

Step 1: Admitted we were powerless...

Instructions: List 10 examples (or as many as you can) of each section. If you have more than 10, list the top 10. Discuss your lists with your sponsor.

Examples of Acting Out

Consequences of Acting Out

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

6. _____

6. _____

7. _____

7. _____

8. _____

8. _____

9. _____

9. _____

10. _____

10. _____

Attempts to Stop Acting Out

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____