

AA Step 1 Worksheet

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Part 1: Foundational Knowledge

What is the primary focus of Step 1 in the AA program?

Hint: Think about the main principle of Step 1.

- A) Developing coping strategies
- B) Admitting powerlessness over alcohol
- C) Learning about the effects of alcohol
- D) Building social networks

Which of the following are components of Step 1? (Select all that apply)

Hint: Consider the key elements that define Step 1.

- A) Powerlessness
- B) Life unmanageability
- C) Developing new hobbies
- D) Financial planning

Explain what it means to admit powerlessness over alcohol in your own words.

Hint: Reflect on the implications of this admission.

List two emotions commonly experienced when confronting Step 1.

Hint: Think about feelings that arise during this process.

1. Emotion 1

2. Emotion 2

Which practice is often used to help individuals accept their powerlessness over alcohol?

Hint: Consider common practices in recovery.

- A) Exercise routines
- B) Meditation and prayer
- C) Financial budgeting
- D) Career planning

Part 2: Understanding Emotional and Mental States

Why is honesty important in Step 1? (Select all that apply)

Hint: Think about the role of honesty in recovery.

- A) It helps in building trust with others.
- B) It allows for a true assessment of one's situation.
- C) It is required for attending AA meetings.
- D) It helps in overcoming denial.

Describe how denial can affect an individual's progress in Step 1.

Hint: Consider the implications of denial on recovery.

What role does a sponsor play in the AA program?

Hint: Think about the support system in AA.

- A) Provides financial support
- B) Offers guidance and support through the steps
- C) Organizes social events
- D) Conducts therapy sessions

Part 3: Applying Knowledge to New Situations

Imagine you are taking a personal inventory. Describe a scenario where alcohol has impacted a relationship in your life.

Hint: Reflect on a specific relationship and its challenges.

Which of the following are effective strategies for accepting powerlessness? (Select all that apply)

Hint: Consider strategies that promote acceptance.

- A) Journaling
- B) AvoidING discussions about alcohol
- C) Attending AA meetings
- D) Engaging in denial

If someone feels overwhelmed by guilt and shame in Step 1, what is a recommended course of action?

Hint: Think about healthy coping mechanisms.

- A) Isolate themselves
- B) Share their feelings in a meeting
- C) Stop attending meetings

- D) Focus solely on work

Part 4: Analyzing Relationships

Analyze how the concepts of powerlessness and life unmanageability are interconnected in Step 1.

Hint: Reflect on the relationship between these concepts.

How does recognizing life unmanageability help in the recovery process? (Select all that apply)

Hint: Consider the benefits of acknowledging unmanageability.

- A) It highlights areas needing change.
- B) It justifies continued drinking.
- C) It motivates seeking help.
- D) It reduces the need for a sponsor.

Which emotion is most likely to hinder progress in Step 1 if not addressed?

Hint: Think about emotions that can block recovery.

- A) Happiness
- B) Anger
- C) Guilt
- D) Curiosity

Part 5: Synthesis and Reflection

Evaluate the effectiveness of community support in overcoming denial during Step 1.

Hint: Reflect on the role of community in recovery.

Propose two creative strategies to help someone struggling with acceptance in Step 1.

Hint: Think about innovative approaches to acceptance.

1. Strategy 1

2. Strategy 2

In what way can journaling enhance the process of Step 1?

Hint: Consider the benefits of writing in recovery.

- A) By distracting from the main issues
- B) By documenting daily activities
- C) By providing a space for self-reflection
- D) By listing daily expenses