

Al-Anon Step 1 Worksheet

Admitting Powerlessness · A Reflection Guide for Family and Friends

We admitted we were powerless over alcohol, that our lives had become unmanageable.

Step One, as practiced in Al-Anon Family Groups

This worksheet is for anyone whose life has been affected by someone else's drinking. There is no scoring and no right answer. Take your time, be gentle with yourself, and let your own honesty guide you.

Name: _____ Date: _____

1. What brought you to Al-Anon?

Whose drinking has affected your life? What finally made you reach out for help, and how are you feeling as you begin?

2. What have I tried to control?

List the ways you have tried to manage, fix, or stop someone else's drinking. Be honest about what happened and what it cost you. The first row is an example.

What I Tried to Control	What Happened	How It Affected Me
Poured out their liquor	They bought more the next day	I felt angry, tired, and foolish

3. How do I react when my loved one drinks?

Circle the feeling closest to yours, then note how strong it is and how long it stays with you.

Angry	Anxious	Ashamed	Numb	Hopeful
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4. Where have I felt shame for someone else's behavior?

Think of family events, work, church, or time with friends. When did you cover, explain, or apologize for something you did not do?

5. How do I know my life has become unmanageable?

Look at your sleep, health, work, finances, and friendships. Where has worry about another person taken over your days?

6. What parts of myself have I set aside?

Name the friendships, interests, rest, or dreams you put on hold while your attention was on someone else.

7. What am I feeling right now?

Many of us lost touch with our own feelings while watching someone else. Name three feelings you have been carrying, without judging them.

8. The Three C's

Many of us hear these words at our first meeting. Write where each one speaks to you.

I didn't cause it.

Where have I blamed myself for someone else's drinking?

I can't cure it.

What have I done to try to fix it or make it go away?

I can't control it.

Where am I still trying to manage the outcome?

9. What would it feel like to let go?

Picture setting down responsibilities that were never yours to carry. What might change in your life, whether your loved one is drinking or not?

Reflection: Am I powerless over alcohol and over another person's drinking? Has my life become unmanageable?

Look back over your answers. No worksheet can decide this for you, but your own honesty can. Whatever you conclude, you are not alone, and you never have to do this alone again.

The Serenity Prayer

*God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

When you finish, share this worksheet with your sponsor or a trusted friend in Al-Anon. Keep it. Reading it again later can show you how far you have come.

Note: This worksheet is for personal reflection and education only and is not medical advice. If you or someone you love is struggling with alcohol or other drugs, please reach out to a qualified professional or a local recovery group. If you or your family are ever unsafe, contact local emergency services. Step One wording is from the Twelve Steps of Alcoholics Anonymous, published by Alcoholics Anonymous World Services and adapted by Al-Anon Family Groups.