

AA Step 12 Worksheet

PERSONAL INFORMATION

Name: _____ Date: _____ dd / mm / yyyy

PART 1: CARRYING THE MESSAGE

What does "carrying the message" mean to you?

How can you effectively carry the message to other alcoholics? Ways to approach:

Message to convey:

List three experiences you feel most compelled to share with someone new to recovery. Experience 1:

Experience 2:

Experience 3:

Have you had the opportunity to sponsor someone? How was that experience?

If you haven't had the opportunity to sponsor someone yet, are you willing to do so?

PART 2: PRACTICING THE PRINCIPLES

What principles have you learned in your AA journey? Principle 1:

Principle 2: _____

Principle 3: _____

Principle 4: _____

Principle 5: _____

How do you practice these principles in your daily life? Provide examples. Principle 1: Example:

Principle 2: Example:

Principle 3: Example:

How do these principles benefit your life outside of recovery?

PART 3: SELF-REFLECTION

How has your understanding of a Higher Power changed since starting the AA program?

How do you feel about your journey through the 12 Steps?

Are there any steps you feel you should revisit?

What are your plans for continuing your journey in sobriety and recovery?