

Step Twelve Worksheet with Questions

Worksheet for Step 12 of 12 Step Programs

Step 12

Focus of step 12: This step and the corresponding questions address the need to pass on the tremendous benefits you have derived from recovery to others. As the Big Book tells us to do, these questions will help us practice the principles we have learned in all of our affairs.

Step 12 Questions

How do you use your positive relationship with a Higher Power to make the world better for others?

Have you reached out to a recovering addict or an addict still in pain? If so, describe the situation and how it affected you. If not, why not?

What kind of support would you have liked to receive when you started the program? How can you use these insights to help those still suffering from addiction?

How did you handle conflict when you were an addict? Has working the steps changed that? If so, how?

Do you believe your life is now solid enough to maintain long-term recovery? If so, how can I build on this? If not, what do I need to do to get there?

How do you plan to be of service to the fellowship and other addicts? How will you work that into your daily life?

Do you think you are ready to be a sponsor? If so, when did you feel you were ready? If not, what do you think you need to work on to get to that stage?

Having understood the principles of recovery, what does it mean to “practice these principles in all my affairs?”

How step 12 helps us recover: We have now completed the 12-steps of recovery. However, we cannot rest on our laurels. Remember, being sober is not enough. We must maintain our recovery, one step at a time, as a lifestyle. You may find it necessary to work the steps again and consult these questions as you do so.

Read more about [step 12, carrying the message and practicing these principles.](#)