

# Alcoholics Anonymous (AA) Step 1 Worksheet

Name:

**AA Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.**

Write down the date and time when you decided to take Step 1.

Describe your relationship with alcohol. How has it affected your life physically, mentally, emotionally, and socially?

Reflect on your attempts to control or moderate your drinking. Have you tried to quit or cut down before? What were the results?

List specific instances where you felt completely powerless over alcohol. These could be times when you intended not to drink but did anyway or when you tried to stop but couldn't.

Define what "unmanageable" means to you in the context of your life and alcohol. How has your life become unmanageable due to your drinking?

List the areas of your life that have been negatively impacted by alcohol (e.g., relationships, job, health, legal issues, etc.).

Write about any losses or consequences you've experienced as a result of your drinking.

Reflect on your behavior and attitudes while under the influence of alcohol. How does it compare to your behavior and attitudes when sober?

Write a statement that acknowledges your powerlessness over alcohol and the unmanageability of your life. For example: "I admit that I am powerless over alcohol, and my life has become unmanageable because of it."

Share this statement with someone you trust, such as a sponsor, therapist, or fellow AA member. Discuss your feelings and thoughts about taking this step.

**Additional notes**