

Step 1 Workbook v2: Powerlessness and Unmanageability

Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.

This is the beginning of honesty. Step 1 isn't just about drinking—it's about the patterns that kept us trapped, the lies we told ourselves, and the illusion of control we clung to. This is where freedom begins: not by fighting, but by admitting defeat and asking for help.

Reflection Questions

1. What does 'powerless over alcohol' mean to you—beyond the words?
2. What attempts did you make to control or manage your drinking, and how did those end?
3. In what ways did alcohol change your behavior, morals, or relationships?
4. How did you try to hide, justify, or minimize your drinking?
5. What consequences—emotional, relational, financial, spiritual—did you suffer as a result of drinking?
6. How has your life been unmanageable even during dry spells or attempts at moderation?
7. What lies did you believe about yourself or alcohol that kept you trapped?
8. How did your drinking affect people you love—and how did you respond to that?
9. What feelings did you try to numb or escape through drinking?
10. What was your emotional and spiritual bottom—and what finally made you ask for help?
11. What does surrender look like in your life today?
12. What might accepting Step 1 make possible for you now?

Quotes from AA Literature

Big Book (4th Edition)

"We learned that we had to fully concede to our innermost selves that we were alcoholics." — Big Book, p. 30

"The delusion that we are like other people, or presently may be, has to be smashed." — Big Book, p. 30

"The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker." — Big Book, p. 30

Twelve Steps and Twelve Traditions

"Who cares to admit complete defeat? Practically no one, of course." — 12 & 12, Step 1

"Until we so humble ourselves, our sobriety—if any—will be precarious." — 12 & 12, Step 1

"We perceive that only through utter defeat are we able to take our first steps toward liberation and strength." — 12 & 12, Step 1

Plain Language Big Book

"In Step One, we stop denying that we have a problem and accept that we need help." — Plain Language Big Book

"Our lives don't have to be falling apart on the outside to be unmanageable on the inside." — Plain Language Big Book

"Powerlessness isn't failure—it's the first honest step toward recovery." — Plain Language Big Book

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Affirmations

Write affirmations that help you stay honest, open, and willing to receive help from others and from your Higher Power.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for the willingness to be completely honest about your drinking and to accept the help offered to you.

Step 2 Workbook v2: Hope and Belief

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

This step opens the door to hope. You don't have to understand a Higher Power—you just need to stop believing the lie that you're all alone and beyond help. Willingness is the key. This is about possibility, not perfection.

Reflection Questions

1. What does 'sanity' mean to you—and where in your life has that been missing?
2. In what ways did your own thinking lead to the problems you faced?
3. How have you experienced moments of clarity or grace, even before getting sober?
4. What does it mean to be 'willing to believe' rather than certain?
5. How have fear, pride, or control gotten in the way of faith?
6. What has your resistance to the idea of a Higher Power looked like?
7. What kind of relationship would you want with a Power greater than yourself?
8. Where do you already see signs that something bigger is at work?
9. What would it look like to let go of your old ideas, just for today?
10. What's the difference between blind belief and spiritual openness?
11. How might your life begin to change if you stopped fighting the idea of help?
12. What are you afraid might happen if you really trusted something beyond yourself?

Quotes from AA Literature

Big Book (4th Edition)

"We had to find a power by which we could live, and it had to be a Power greater than ourselves." — Big Book, p. 45

"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" — Big Book, p. 47

"Lack of power, that was our dilemma." — Big Book, p. 45

Twelve Steps and Twelve Traditions

"Belief meant reliance, not defiance." — 12 & 12, Step 2

"Even a beginner in AA may trust the group implicitly long before he comes to believe in God." — 12 & 12, Step 2

"Our ability to reason has often led us into all kinds of trouble." — 12 & 12, Step 2

Plain Language Big Book

"We stop pretending we are in control of everything and admit we need help." — Plain Language Big Book

"We don't need to understand God. We just need to believe change is possible." — Plain Language Big Book

"This Step is about hope. It's about seeing a way forward, even when you don't have all the answers." — Plain Language Big Book

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Affirmations

Write affirmations that reflect spiritual openness, humility, and willingness to believe something new.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for willingness to believe—even if you're scared or unsure. Ask for spiritual guidance.

