in God. That God did not love me. How could God love me? I was doing so much to incur God's wrath and so little to deserve God's love. Now I believe God loves me no matter what.  
God is LOVE.*

## QUESTIONS

1. To remember this Step, you may find it helpful to write it down in the form of an affirmation. For example: "I have turned my life and my will over to the care of God today. All is well".
2. If all was well and on schedule in your life today, how would you feel?  
If things were being managed by a Power greater than yourself in a way that would work out in your best interests, what would your attitude be?
3. If you thought you had no power to control events, outcomes, or a particular person, how would you behave differently?  
What would you say or do?  
What would you stop saying or doing?
4. If nobody or nothing had control over you, what would you do differently with your life?  
How would you feel?
5. Taking this Step often puts you in touch with yourself. Listen to yourself. Write about what you feel, want, need, and think. Then share who you are with someone safe, someone you trust. Talk in a way that reflects self-responsibility, not victimization. Don't ask them to rescue you. Ask them to listen and accept you as you are.
6. What is the most loving, most nurturing thing available to you right now that you can use to take care of yourself and enjoy life?  
What will you do with it?

## STEP 4

Made a searching and fearless moral inventory of ourselves.

*I drank to forget what it was that bothered me. Once sober I realized I had to face unpleasant memories. Once I wrote these resentments, these negative feelings down on paper, they did not appear to be so life threatening.*

## QUESTIONS

1. Are there any things in your family history that bother you?  
What have you identified as old beliefs or feelings from the past?
2. Have you already done a Fourth Step? Did you find it difficult to do?  
Do you feel up-to-date with your feelings and issues?
3. Do you feel you ought to do a Fourth Step in the near future?  
You may want to set a reasonable goal for doing this Step.  
You can write your goal down and give yourself as much time as you want.  
For instance, "I want to do a Fourth Step in the next eighteen months." Or, "I want to do a Fourth Step in the next three weeks."
4. Do you feel blocked in any area of your life? Do you think it might be helpful to do a Fourth Step on that area?

## STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*I knew I had to tell someone someday how and why I had become who I was. I was so fearful. When I did it to the best of my ability, I felt good. I was so worried what the person listening to my fifth step would think and yet that person I did it with fell asleep.*

## QUESTIONS:

1. Did you ever make a fifth step?
2. Why are we afraid of the fifth step?
3. Do you really believe you are admitting to God, yourself and another the exact nature of your wrongs?
4. What do you think is needed for a good fifth step?
5. Have you ever listened to another making a fifth step?
6. How did you feel?
7. What are the benefits of doing a fifth step?
8. How would you coach someone who is terrified about doing a fifth step?

## STEP 6

Were entirely ready to have God remove all these defects of character.

*When I was drinking and in trouble, I wanted God to do everything for me. I was willing and able to do nothing. Now I realize that I have to turn it over but I have to do my part.*

## QUESTIONS

1. Do my character defects still have me do things I do not want to do but I do them anyway and get into trouble?
2. Are some of my character defects enjoyable because they give me pleasure?
3. Do I really want to be able to manage my character defects or do I want to continue to be managed by them?
4. Which character defects am I ready to give up?
5. Can I ask God for the willingness to do what I have to do, to rid myself of the character defects I am ready to give up?
6. Which character defects am I still unwilling to give up?
7. Am I ready to ask God for the willingness to give up the character defects I still want to keep?

## STEP 7

Humbly asked Him to remove our shortcomings.

*In the past I thought I was alone. At times I felt rejected and abandoned. I never asked for help. Now I realize God can do for me and with me what I could not do by myself. I open up to God now and humbly ask him to change what needs changing in me.*

## QUESTIONS

1. What are your fears about changing? Can you share these fears with anyone?
2. How have you already seen yourself changed?  
How much of this did you actually have to do?  
How much were you empowered to do?
3. Writing letters can be a great help. Can you write a letter to God, as you understand God and talk about what bothers you and what you would like to see changed about you? Can you ask God to help you change those things in yourself and your life that need changing?
4. If you are in doubt about what character defects to work on now, can you ask God to show you clearly what issues in your life would be improved if you would work the Sixth and Seventh Steps on them?
5. Can you picture yourself as you would like to become? Can you see yourself doing and being what you would like to do and be? Can you honestly and humbly ask God to help you become that person?

## STEP 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

*When I came into the program, I believed there were a lot more people who hurt me than I hurt. When I made my list and thought about it I realized I played a significant role in the broken relationships that ensued.*

## QUESTIONS

1. Did I ever make a list of persons I have harmed by my addiction?
2. Do I have relationships that need healing?
3. Which relationships bother me the most?
4. Are there any persons I am not at peace with?
5. What happened between me and these persons?
6. What frightens me about making amends?
7. What do I believe I need to do to repair the damage?
8. Do I believe it is helpful to make a second list of persons who hurt me?
9. Do I find it helpful to make a third list and put my name on it?
10. Am I willing and able to forgive myself and the persons who hurt me, to make amends to myself and all those I have hurt?
11. Can I pray for discernment and wisdom before making these 3 lists and before receiving the willingness to make amends to all these persons who were harmed?

## STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

*This step really scares me. I realized when I admitted my wrongs I was healing myself. Thank God for putting the words in my mouth. I realized: Hurt people hurt other people. To forgive is divine.*

## QUESTIONS

1. Did I ever make amends to other persons? How did I feel?
2. Do I find it necessary to develop a plan for when and how I will make amends to the persons on my list?

3. Would I feel better if I reviewed this plan with my sponsor?
4. Which relationship is bothering me the most at this moment?  
What do I think I would say to that person about my behaviors, my feelings if I were free to do so?
5. What is the biggest guilt I have right now?  
What do I believe I have to do to rid myself of that guilt?
6. Is it imperative to ask my Higher Power for wisdom and to seek guidance from my sponsor to avoid injuring the people I plan on making amends to or other innocent persons.
7. When an amend is made it might be helpful to write a self-forgiving note which may help us let go of guilt. It may read: "I accept and love myself. I have taken the responsibility for my behavior with \_\_\_\_\_, and I am now free to let the past go.
8. When we want to forgive others, we might write: "I have dealt with my feelings toward \_\_\_\_\_, and I have forgiven him or her. I have let go of my feelings toward that person and I allow peace and love to settle in us."

#### STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

*I do Step 10 quite often. Sometimes I think I do it too often. I feel low if I make a mistake. I never used to admit I was wrong. The people around me don't do it. Why should I? I guess I do it now because I do it for me - I need to do it.*

#### QUESTIONS

1. Do I believe it is useful to have a system or a format to review my thoughts, feelings and behaviors on a daily basis?
2. Do I prefer to take this inventory at a regular time each day or do I just let these inventory times happen naturally when the need arises?
3. When taking this inventory is it more beneficial for me to use a list of strengths as well as weaknesses?
4. When was the last time I caught myself doing or saying something I did not feel good about?
5. How did I feel? What did I do about it?  
Was it easy to follow my inner voice? Did it take long?
6. If I am in the habit of admitting my wrongs, do I still find it difficult or is it getting easier?  
Do I find I need not do this as often as before?
7. Do I check on fear, anger and resentment as they arise in my life?  
Do I still put myself down for negative feelings and behaviors?
8. Remember G. R. A. S. P! (I might want to check Guilt - Resentment - Anger and Self Pity as I strive to accept myself, others and God to-day.)

#### STEP 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

*I needed a Higher Power. I thought you had to be perfect to go to God - I eventually got a new God - A loving God. This loving God was always there for me, I found it difficult to believe God could love me - I now want to keep in touch with this loving God. God loves me no matter what.*

#### QUESTIONS

1. Do you pray?  
How do you pray?  
When do you pray?  
Where do you pray?
2. Do you meditate?  
Do you use meditation books?  
Which are your favorites?  
Do you listen to tapes?
3. What is prayer and meditation for you?
4. What is your favorite prayer? Why?
5. Is silence a part of your prayer and meditation?
6. Does it bother you to have the word God mentioned in Step 3 and Step 11?
7. What do you understand by the words "Conscious contact"?  
"God's will"?  
"Power to carry that out"?
8. Would it be useful for you to take a break when you are hurting or stressed out to find a place, be quiet, breathe deeply, let go of what troubles you and ask God for healing, peace and serenity?

## STEP 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

*I was brought up to look after others. I just got tired of being responsible for others. Who cared about me? Nobody helped me... but again I never asked anybody for help. I had to grow up. When I asked for help I got it. Now I like to help others. I like to go to meetings.*

## QUESTIONS

1. Do I believe I have experienced a spiritual awakening in my life?  
Was it as a result of the eleven previous steps?  
Can I describe how this spiritual awakening came about?  
How did it change me?
2. Do I ever carry the message to other alcoholics?  
How and when do I do this?  
How would I describe some of these experiences?  
How do I feel about these experiences?
3. Do I believe it is necessary for us to share our experience, strength and hope with other alcoholics?  
How can this be done?
4. While introducing recovery principles into my life what areas need more healing, more growth or change?
5. How has my relationship with myself changed since I began recovery?  
What do I think about myself now? What has changed the most in my life?
6. Do I wish to bring the spirit of love and tolerance into all parts of my life?
7. Do I still want to grow spiritually?  
Do I recognize that it is important to grow along spiritual lines and that I need not be perfect to go with God?