

AA Step 12 Worksheet

Personal Information

Name:

Date:

Part 1: Carrying the Message

1. What does "carrying the message" mean to you?

- *Your thoughts:*

2. How can you effectively carry the message to other alcoholics?

- *Ways to approach:*

- *Message to convey:*

3. List three experiences you feel most compelled to share with someone new to recovery.

- *Experience 1:*

- *Experience 2:*

- *Experience 3:*

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

- *Your thoughts:*

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

- *Your thoughts:*

Part 2: Practicing the Principles

1. What principles have you learned in your AA journey?

- *Principle 1:*
- *Principle 2:*
- *Principle 3:*
- *Principle 4:*
- *Principle 5:*

2. How do you practice these principles in your daily life? Provide examples.

- *Principle 1:*
 - *Example:*
- *Principle 2:*
 - *Example:*
- *Principle 3:*
 - *Example:*

3. How do these principles benefit your life outside of recovery?

- *Your thoughts:*
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Part 3: Self-Reflection

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

- *Your thoughts:*

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

- *Your thoughts:*

3. Are there any steps you feel you should revisit?

- *Your thoughts:*

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

- *Your plans:*

Remember to review this worksheet with your sponsor or another trusted person in your recovery network. Keep an open mind and be willing to continue growing in your journey of sobriety.