Step 3 Workbook v2: Turning It Over

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

This is the step of alignment. It's not about giving up—it's about choosing trust over control. When we stop managing everything ourselves, we make room for real spiritual direction. We decide to let go of the wheel and invite a Higher Power to guide us.

Reflection Questions

1. What would it mean for you to fully let go of control?
2. Where has self-will shown up in your decisions—and what were the results?
3. What does it feel like to try to manage your own life without guidance?
4. What parts of your story are hardest to surrender?
5. How has fear shaped your actions more than trust?
6. What do you imagine a life guided by spiritual principles would feel like?
7. What values or actions help you feel aligned with something greater?
8. What does the Third Step Prayer mean to you, line by line?
9. Where do you still try to play God—and why?
10. What blocks you from trusting your Higher Power fully?
11. What do you need to stop managing today?
12. What does 'care of God' look like to you, in a practical sense?

Quotes from AA Literature

Big Book (4th Edition)

"We had to quit playing God. It didn't work." — Big Book, p. 62

"We decided that hereafter in this drama of life, God was going to be our Director." — Big Book, p. 62

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt..." — Big Book, p. 63

Twelve Steps and Twelve Traditions

"Faith is more than our greatest gift; its sharing with others is our greatest responsibility." — 12 & 12, Step 3

"Every man and woman who has joined AA and intends to stick has, without realizing it, made a beginning on Step Three." — 12 & 12, Step 3

"Each of us has to find what kind of relationship with God works for us." — 12 & 12, Step 3

Plain Language Big Book

"We decide to stop trying to run the show by ourselves." — Plain Language Big Book

"Turning it over doesn't mean giving up—it means getting aligned." — Plain Language Big Book

"This Step reminds us that we're not alone and we don't have to figure it all out." — Plain Language Big Book

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Affirmations

Write affirmations that reflect your willingness to let go, to be guided, and to trust something greater than self.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer of surrender, asking for the strength to follow your Higher Power's will instead of your own plans.

Step 4 Workbook v2: Searching and Fearless Moral Inventory

Step 4: Made a searching and fearless moral inventory of ourselves.

This is the step of truth. We face our patterns—resentment, fear, selfishness, shame—not to punish ourselves, but to heal. This inventory is not about blame. It's about seeing the truth, taking responsibility, and preparing for freedom.

Reflection Questions

1. Who are you angry with, and what old pain is underneath the anger?
2. What fears drive your actions—especially fears you don't usually admit?
3. How have dishonesty, pride, or self-pity shaped your behaviour?
4. What relationships (past or present) have you damaged—and how?
5. What patterns do you see in your resentments?
6. Where have you acted out of selfishness or control, even with good intentions?
7. What memories bring you shame—and how do you usually cope with them?
8. How have you harmed others with your words, silence, or manipulation?
9. What lies have you told yourself about your past or your pain?
10. Where do you still play the victim—and how is that keeping you stuck?
11. What emotions are hardest for you to feel or express?
12. What truths are you finally ready to face without judgment?

Quotes from AA Literature

Big Book (4th Edition)

"Resentment is the "number one" offender. It destroys more alcoholics than anything else." — Big Book, p. 64

"We went back through our lives. Nothing counted but thoroughness and honesty." — Big Book, p. 65

"We searched out the flaws in our make-up which caused our failure." — Big Book, p. 64

Twelve Steps and Twelve Traditions

"Creation gave us instincts for a purpose. Without them, we wouldn't be complete human beings." — 12 & 12, Step 4

"Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been." — 12 & 12, Step 4

"The sponsor points out that the newcomer has some assets too, and helps him to view his defects with balance." — 12 & 12, Step 4

Plain Language Big Book

"This Step is where we begin to get honest with ourselves." — Plain Language Big Book

"You can't fix a problem if you're not willing to see it clearly." — Plain Language Big Book

"The truth might feel painful—but it also sets you free." — Plain Language Big Book

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Affirmations

Write affirmations that encourage honesty, courage, and self-compassion as you take your inventory.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for the strength to see yourself clearly and the courage to be gentle with what you find.

