

## STEP ONE WRITTEN INVENTORY

We ADMITTED we were POWERLESS over alcohol and that our lives had become UNMANAGEABLE

" We admit that we are powerless over our alcoholism-addiction and that our lives [and minds] have been and are unmanageable."

Write your own definition of each word in this Step. Look each word up individually in the dictionary.

Write what each part means to you:

### ADMITTED

In the dictionary, look up and write out the definition of "**admitted**".

Write your own definition of "admitted."

### POWERLESS

What is your definition of powerless?

In the dictionary, look up and write out the definition of "powerless".

What does it mean to me that I am powerless over food?

How am I powerless over food?

How am I powerless over food when I am in my disease?

How am I powerless over food in my recovery?

Even if I have been abstinent for a significant length of time, over what am I powerless?

What other aspects of my life am I powerless over?

In what ways has my disease been active recently?

How do I behave compulsively?

### ADDICTION

In the dictionary, look up and write out the definition of "addiction".

Write down all definitions for addiction. (Stated or Implied)

What is the disease of addiction?

Why is being clean not enough?

Write out benefits of accepting your powerlessness over your addiction.

### UNMANAGEABILITY: define

"How is my life unmanageable today?"

In the dictionary, look up and write out the definition of "unmanageable."

Write out your definition of "unmanageable."

How was my life unmanageable in my addiction?

How is my life unmanageable in recovery?

Who managed your life when using and who manages your life in recovery?

What in my life can I truly manage?

Am I addicted to changing my mood? What do I try to change? In what ways am I addicted to looking outside of myself for exterior things to change the way I feel?

Are there situations that I fear will be so painful that I will drink again?  
How is my addictive thinking and behavior manifested in my life today? Be specific.  
What is it like when I am obsessed with someone or something?  
Do I maintain a crisis mentality, reacting to every challenge as a personal insult? How has this affected my life?  
Do I insist on having my own way? Do I consider the needs of others? How has this behavior/attitude affected my relationships?

What does sponsorship have to do with the 1st Step?  
How do I apply the First Step in my life?  
Am I willing to accept the Steps as a way of life?

Write out the benefits of surrendering your life to a 12 step program of recovery.

As we each go about our daily activities, we think about the people, places, and things that are unmanageable, or over which we are powerless.

Each day we write: "I cannot control / have no power over\_\_\_\_\_."

We also list what we can control and what we do have power over.

Am I aware that, if I have been abstinent from alcohol a while, Step 1 is about my powerlessness over some other behavior or thought-habit that reflects the unmanageability of my life and mind?  
Am I aware that I need to find a way to stop that behavior so that my surrender is not blocked by continued acting out?  
How does an appalling lack of perspective relate to sanity, honesty, or humility? (5: 5) What do sanity, honesty, and humility mean to me? [Optional: 12&12 pp, 48: 0; 58: 1; 72: 2]

### **The Program of Action (9: 6)**

What is my understanding of the practical program of action? (9: 6)  
How did this derive from the non-alcoholic Oxford Groups of that day? ( xvi: 0; and see 263: 0)  
What are the essential requirements, as I understand them? (13: 5 - 14: 0)  
How do I understand, It meant destruction of self-centeredness? (14: 1)

### **DAILY PRACTICE OF STEP 1 PRINCIPLES:**

Do I know that admitting powerlessness does not mean admitting worthlessness?  
How may I accept my new freedom in no longer having to lie about my drinking?  
How may I stay in touch with the reality of my disease, no matter how long I have been free from drinking?  
In what ways today have I begun to be honest in recovery?  
Can I tell my sponsor or someone else when I have been thinking about drinking or acting out on my disease in some other way?

How am I practicing open-mindedness, humility, and willingness today?

What are the principles by which the individual alcoholic could live? (xix: 1)

What are the principles by which AA groups and AA as a whole could survive and function? (xix: 1)

### **The Spiritual Experience**

In what ways is my being sober today evidence of having tapped an unsuspected inner resource which I may identify with [my own] conception of a Power greater than [myself]? (567: 4-568: 0)

In what ways had I come to believe in the hopelessness and futility of life as I had been living it? (25: 1)

Have I felt I had but two alternatives?

- One was to go on to the bitter end, blotting out the consciousness of our intolerable situation...
- ...and the other, to accept spiritual help? (25: 3 )

How does one go about accepting spiritual help? Might one's spiritual life then include our constant thought of others and how we may help meet their needs? (20: 0) Can I accept that the concept of "others" includes me?

Am I ready for the self-searching, the leveling of [my] pride and the confession of shortcomings that the process requires? (25: 1) (See also 42:1, 2; 64: 1; 122: 1)

Have I experienced the presence of a higher power? Be specific.

### **Psychic Change**

What is my understanding of a psychic change?

**TAKE STEP 1** Take Step 1 in the second paragraph of BB page 30.

...We had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. (30: 2)

This is how the Big Book authors described taking Step 1. If we concede, then according to the Big Book and under the conditions of this day, we take Step 1. As with all of the Steps, we each take Step 1 when we each say so.

Some write a statement such as this:

"I admit I am powerless over \_\_\_\_\_. My life is unmanageable."

\_\_\_\_\_ (signature) \_\_\_\_\_ (date)