

Recovery Fellowship

Welcome to our

12 Step

Pathway to Freedom



Step 1

Worksheets

"I know that nothing good lives in me...I want to do what is right, but I can't." (Romans 7:18)

Recovery Fellowship

Step 1 - We admitted we were powerless over our dependencies, that our lives had become unmanageable.

1. List things that you have no power over.
2. In what ways is your life unmanageable?
3. How does it feel to admit that you have problems bigger than you?
4. Lack of power is our dilemma when we are on this step. Do you like being powerless? Why or why not?

