

Step 1, Part B Questions (Unmanageability)

1. What areas of your life do you have power (control) over? Be specific.
2. What areas of your life are out of control, unmanageable? Be specific.
3. How do you think taking this first step will help you?
4. As a child, what coping skills did you use to get attention or to protect yourself?
5. In your family of origin, what was the "family secret" that everyone was trying to protect?
6. How do you handle pain and disappointment?
7. How can you begin to address your denial?
8. In what areas of your life are you now beginning to face reality and break the effects of denial?
9. Are you starting to develop a support team? Who are they?