Step 5 Workbook v2: Admitted to God, to Ourselves, and to Another Human Being

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

This is the step of release. Secrets lose their power when they're spoken. We name what's been hidden—not to feel shame, but to find healing. Telling the truth out loud allows us to stop hiding and start connecting. This step invites honesty, humility, and deep freedom.

Reflection Questions

1. What does it feel like to say the truth out loud—and why have you avoided it?
2. Who have you trusted enough to be fully honest with—and what made that possible?
3. What are you most afraid someone would find out about you?
4. What's the difference between admitting your behaviour and revealing your motives?
5. What part of your story feels hardest to share—and why?
6. How have secrets shaped your self-worth or identity?
7. What does it mean to take responsibility without self-hatred?
8. How have you experienced relief or connection by telling the truth?
9. What patterns become clearer when you say them out loud?
10. What would it feel like to be fully known and still loved?
11. What makes confession sacred—not just scary?
12. What truths are you ready to stop carrying alone?

Quotes from AA Literature

Big Book (4th Edition)

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past." — Big Book, p. 75

"We must be entirely honest with somebody if we expect to live long or happily in this world." — Big Book, p. 73

"The best reason first: If we skip this vital step, we may not overcome drinking." — Big Book, p. 72

Twelve Steps and Twelve Traditions

"A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them." — 12 & 12, Step 5

"They told him that if he wanted to get well, he would have to tell someone else all about himself." — 12 & 12, Step 5

"Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking..." — 12 & 12, Step 5

Plain Language Big Book

"Step Five is where shame begins to lose its grip." — Plain Language Big Book

"Speaking the truth allows us to stop pretending and start healing." — Plain Language Big Book

"When we share the exact nature of our wrongs, we invite light into our darkest places." — Plain Language Big Book

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Affirmations

Write affirmations that remind you that your worth is not based on your past, but on your willingness to grow.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer for courage, clarity, and humility as you prepare to share your inventory with another person.

Step 6 Workbook v2: Were Entirely Ready to Have God Remove All These Defects of Character

Step 6: Were entirely ready to have God remove all these defects of character.

This step is about willingness. We stop clinging to what no longer serves us. It's not about perfection—it's about readiness. When we let go of pride, fear, control, and judgment, we create space for grace. Readiness invites transformation.

Reflection Questions

1. Which character defects are hardest for you to let go of—and why?
2. How do these defects serve or protect you, even if they cause harm?
3. What does being 'entirely ready' look like in your daily life?
4. Where do you still justify harmful attitudes or behaviours?
5. How do fear, resentment, or control still show up in your relationships?
6. What are you afraid might happen if you let go of a specific defect?
7. What spiritual principles do you want to practice in place of your old patterns?
8. What's the difference between self-improvement and spiritual transformation?
9. Where are you still trying to manage or edit your character defects?
10. How does humility shift your perspective on change?
11. What would it feel like to be truly free from your most toxic trait?
12. What are you willing to release today, even if it's uncomfortable?

Quotes from AA Literature

Big Book (4th Edition)

"Are we now ready to let God remove from us all the things which we have admitted are objectionable?" — Big Book, p. 76

"Can He now take them all—every one?" — Big Book, p. 76

"If we still cling to something we will not let go, we ask God to help us be willing." — Big Book, p. 76

Twelve Steps and Twelve Traditions

"This is the Step that separates the men from the boys." — 12 & 12, Step 6

"The difference between 'the boys and the men' is the difference between striving for a self-determined objective and for the perfect objective which is of God." — 12 & 12, Step 6

"We accept our shortcomings as facts and become willing to let go of them, one day at a time." — 12 & 12, Step 6

Plain Language Big Book

"We may not be entirely ready, but we can become willing to be willing." — Plain Language Big Book

"Step Six is about honesty. Are we truly ready to change, or just pretending?" — Plain Language Big Book

"Being ready doesn't mean we have to know how. It means we stop resisting the process." — Plain Language Big Book

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Affirmations

Write affirmations about your willingness to change and your openness to a new way of living.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for the willingness to let go of your character defects and trust the process of transformation.

Step 7 Workbook v2: Humbly Asked Him to Remove Our Shortcomings

Step 7: Humbly asked Him to remove our shortcomings.

