

Unmanageability Journal

Step 1: We admitted we were powerless over addictions, compulsions, and unhealthy attachments—that our lives had become unmanageable.

Reflect and journal about how your life has become unmanageable.

1. What does it mean to you to manage your life?

2. What have you done in the past to manage your life in response to your addiction, compulsion, or unhealthy attachment (or the addiction of a loved one)?

3. What is it like for you to admit that your life has become unmanageable?

4. In what ways has your understanding of powerlessness and unmanageability changed?
