



HEALTH
 INTENTION
 SPIRITUALITY
 PRUDENCE
 ACCURATE THOUGHT
 LOVE
 SELF-EFFICACY



12th STEP WORKSHEET

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

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

- Describe your most recent spiritual awakening:
- What feelings do you have about your spiritual self?
- How might others interpret you if you try to explain the spiritual awakening caused by working the 12 steps?

Enlightened	Fellow	Cultish	Well meaning
Empathetic	Hostile	Informed	Unintelligent
Peaceful	Burdened	Free	Independent
Small minded	Religious	Constrained	Crazy
Other?			

- How have you tried to carry this message to one who has wished to experience a 12 step process for any trouble?

Person	Circumstance

5. How do you practice the spiritual principles in your life?

Surrender	
Hope	
Commitment	
Honesty	
Truth	
Willingness	
Humility	
Reflection	
Amendment	
Vigilance	
Spirituality	
Service	

Attach page if necessary.