This is the step of humility. True humility is not self-deprecation—it's self-honesty. We acknowledge we can't remove our defects through willpower alone. We ask for help, not to become perfect, but to become free. Step 7 is where grace meets willingness.

Reflection Questions

1. What does humility mean to you—and how is it different from humiliation?
2. What keeps you from asking for help with your shortcomings?
3. What would it look like to stop managing your image and start embracing change?
4. How have your shortcomings harmed you or others, even when unintentional?
5. What do you hope life would feel like without these old patterns?
6. How do pride or fear still block your willingness to grow?
7. What would it mean to let your Higher Power—not your ego—lead your healing?
8. What's one defect you're truly ready to let go of—and why now?
9. Where are you still trying to earn love instead of receiving it?
10. How does humility open the door to grace?
11. What would change if you truly believed you were loved—even with your flaws?
12. What's one area of your life you want to surrender more deeply to your Higher Power?

Quotes from AA Literature

Big Book (4th Edition)

"We were now at Step Seven. We humbly asked Him to remove our shortcomings." — Big Book, p. 76

"The chief activator of our defects has been self-centered fear." — Big Book, p. 76

"Faith without works is dead." — Big Book, p. 76

Twelve Steps and Twelve Traditions

"The attainment of greater humility is the foundation principle of each of AA's Twelve Steps." — 12 & 12, Step 7

"Indeed, the attainment of greater humility is the foundation principle of each of AA's Twelve Steps." — 12 & 12, Step 7

"We never thought of making honesty, tolerance, and true love of man and God the daily basis of living." — 12 & 12, Step 7

Plain Language Big Book

"Humility isn't thinking less of yourself—it's thinking of yourself less." — Plain Language Big Book

"We ask our Higher Power to help us change, because we know we can't do it alone." — Plain Language Big Book

"Step Seven is where we stop trying to fix ourselves and start letting ourselves be transformed." — Plain Language Big Book

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Affirmations

Write affirmations about humility, honesty, and your readiness to let go of what no longer serves you.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking your Higher Power to remove the defects that stand in the way of your usefulness and peace.

Step 8 Workbook v2: Made a List of All Persons We Had Harmed and Became Willing to Make Amends to Them All

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

This is the step of accountability. We face the damage we've done—not to shame ourselves, but to clean up the wreckage. Willingness comes before action. This step is about honesty, courage, and preparation. Healing starts with naming the truth.

Reflection Questions

1. Who comes to mind immediately when you think of people you've harmed—and why?
2. What forms of harm have you caused beyond alcohol—emotional, financial, spiritual?
3. How did your behavior affect others, even when you didn't mean to hurt them?
4. What fears or justifications have kept you from looking at your part?
5. Who are you most resistant to putting on your list—and what does that resistance reveal?
6. What's the difference between guilt, shame, and accountability?
7. How has your need to be right blocked your ability to make things right?
8. Where do you owe amends to yourself—for self-neglect or betrayal?
9. What unfinished conversations or broken relationships still weigh on your heart?
10. What does it mean to become willing to make amends—even if you're not ready to act yet?
11. How might making amends restore not just relationships—but your own integrity?
12. What would freedom look like if you could walk through life with nothing to hide?

Quotes from AA Literature

Big Book (4th Edition)

"We made a list of all persons we had harmed, and became willing to make amends to them all." — Big Book, p. 76

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves." — Big Book, p. 76

"Faith without works is dead. The next chapter is entirely devoted to Step Nine." — Big Book, p. 76

Twelve Steps and Twelve Traditions

"Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake." — 12 & 12, Step 8

"The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Eight." — 12 & 12, Step 8

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." — 12 & 12, Step 8

Plain Language Big Book

"Step Eight helps us prepare to set things right with others—and with ourselves." — Plain Language Big Book

"This is not about who was worse. It's about owning your part and being willing to change." — Plain Language Big Book

"Being willing doesn't mean rushing. It means opening your heart to healing." — Plain Language Big Book
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Affirmations

Write affirmations about courage, accountability, and your desire to heal relationships honestly and humbly.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for the willingness to face those you've harmed, and the guidance to begin making things right.

