

# STEP 1

We admitted we were powerless over drugs and alcohol-that our lives had become unmanageable.

## Presentation Day

- All clients and staff in group have a blank copy of this Step 1.
- Group leader reads these presentation guidelines.
- Clients will each read a question and presenting client will answer from their worksheet.
- All clients will have opportunity to ask follow-up questions after each answer.
- At the end of the presentation, each group member will give the presenting client feedback ***about their Step 1 presentation***, providing one positive and one concern about the presentation.

# STEP 1

1. Have you ever tried to stop drinking or using *completely*? \_\_\_\_\_ What was the result? Explain.

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2. Have you ever tried to limit or control the amount of alcohol or drugs you used by-limiting *dosage*? (Example: promising yourself, or someone else you would only have 2 drinks) What were the results?

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3. Give examples of how you tried to limit or control the amount of alcohol or drugs you used by - *switching* drinks or substances.

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4. Give examples of how you tried to limit or control the amount of alcohol or drugs you used by - limiting the *time* for drinking/drugging. (Example; not drinking/drugging before a certain time each day.)

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5. Have you ever awakened in the morning after drinking/drugging and found you could not remember part of the evening? Explain

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# Step 1

6. What have you done to try and drink or use without having bad results? (Example; only use at home) **Explain**

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7. What have you done to try and limit or avoid the bad effects of drinking or using on your *health*? (Example, taking over the counter medications like antacids, aspirin, ets).

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8. How else did you try to control the results of your using or drinking, were you successful? **Explain**

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9. What was it in your life that was unacceptable to *you* and brought you to need help?

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10. What crisis, *other* than the one that finally brought you to this room, would eventually have occurred?

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# Step 1

11. How has drugging-drinking affected your self esteem, self image and your self respect? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. Have you ever gotten into physical fights as a result of your using drugs or alcohol? Describe \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. Have you ever lost a job or a promotion as a result of your using? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. Have you ever lost a close relationship/friendship as a result of *your* using drugs or alcohol? \_\_\_\_\_ Who? \_\_\_\_\_ What happened? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. Have you ever been hospitalized (regular or psychiatric) as a result of your using? Explain. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Step 1

16. Have you been very depressed? \_\_\_\_\_ Have you felt like life was not worth living? \_\_\_\_\_  
Have you ever attempted suicide? \_\_\_\_\_

**Explain** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

17. How have drugs or alcohol affected your goals for your life, and the progress you have made to achieve them? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18. How has drinking-drugging affected your heart, liver, skin, stomach, nervous system, any pain, any tingling or numbness?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

19. Give examples of when your drugging/drinking put your life, or the life of someone else in danger.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

20. What is it about your behavior when you use that your family/friends object to **most**?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Step 1

21. Has any physical abuse happened to you *or* others as a result of **your** drinking/drugging? \_\_\_\_\_

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22. How has your using affected you - even when you are sober? \_\_\_\_\_

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23. How did **active** use affect you spiritually ?

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24. What things have you done during your using that you would have never done if sober? \_\_\_\_\_

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25. What relationship(s) has most been injured because of your using? Explain

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# Step 1

26. How much has your using cost *financially*? Include the cost of drugs, alcohol, court costs, attorney fees, wrecked vehicles, foreclosed homes, lost wages, etc. **Do not guess**, List your categories at the bottom - *ask* for a calculator, to add them up.

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27. What does powerlessness mean to *you*?

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28. What convinces you, you can no longer use drugs or alcohol **safely**?

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