

A FREE COMPANION WORKBOOK

YOU MAY BE RIGHT... BUT WHAT IF YOU'RE WRONG?

A place to pause, tell the truth, and put the twelve steps into practice.

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Use alongside the book, one chapter at a time.

How to use this workbook

Read one chapter, then work its corresponding page. Write specific answers about your own thoughts and actions. You do not need polished answers.

Pause before you answer

Notice when you want to explain another person's behavior. Bring the focus back to what is yours to own.

Work with someone you trust

The book emphasizes honest connection. Share what is appropriate with a sponsor, mentor, pastor, counselor, or recovery group. Some material deserves more support than a worksheet can provide.

Move at an honest pace

Steps Four, Five, Eight, and Nine can involve sensitive history and other people. Use the planning pages as a starting point, and seek wise guidance before disclosure or contact.

Return to the page

A short, truthful answer today can become a deeper conversation later. Revisit the steps as your awareness grows.

MY INTENTION

What am I hoping will change as I read and practice these steps?

STEP ONE

I'm the Problem

Notice the pattern beneath the behavior.

NAME IT

Where do I repeatedly seek quick relief, control, approval, or escape even when it costs me later?

TRACE THE COST

What has this pattern cost me, my relationships, or my peace?

OWN MY PART

What have I blamed on circumstances or other people that I need to acknowledge as my responsibility?

PUT IT TO WORK

This week, write one honest sentence beginning: "I cannot keep managing this by _____. " Share it with a trusted person.

My next action / when:

STEP TWO

He's the Solution

Get specific about the truth you need to trust.

MY USUAL SOLUTION

What have I tried to use as my source of security, relief, or change?

THE WHOLE TRUTH

Where have I softened the details of a behavior or told a partial truth?

A DIFFERENT FOUNDATION

What would it mean in this situation to trust God more than my own judgment?

PUT IT TO WORK

Rewrite one partial truth as a complete, specific statement. Bring that truth into prayer and, when appropriate, conversation.

My next action / when:

STEP THREE

I Have Decided

Turn a decision into a response you can practice.

DASHBOARD LIGHT

Which feeling or situation most often pushes me into an immediate reaction?

MY OLD RESPONSE

What do I tend to do, and what happens afterward?

A FAITHFUL RESPONSE

What could I do after I stop, breathe, pray, and let my thoughts catch up?

PUT IT TO WORK

Write a short pause plan where you will see it: "When _____ happens, I will pause, _____, and contact _____ if needed."

My next action / when:

STEP FOUR

That's it?

Take inventory without defending or condemning yourself.

WHAT HAPPENED

Name one resentment, fear, or harm that still affects you. What are the observable facts?

WHAT IT STIRRED UP

What did you feel, fear, want, or believe about yourself?

MY LANE

What was your part, if any? What was outside your control?

PUT IT TO WORK

Use the inventory page later in this workbook to record more than one pattern. Bring difficult material to a sponsor or qualified support person.

My next action / when:

STEP FIVE

Sunlight is the best disinfectant

Move from private awareness to honest connection.

WHAT I HIDE

Which part of my inventory am I most tempted to minimize, justify, or keep secret?

WHY I AVOID IT

What am I afraid might happen if I say it plainly?

A SAFE LISTENER

Who has earned the trust and has the capacity to hear this with honesty and care?

PUT IT TO WORK

Arrange a specific time to share your inventory with an appropriate trusted person. Start with the part you most want to edit out.

My next action / when:

STEP SIX

I'm Ready

Notice the payoff of an old pattern.

THE DEFECT

What character pattern keeps appearing in my thinking or behavior?

THE PAYOFF

How has this pattern seemed to protect or benefit me in the short term?

THE CONTRADICTION

How does it work against the person I say I want to become?

PUT IT TO WORK

Name one pattern you are willing to surrender today, even if part of you still wants to keep it. Tell God the truth about both sides.

My next action / when:

STEP SEVEN

Please & Thank You

Practice humility through an ordinary choice.

ASK HONESTLY

What specific shortcoming am I asking God to change?

LOOK FOR EVIDENCE

When did it show up recently? What did I do?

