

Quiz: Introduction to the 12-Steps



Name (first name only): _____ **Date:** _____

1. In the Serenity Prayer you ask for:

- a. serenity to accept the things you cannot change
- b. courage to change the things you can
- c. wisdom to know the difference
- d. all of the above

2. Step One of the Twelve Steps says that you are powerless over your addiction; this means:

- a. you cannot change your life
- b. the drug is in control; you cannot change the effect of drugs
- c. you should leave your recovery in your sponsor's hands
- d. you cannot change your dealer's behavior

3. You need to be religious to benefit from the 12-Steps.

- a. True
- b. False

4. A person's "higher power" is:

- a. God
- b. nature, loving energy, life force
- c. an inner source of strength and healing
- d. any of the above

5. Steps Eight and Nine refer to making amends to those you have harmed. Making amends includes:

- a. forgiving yourself for any pain you caused yourself or others
- b. being honest with yourself and others about the harm you caused
- c. acknowledging past harm, not necessarily fixing it, and then letting it go
- d. all of the above

Score _____

Twelve Steps in a Journey of Recovery



"Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs."

Share by doing.

12

"Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out."

Continue to grow to highest potential.

11

"Continued to take a personal inventory and when we were wrong promptly admitted it."

Maintain your new healthier life.

10

"Made direct amends to such people whenever possible, except when to do so would injure them or others."

Demonstrate your regret.

9

"Made a list of all persons we had harmed, and became willing to make amends to them all."

Identify harm you've caused.

8

"We humbly asked Him to remove our shortcomings."

Begin to make the personal changes necessary to heal your life.

7

"We were entirely ready to have God remove all these defects of character."

Be ready to change – Choose to let go of your old lifestyle.

6

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Tell someone else what you need to change about yourself.

5

"We made a searching and fearless moral inventory of ourselves."

Identify what you need to change about yourself.

4

"We made a decision to turn our will and our lives over to the care of God as we understood Him."

Make the decision to heal your life.

3

"We came to believe that a power greater than ourselves could restore us to sanity."

Hope for the future – Believe that a healing power exists.

2

"We admitted that we were powerless over our addiction, that our lives had become unmanageable."

Accept what cannot be changed – Effect of drugs and current HIV⁺ status.

1

12-Step Game Blank Worksheet



Instructions: In each of the larger boxes above is one of the Twelve Steps. In the smaller box, write the number (1 through 12) that corresponds to correct order of the Steps.

Continued to take a personal inventory and when we were wrong promptly admitted it.

Made direct amends to such people whenever possible, except when to do so would injure them or others.

We were entirely ready to have God remove all these defects of character.

Made a list of all persons we had harmed, and became willing to make amends to them all.

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

We made a searching and fearless moral inventory of ourselves.

We made a decision to turn our will and our lives over to the care of God as we understood Him.

We humbly asked Him to remove our shortcomings.

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

We came to believe that a power greater than ourselves could restore us to sanity.

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.