

12 Step Deep Dive Worksheet

Comprehensive step-by-step reflection

Printable worksheet · 13 parts

Name _____ Date _____

12 Step Recovery Worksheet

Steps Completed: 0%

Your Recovery Journey

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PART 1 OF 13

Welcome & Introduction

This is a list of questions for working the 12 Step program for recovery from addictive behavior. You are invited to pick those questions that seem most relevant to your recovery and answer them to the best of your ability.

Note: This does not claim to be a definitive list of questions or replace a therapist, good friend or sponsor in any way. It is hoped that this questionnaire will help you gain more insight, strength, and sense of closure as you work the program.

Remember: The process of recovery can be a very delicate process. It may be one of the most important and difficult things that you ever do in your life, so you are admonished to be gentle with yourself, get outside help when you need it and make time for nurturing activities in this process.

In finding the right balance between diligence and gentleness, you will hopefully greatly enhance your process of recovery.

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PART 2 OF 13

Step 1

We admitted we were powerless over alcohol and that our lives have become unmanageable

19 questions

1. Have you seriously damaged your relationships with other people because of your addictive behaviors? If so, list the relationships and how you damaged them.

2. If other people have told you how you have hurt them, then write down what they said.

3. Describe any missed appointments that resulted from your addictive behaviors.

4. Describe any memory lapses where you cannot account for where you were.

5. Describe any times that you cannot recall how you got home.

6. Describe times and ways that you have significantly neglected or damaged relationships with your loved ones in order to indulge in your addictive behaviors or because you were recovering from your addictive behaviors.

7. Describe any illnesses that have resulted from your addictive behaviors.

8. If your addictive behavior contributed to excessive spending, describe the situations and why you did it.

9. Describe times that you have withdrawn from social interaction and isolated yourself to an extreme degree and why.

10. Describe incidents where you expressed inappropriate anger towards other people.

11. Describe embarrassing or humiliating incidents in your life. Were they related to your addictive behaviors? If so, how were they related?

12. Describe attempts that you have made in the past to control your addictive behaviors. How successful have they been? Do these attempts show the powerlessness that you have over your addictive behaviors?

13. Do you feel any remorse from the ways that you have acted in your life? If so, explain that in detail.

14. Describe any irrational or crazy set of events that have happened since you began your addictive behavior. Did you rationalize this behavior? If so, in what way?

15. Have you avoided people because they did not share in or approve of your addictive behavior? If so, list these people and situations.

16. Describe any dreams that you have had that exhibit the unmanageability or chaos of your life.

17. Can you pinpoint one time period in your life when your life began to become extremely unmanageable? If so, describe that period of time and what was happening.

18. Is there one incident or insight that made you realize that your life was unmanageable? If so, describe it in detail.

19. How would you summarize the powerlessness and unmanageability of your life in the face of your addiction?

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PART 3 OF 13

Step 2

Came to believe that a power greater than myself can restore me to sanity

9 questions

1. What was the religion that your family of origin practiced or claimed to be a part of?

2. List the positive and negative aspects as you see it of your family's religion.

3. Have you made a break with your family's religion or have you stayed with it? Explain why you have taken your particular course of action.

4. What other people have helped you to see the unmanageability of your life? Do they believe in a Higher Power and if so describe their belief as far as you know of it.

5. Recall some of your best friends from childhood or adolescence. Describe what you liked best about them and what they liked best about you? Do you think that these qualities have any relationship to a Higher Power? Explain.

6. From the following list of groups, indicate whether you could share in their values or not: • Twelve Step Group • Conservative Christian church • Liberal Christian church • Synagogue • Mosque • Hindu temple • Buddhist temple • Unitarian or non-Christian church • Non-religious ethical organization • Activist Humanitarian group (e.g. Amnesty Intl) • Environmental Organization (e.g., Sierra Club)

7. Describe events, situations or people who have helped you to understand what a "Higher Power" or God is all about.

8. Describe any dreams that you have had about a "Higher Power" or God, and what they mean to you.

9. What have been your previous experiences with religion? How do think that this does or does not relate to your experience with God as you understand God.

