

POWERLESS TOOL SHEET

As you go about your daily activities, think about the people, places, and things that are unmanageable, or over which you are powerless. Until you and your sponsor jointly decide to move to Step 2, each day keep this paper with you and fill in the blanks as they come up (please don't wait until the end of the day - this page is best used right when you feel it - keep it as a tool to control your anger, disappointment, fear, frustration, sadness, and other powerless emotions).

Note: A typical person would fill in the blanks from 10 -40 times each day, or often even more.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.

Date: _____ **Time:** _____ **I feel** _____ **and I cannot control this situation/person:**

I surrender this to you God. Thank you for giving me the strength to use this tool and not react. Amen.