

Step One

First Step Prayer

Dear Lord,

I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction. Amen.

We Do Together:

- Read together (or pre-read and we will touch base on important points): “The Doctor’s Opinion,” “Bill’s Story,” and “There is a Solution.”
- Review the [Principles of the Steps](#) and the [Arch](#).
- Discuss work described on this sheet.

Your Daily Work:

- Prayer (and/or meditation, spiritual study, etc.) at least twice a day (morning and evening).
- Write a 10-point gratitude list in the morning (5 must be non-tangible, do not repeat daily) – send via txt (or picture if handwritten in a journal).
- Read the *Twenty-Four Hours a Day* book (in the morning), in addition to any other spiritual or meditation readings (or audio/video) of your choice.
- A meeting every day unless you have already completed 90 in 90. If so, a minimum of six meetings per week while working Step 1.

Step One Work at Home:

- Read the *Twelve Steps and Twelve Traditions* chapter on Step One, we will review it together the next time we meet.
- Write a bulleted list of how you are (or became) powerless over alcohol and your life is unmanageable.
- Read one of the stories from the *Big Book*.
- Read the First Step chapter in *The Steps We Took*.
- Read *The Golden Key*.

YOU CAN DO IT ☺

Recovery Resources for Women: www.xyZrecovery.com