Step 9 Workbook v2: Made Direct Amends Wherever Possible, Except When to Do So Would Injure Them or Others

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

This is the step of action. Making amends is not just saying 'I'm sorry'—it's taking responsibility and changing behavior. We repair what we can, face what we've avoided, and learn to walk through fear. This is where spiritual growth becomes visible.

Reflection Questions

1. What is the difference between an apology and a true amend?
2. Which amends feel the most urgent to make—and why?
3. Which amends are you avoiding—and what are you afraid might happen?
4. How can you make amends without reopening old wounds or causing new harm?
5. Where do you need to listen more than speak when making amends?
6. What does it mean to approach someone with no expectations of their response?
7. How do you know if you're truly ready to make a particular amend?
8. What does living amends mean to you—and where might that be the right path?
9. How do you stay spiritually grounded when you're scared of rejection or confrontation?
10. How might your actions demonstrate change more powerfully than your words?
11. Where do you need to forgive yourself—even as you take responsibility?
12. What would it feel like to walk through life with nothing left to hide or regret?

Quotes from AA Literature

Big Book (4th Edition)

"Although these reparations take innumerable forms, there are some general principles which we find guiding." — Big Book, p. 83

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will." — Big Book, p. 76

"If we are painstaking about this phase of our development, we will be amazed before we are halfway through." — Big Book, p. 83

Twelve Steps and Twelve Traditions

"Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine." — 12 & 12, Step 9

"Above all, we should try to be absolutely sure that we are not delaying because we are afraid." — 12 & 12, Step 9

"There can only be one consideration which should qualify our desire for a complete disclosure of the damage we have done. That will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends." — 12 & 12, Step 9

Plain Language Big Book

"This step is about repairing damage, restoring trust, and rebuilding integrity." — Plain Language Big Book

"It's not about being forgiven—it's about doing what's right." — Plain Language Big Book

"Making amends isn't always easy, but it frees us to move forward without guilt or shame." — Plain Language Big Book

Affirmations

Write affirmations about courage, integrity, and your commitment to walk in truth and love.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for wisdom, clarity, and humility as you prepare to make direct amends—guided by love, not fear.

Step 10 Workbook v2: Continued to Take Personal Inventory and When We Were Wrong Promptly Admitted It

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

This is the step of daily practice. Step 10 keeps us spiritually fit by helping us catch patterns before they spiral. It's not about perfection—it's about awareness and correction. We take responsibility in real time, not just in hindsight.

Reflection Questions

1. What does a personal inventory look like in your daily life?
2. What emotions or behaviours are red flags that you're off track?
3. How do you typically respond when you realize you're wrong?
4. What's the difference between justification and self-examination?
5. Where in your life are you most resistant to being corrected?
6. What habits help you stay spiritually aware throughout the day?
7. What patterns do you keep catching yourself in—and what are they teaching you?
8. How does prompt admission of wrongs build trust with others?
9. What's one recent situation where you could have made a different choice?
10. How do fear or ego still interfere with your willingness to admit fault?
11. What does it feel like to stay current with your spiritual condition?
12. How would your life change if you practiced Step 10 more consistently?

Quotes from AA Literature

Big Book (4th Edition)

"Continue to watch for selfishness, dishonesty, resentment, and fear." — Big Book, p. 84

"When these crop up, we ask God at once to remove them." — Big Book, p. 84

"We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness." — Big Book, p. 84

Twelve Steps and Twelve Traditions

"We can try to stop making unreasonable demands upon those we love. We can show kindness where we had shown none." — 12 & 12, Step 10

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." — 12 & 12, Step 10

"Our first objective will be the development of self-restraint." — 12 & 12, Step 10

Plain Language Big Book

"This step is how we keep from drifting back into old habits." — Plain Language Big Book

"Step 10 is like a spiritual tune-up. It helps us stay honest and balanced." — Plain Language Big Book

"We admit mistakes quickly so they don't turn into deeper harm." — Plain Language Big Book

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Affirmations

Write affirmations about daily awareness, emotional honesty, and the willingness to grow through discomfort.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for daily guidance to recognize your part, make amends quickly, and stay aligned with your Higher Power.

