

Twelve Step Journals: Step One

“We admitted that we were powerless over (our addiction) and that our lives had become unmanageable.”

Step One Lists

Step work is designed to unearth your complete history of use and abuse. Inventories are a great way to work the steps. For Step One, generate the following three lists:

1. **Consequences List:** The easiest way to break through the fog of addiction is to create a list of consequences related to the behavior.
2. **Powerlessness List:** Go for as many examples of your powerlessness over your addictive behavior as possible. Be as fearlessly honest as you can, starting with early examples and ending with the most recent. (A note on “Powerlessness” this is used to exemplify the cravings in an alcoholic [or any addict] that are so intense that the ability to resist is almost impossible. Once an alcoholic takes a drink, a chemical reaction occurs within that body, setting off an intense craving for more.)
3. **Unmanageability List:** Write out the ways in which your addiction has created chaos and destruction in your life.

Ask yourself the following questions while doing Step One:

1. What does addiction mean to me?
2. How has my addiction affected me physically? Mentally? Spiritually? Emotionally? Financially?
3. How does the self-centered part of my addiction affect my life and the life of those around me?
4. Have I blamed other people for my behavior?
5. Have I compared my addiction with other people’s addictions?
6. What does unmanageability mean to me?
7. What troubles have been caused because of my addiction?
8. Have I used my addiction to change or suppress my feelings?
9. What reservations am I still holding onto?
10. Do I accept that I’ll never regain “control” over my addiction, even after a long period without use?
11. What could my life be like if I surrendered completely?
12. Am I WILLING: to follow a sponsor’s direction, go to meetings regularly and give recovery my best effort?
13. Have I made peace with the fact that I’m addicted and that I’ll have to do things to stay clean?