

AA Step 1 Worksheet Questions and Answers PDF

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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

■ The primary focus of Step 1 is admitting powerlessness over alcohol.

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

■ Components of Step 1 include powerlessness and life unmanageability.

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

Hint: Reflect on the implications of this admission.

Admitting powerlessness means recognizing that one cannot control their drinking and that it has become unmanageable.

List two emotions commonly experienced when confronting Step 1.

Hint: Think about feelings that arise during this process.

1. Emotion 1

Fear

2. Emotion 2

Shame

Common emotions include fear and shame.

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

Meditation and prayer are often used to help individuals accept their powerlessness.

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. ✓

■ Honesty is crucial for a true assessment of one's situation and overcoming denial.

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

Hint: Consider the implications of denial on recovery.

■ Denials can hinder progress by preventing individuals from acknowledging their issues and seeking help.

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

■ A sponsor offers guidance and support through the steps of recovery.

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.

Describe a personal experience where alcohol created issues in a relationship.

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

Effective strategies include journaling and attending AA meetings.

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

Sharing feelings in a meeting is a recommended course of action.

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.

Powerlessness often leads to life unmanageability, as individuals struggle to control their drinking and its consequences.

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.

Recognizing life unmanageability highlights areas needing change and motivates seeking help.

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

Guilt is an emotion that can significantly hinder progress if not addressed.

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.

Community support is effective in overcoming denial by providing accountability and shared experiences.

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

Hint: Think about innovative approaches to acceptance.

1. Strategy 1

Art therapy

2. Strategy 2

Support groups focused on acceptance

Creative strategies might include art therapy and support groups focused on acceptance.

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

Journaling enhances the process by providing a space for self-reflection.