



Step 12 AA Worksheet

The Step 12 Worksheet

The real work of the 12th step is carrying the message to alcoholics. But to do that, the following exercises help to strengthen your message when you speak to the alcoholic.

Carry the Message to Alcoholics

1. Think about what carrying the message means to you. We have many opportunities to carry the message at meetings and beyond AA. We carry the message of recovery with us wherever we go.

2. How can you carry the message in a way that relates to other alcoholics?

3. Name three experiences you can share with someone new in recovery.

Experience 1:

Experience 2:

Experience 3:

4. When did you sponsor someone and how was that experience?

5. If you haven't sponsored anyone, are you willing to sponsor in the future?



Practicing the Principles in All Our Affairs

1. What principles of the program have you learned in your recovery journey? (Name 3)

- A.
- B.
- C.

2. How do you practice these principles each day?

- A.
- B.
- C.

3. How do these principles lead you on a better path in your life outside of recovery?