

Step One Worksheet – Use the “Tornado Exercise” to look at your life...

1. Have you worked **all 12 Steps** of Alcoholics Anonymous **completely** since coming into the program of Alcoholics Anonymous?
2. Can you say “Yes” to all **12** of these statements? **Have you:** (1. Admitted Powerless over alcohol; 2. Admitted life unmanageability; 3. Come to believe in the Power of God; 4. Given your Will and Life over to God; 5. Written Three inventories (resentment, fear, & harms to others (sex emphasized)); 6. Written a Sex Ideal; 7. Shared it all - No more “take it to the grave” stuff; 8. Asked God to remove your defects; 9. Finished All amends that you know of, accepting responsibility, paid all the money back, changed your behavior - especially at home, completed what they asked of you to make your relationships right; 10. A daily prayer life; 11. A daily meditation life; 12. Been in the trenches – actually 12 stepping drunks, volunteering & doing service work etc.) If No, why not?
3. Have you continued to do **all 12 Steps** in some part of your daily life on at least an annual basis? If not, which Steps have you been skimping on?
4. Have you been having trouble with personal relationships (family, friends, co-workers)? If so, with whom?
5. What seems to be the problems that you are having with the people in your relationships?
6. Whom do you resent...why? (ie: Is it because THEY aren't doing what you want and you aren't getting YOUR way?)
7. Is there anyone that you refuse to forgive? If so, who is it and what did they do to you?
8. Are you full of fear in your relationships? Is your whole life shot through with fears? What are your fears?
9. How successful are you at managing your sober life today? Have you been careless with your program (not doing what you know you should be doing)? What specifically haven't you been doing?
10. Are you able to control your emotional nature? Are you quick to criticize with a biting or sarcastic tongue? Why?
11. Do you fly off the handle easily (using a raised voice while arguing, or yelling & screaming)? With whom specifically? (family, spouse, kids, coworkers)
12. Are you impatient with others? Are you impatient with certain situations? If so, where specifically are you most impatient?
13. Do you exhibit or participate in Road Rage? If so, do you think that is sane, emotionally sober behavior?
14. What fears trigger this behavior in you?
15. Can you be alone with yourself in quiet? (One + comfortable hour with **No:** Reading, T.V., Music, Radio or Phone). If not, why?
16. Would other people describe you as: having a short temper, being argumentative or hard to get along with? Would other people describe you as being “emotionally volatile” or “Passionate”? Would you describe yourself as a controlling person? Would others describe you as a “Control Freak”? If so, Write down who in your life would describe you this way (boss, coworkers, the fellowship, family, spouse, kids) and which description you think they would apply to you.
17. Do you want to become a better person? For yourself or because you will become more effective for God? Can you be thankful for someone else for pointing out your weaknesses and opening up your eyes to them? What if the person pointing out your weaknesses were your enemy?
18. Do you face criticism with calmness & peace inside because you know it can lead to growth? If not, what are you afraid of?
19. Do you feel like you have to “Win” while getting your point across in discussions, arguments or fights? If so, why (could it be that you are ego-driven)? What are you afraid of when you are trying to “Win”?
20. Would your family say that you are controlling when it comes to money? Are you a good steward with God's money? Are you cheap? If so, are you cheap in all areas? How about when it comes to things you want? Do you Tithe? If so, do you tithe with money? Do you tithe (other than AA work) with your time?
21. In looking back over your life, what memories are still Painful, Guilty or do you still feel "dirty" about?
22. Do you loath (hate, abhor, despise, or detest) something about yourself? If so, what?
23. What current defects of character, do you perceive, are preventing you from being at peace?
24. Today, in what ways do you feel inadequate as a person?
25. Have you been unhappy lately? Do you sulk in silent scorn? If so, where (home, the fellowship, in relationships, at work, with friends)?
26. Have you recently been prey to Misery? Have you recently been prey to Depression? Have you recently been prey to Whining or Complaining? Have you recently been prey to “Martyrdom”? If so, where in your life and about what?
27. In what areas of your life are you still playing the Victim And Why? (home life, the fellowship, relationships, work)
28. Have you had a feeling of uselessness lately?
29. Are you able to be of real help to other people? (Living Amends - Making a substantial difference at home, at work, at school, at church, as a volunteer, as a sponsor, as a mentor, as a parent, as a friend etc.)
30. What are your goals for working the Steps this time through?
31. What are your goals for the future as you see them today?