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Step 3

Made a decision to turn my will and my life over to the care of God as I understand him

11 questions

1. What are your greatest fears about giving up control over your life to God as you understand God?

2. What things, people or circumstances have you tried to control in the past and how has that turned out? Do you think that God will be able to handle your life better than you have?

3. How do you feel in general about turning your life over to God?

4. In what ways will you keep up the process of turning your life over to God? Possibilities include going to religious services, 12 Step meetings, meeting with others in recovery, writing a journal, service to others, meditation, reading, physical exercise, contacting your sponsor or engaging in therapy.

5. How would you answer the question "Who am I"?

6. How would you answer the question "Who is God"? In other words, describe God as you understand God.

7. Describe who or what you trust and to what degree.

8. In what do you find meaning now or think that you can find meaning in the future?

9. How do you think that you should live your life after giving your life over to the care of God as you understand God? What changes do you expect to make and how will this look in specific detail?

10. How do you plan to celebrate or honor this step of turning your life over to the care of God?

11. Describe any celebration or honoring activity that you have actually made in turning your life over to the care of God.

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Step 4

Made a searching and fearless moral inventory of myself

6 questions

1. Have you had any broken relationships? If so, describe them and how they hurt others or yourself. Describe any grudges, anger or resentment that you have over these relationships.

2. Have you ever felt self-righteous? Explain when and the circumstances. Was this justified? Elaborate.

3. What events or triggers have caused you to begin your addictive behaviors in the past? Describe situations, feelings, events, food or people that you seem to be a part of your life just before or during your addictive behaviors.

4. Have you ever held a grudge? Did you try to get revenge? If so, explain the situation and how it played out, including whether or not someone else was hurt.

5. Describe times that you have been oversensitive. Did this ever damage your relationship with others, or were you just trying to keep your own boundaries?

6. Describe the faults that you most detest in others. Do you have any of these traits yourself?

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Step 5

Admit to God, to myself and to another human being the exact nature of my wrongs

3 questions

1. After working through the fourth step questions, what do you realize about your limitations and capabilities?

2. Describe any person who has helped you to see yourself more clearly and objectively in your process of recovery and of life.

3. What qualities would you like to have in a sponsor? How do the people in the list of possible sponsors measure up to these criteria?

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Step 6

Became entirely ready to have God remove all of these defects of character

2 questions

1. Do you have any fairy tales or myths that you feel a special affinity with? Why?

2. Describe situations and events where you have been full of pride. What has this brought into your life that you like or enjoy? What problems has it caused you?

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Step 7

Humbly asked him to remove our shortcomings

2 questions

1. What defects will be most difficult to give up? In what order to you plan to give them up?

2. What kind of situations, stressors or pressures cause you to regress back into your defects of character? What can you do to lessen the likelihood of that stress occurring?

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Step 8

Made a list of persons that we have harmed and become willing to make amends to them all

2 questions

1. How have you hurt yourself by practicing your addiction?

2. What important relationships did you destroy or damage because of your addictive behaviors?

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Step 9

Made direct amends to such people whenever possible, except when to do so would injure them or others

1 questions

1. What amends do you think that you have already made? These can include apologies already made, helpful tasks for those that you have hurt, changed attitudes and so forth.

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Step 10

Continue to take personal inventory and when we are wrong we promptly admit it

1 questions

1. What is your plan to allow time for reflection each day?

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Step 11

Through prayer and meditation we seek to improve our conscious contact with God as we understand God, praying only for knowledge of God's will for us and the power to carry that out

1 questions

1. Can you recall anytime that your life was heading in the wrong direction? If so, what brought you back? Describe this in detail.

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Step 12

Having had a spiritual awakening as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs

1 questions

1. Have you been able to reach out to another recovering addict? If so, describe the situation and how it feels to you.

One Step at a Time

Recovery is a journey, not a destination. Each step you take is a victory. Be patient with yourself, celebrate your progress, and remember that you're not alone.

"Progress, not perfection."

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