CHOOSE OBEDIENCE

What humble action would reflect the change I am asking for?

PUT IT TO WORK

Pray specifically for help, then take the small action you named. At day's end, write down what happened without grading yourself.

My next action / when:

STEP EIGHT

Who, what, when, where, and how?

Become willing before deciding how to make amends.

WHO WAS AFFECTED

Who might have been harmed by my behavior, including people I tend to overlook?

THE ACTUAL HARM

What did I do or fail to do? Describe my conduct without adding their faults.

WILLINGNESS AND CAUTION

Where am I resistant? Could contact violate a boundary or cause further harm?

PUT IT TO WORK

Start the amends planning page later in this workbook. Discuss uncertain or sensitive names with a sponsor or wise advisor before contacting anyone.

My next action / when:

STEP NINE

Head up - Shoulders back

Repair what you can with humility and care.

MY RESPONSIBILITY

Choose one appropriate amends. What exactly do I need to own?

REPAIR

What concrete repair can I offer without demanding forgiveness or a response?

CHECK THE IMPACT

Could this contact injure someone, expose private information, or serve my relief more than their good?

PUT IT TO WORK

Review your plan with a trusted guide. When contact is appropriate, be specific, brief, and ready to listen; let the other person choose their response.

My next action / when:

STEP TEN

Mirrors > Microphones

Keep a short account of your day.

LOOK IN THE MIRROR

Where did I react, avoid, control, or misplace an expectation today?

NOTICE THE GOOD

Where did I respond with honesty, courage, or restraint?

REPAIR PROMPTLY

Is there a wrong to admit or a conversation to initiate?

PUT IT TO WORK

Use the daily check-in page for seven days. Keep each entry short enough to repeat.

My next action / when:

STEP ELEVEN

Listen Up

Connect prayer, Scripture, and action.

LISTEN

What am I bringing to God that I have mostly been trying to solve by instinct?

TEST IT

What does Scripture clearly teach that applies here? Whose wise counsel can help me understand it?

CARRY IT OUT

What obedient action is within my control today?

PUT IT TO WORK

Set aside ten quiet minutes to read, pray, and write one action. Return tomorrow and record whether you did it.

My next action / when:

STEP TWELVE

This little light of mine

Carry the message without taking over.

WHAT CHANGED

What has God exposed or changed in me through these steps?

WHO MIGHT BENEFIT

Who could use honest companionship, encouragement, or an invitation to get help?

KNOW MY ROLE

How can I serve without making myself responsible for their outcome?

PUT IT TO WORK

Choose one specific act of service this week. Offer what you have learned, and keep practicing the same principles in your own life.

My next action / when:

A simple inventory

Take one situation at a time. Facts describe what happened; your part describes what you did. You can copy this page if you need more room.

Situation / facts	Feeling or fear	My part / pattern	What I need

If this brings up trauma or danger, slow down and work with someone equipped to support you. Do not turn another person's harm into your fault.

Amends planning

List the harm and a possible repair. Decide whether and how to make contact with wise guidance, especially when boundaries or safety are involved.

Person	My specific harm	Possible repair	Caution / next step

An amends is accountability for your conduct, not a request for reconciliation. Some repairs may need to be indirect or may not involve contact.

Seven-day check-in

A few honest words each day are enough. Notice a pattern, take responsibility, and name the next faithful action.

DAY 1 What did I notice? What needs repair? What went well?

DAY 2 What did I notice? What needs repair? What went well?

DAY 3 What did I notice? What needs repair? What went well?

DAY 4 What did I notice? What needs repair? What went well?

DAY 5 What did I notice? What needs repair? What went well?

DAY 6 What did I notice? What needs repair? What went well?

DAY 7 What did I notice? What needs repair? What went well?

What will I practice next?

The steps are a way of living, not a test to finish. Use this page to choose a sustainable rhythm and people who can help you keep it.

ONE HONEST PATTERN

What did I learn about the way I seek relief, defend myself, or avoid the truth?

ONE REPEATABLE PRACTICE

Which daily or weekly habit will help me stay honest, connected, and willing?

ONE PERSON

Who will I check in with, and when will I reach out?

MY COMMITMENT FOR THE NEXT 30 DAYS
