

## AA First Step Worksheet Answer Key PDF

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### Part 1: Building a Foundation

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**What is the primary purpose of the AA First Step Worksheet?**

undefined. To plan future goals

**undefined. To admit powerlessness over alcohol ✓**

undefined. To track daily activities

undefined. To create a budget

The primary purpose is to help individuals admit their powerlessness over alcohol.

**Which of the following are key components of the first step in AA? (Select all that apply)**

**undefined. Admitting powerlessness over alcohol ✓**

**undefined. Recognizing unmanageability in life ✓**

undefined. Setting financial goals

undefined. Building a support network

Key components include admitting powerlessness and recognizing unmanageability.

**Describe what is meant by 'powerlessness' in the context of the AA First Step.**

**Powerlessness refers to the inability to control drinking and the consequences that follow.**

**List two effects of alcohol that contribute to unmanageability in life.**

1. Effect 1

**Relationship issues**

2. Effect 2

**Job loss**

Effects may include relationship issues and job loss.

## Part 2: Comprehension and Interpretation

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**How does the concept of unmanageability manifest in an individual's life?**

undefined. Improved relationships

undefined. Increased productivity

**undefined. Chaos and dysfunction ✓**

undefined. Better health

It often manifests as chaos and dysfunction in various aspects of life.

**Explain why self-reflection and honesty are crucial when working through the AA First Step Worksheet.**

**Self-reflection and honesty are essential for recognizing the truth about one's situation and facilitating change.**

**Which of the following are reasons why support systems are important in AA? (Select all that apply)**

**undefined. They provide accountability ✓**

undefined. They ensure financial stability

**undefined. They offer encouragement ✓**

**undefined. They help with denial ✓**

Support systems provide accountability, encouragement, and help with denial.

## Part 3: Application and Analysis

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**Which action best demonstrates acceptance in the context of the AA First Step?**

undefined. Continuing to drink but attending meetings

**undefined. Acknowledging the impact of alcohol and seeking help ✓**

undefined. Avoiding discussions about alcohol

undefined. Blaming others for drinking habits

Acknowledging the impact of alcohol and seeking help demonstrates acceptance.

**Imagine a scenario where an individual has recognized their powerlessness over alcohol. Describe the next steps they might take to address unmanageability in their life.**

**Next steps may include seeking support, attending meetings, and making lifestyle changes.**

**Identify two ways an individual can build a support network within AA.**

1. Way 1

**Attending meetings**

2. Way 2

**Connecting with sponsors**

Ways to build a support network include attending meetings and connecting with sponsors.

**What is the relationship between denial and the need for self-reflection in the AA First Step?**

undefined. Denial helps avoid self-reflection

undefined. Self-reflection reinforces denial

**undefined. Denial is reduced through self-reflection ✓**

undefined. Denial and self-reflection are unrelated

Denial is reduced through self-reflection, allowing for greater awareness.

## **Part 4: Evaluation and Creation**

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**Evaluate the effectiveness of the AA First Step Worksheet in promoting personal change. What are its strengths and potential limitations?**

**The worksheet is effective in guiding self-reflection but may lack personalization for some individuals.**

**Propose two new strategies that could be added to the AA First Step Worksheet to enhance its effectiveness.**

1. Strategy 1

## Guides journaling

### 2. Strategy 2

#### Peer mentorship programs

Strategies could include guided journaling and peer mentorship programs.

#### **Which factor is most critical for successfully completing the AA First Step?**

undefined. Financial stability

**undefined. Willingness to change ✓**

undefined. Physical health

undefined. Social status

Willingness to change is the most critical factor for success.