

AA Step 1 Worksheet

Name: Maurice Weir

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.

I decided to take Step 1 on September 1, 2023.

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

Alcohol has had a profound impact on my life. Physically, it's taken a toll on my health, leading to weight gain and various health issues. Mentally, it's clouded my judgment and caused anxiety and depression. Emotionally, it's driven a wedge between me and my loved ones as I've become moody and unreliable. Socially, it's isolated me from friends who no longer want to be around when I'm drinking.

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

I've tried to quit or cut down on my drinking several times over the past few years. I've set rules for myself, like only drinking on weekends or limiting the number of drinks, but I always end up breaking those rules.

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.

One specific instance that stands out is when I promised my family I wouldn't drink at a family gathering, but I couldn't resist and ended up drinking excessively. Another time, I got pulled over for DUI, and I had promised myself I would never drink and drive again.

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

To me, "unmanageable" means that I've lost control over various aspects of my life due to alcohol. I can't predict how much I'll drink when I start, and I often make impulsive decisions while under the influence that I later regret. My drinking has damaged my relationships, affected my work performance, and caused serious health problems.

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

Alcohol has negatively impacted nearly every area of my life. My marriage is strained because my spouse can't trust me anymore. I've had warnings at work for showing up late or hungover. My physical health is deteriorating, with my doctor warning me about liver damage. Legal issues, like that DUI, have left me anxious about my future.

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

I've lost the trust of my family, and some of my closest friends have distanced themselves from me. I've been suspended from work and had to deal with expensive legal fees and penalties. My health has deteriorated to the point where I need medical treatment, and I've accumulated a significant amount of debt.

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

When I'm under the influence, I become a completely different person. I become reckless, impulsive, and often engage in risky behaviors that I wouldn't even consider when sober. I've said hurtful things to loved ones and made promises I couldn't keep.

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."

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.

I shared my acceptance statement with my sponsor, and it was a relief to finally say those words out loud. My sponsor was understanding and shared their own experiences with Step 1, which made me feel less alone in this struggle.

Additional notes

Taking this step has been difficult, but I'm beginning to accept that I can't continue down this destructive path on my own. I'm ready to seek help and support, and I believe that this is the first step toward a better life in recovery.