Step 11 Workbook v2: Sought Through Prayer and Meditation to Improve Our Conscious Contact With God

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

This is the step of spiritual connection. It's not about ritual—it's about relationship. We seek guidance, not control. Through prayer we speak. Through meditation we listen. We grow closer to the God of our understanding and let that contact shape our actions.

Reflection Questions

1. What does 'conscious contact' with your Higher Power mean to you?
2. What blocks you from feeling spiritually connected on a regular basis?
3. How has your idea of prayer changed since coming into the program?
4. What are your current prayer habits—and how do they affect your day?
5. What kinds of meditation (stillness, reflection, spiritual reading, etc.) speak to you?
6. When have you experienced clarity or peace after seeking guidance?
7. What happens when you pray only for God's will, not your own wishes?
8. How do you tell the difference between your will and God's will?
9. What role does gratitude play in your spiritual practice?
10. What distractions, habits, or beliefs get in the way of spiritual growth?
11. What does it feel like when you're aligned with spiritual direction?
12. What's one small way you can deepen your spiritual practice this week?

Quotes from AA Literature

Big Book (4th Edition)

"We ask especially for freedom from self-will, and are careful to make no request for ourselves only." — Big Book, p. 87

"What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind." — Big Book, p. 87

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action." — Big Book, p. 87

Twelve Steps and Twelve Traditions

"Prayer and meditation are our principal means of conscious contact with God." — 12 & 12, Step 11

"Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine." — 12 & 12, Step 11

"The attitude of prayerfulness, meditation, and humility guides our lives into useful and peaceful channels." — 12 & 12, Step 11

Plain Language Big Book

"Step Eleven is about listening as much as speaking." — Plain Language Big Book

"We improve our spiritual connection by showing up consistently, not perfectly." — Plain Language Big Book

"The goal isn't to feel spiritual—it's to stay willing, honest, and open." — Plain Language Big Book

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Affirmations

Write affirmations that reflect your desire for deeper connection, spiritual growth, and guidance.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer asking for quiet clarity, willingness to listen, and the power to follow the next right action.

Step 12 Workbook v2: Having Had a Spiritual Awakening as the Result of These Steps

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

This is the step of service and integration. Recovery is not just about what we get—it's about what we give. We become carriers of the message, examples of the spiritual life, and practitioners of honesty, humility, and love. Step 12 is not graduation. It's a beginning.

Reflection Questions

1. What does 'spiritual awakening' mean to you—and how have you experienced it so far?
2. How have the 12 Steps changed your thinking, actions, or relationships?
3. In what ways do you carry the message of recovery, both directly and indirectly?
4. What fears or doubts still come up when you think about sponsoring others?
5. How do you share your experience without trying to fix or control others?
6. What spiritual principles do you return to daily—and how do they guide your choices?
7. Where do you still struggle to apply recovery in your personal or professional life?
8. What are the signs that you're spiritually fit—and what are the signs that you're not?
9. What does 'being of service' mean to you, and how does it help keep you sober?
10. Who helped you most in your recovery—and what did they do that mattered?
11. How do you practice attraction rather than promotion when carrying the message?
12. What kind of legacy do you want to leave in your recovery community?

Quotes from AA Literature

Big Book (4th Edition)

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." — Big Book, p. 89

"Freely you have received, freely give." — Big Book, p. 89

"We are sure God wants us to be happy, joyous, and free." — Big Book, p. 133

Twelve Steps and Twelve Traditions

"Working with others is not only good for them—it's good for us." — 12 & 12, Step 12

"We have entered the world of the spirit. Our job is to grow in understanding and effectiveness." — 12 & 12, Step 12

"True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God." — 12 & 12, Step 12

Plain Language Big Book

"You don't have to be perfect to be useful—you just have to be honest." — Plain Language Big Book

"The 12th Step is where we give back what was freely given to us." — Plain Language Big Book

"Carrying the message helps us stay connected, humble, and spiritually grounded." — Plain Language Big Book

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Affirmations

Write affirmations that reflect your spiritual growth, your willingness to serve, and your commitment to living the Steps.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer of gratitude for your recovery, and ask for guidance to carry the message with love, humility, and truth.