

# AA Step 1: 15 Positive Affirmations to Start the Recovery Journey

*Recite or write these positive affirmations as you embark on your AA journey.*

- I am honest about how alcohol has affected my life.
- I am willing to admit when I have lost control.
- I am open to seeing patterns I once denied.
- I am learning that asking for help is a strength.
- I am allowed to begin again without shame.
- I am becoming aware of what is unmanageable for me.
- I am choosing truth over excuses today.
- I am not alone in this recovery process.
- I am capable of facing reality with courage.
- I am learning to release control of things that no longer serve me.
- I am willing to take the first step toward healing.
- I am open to guidance beyond my own thinking.
- I am responsible for my recovery, not my past.
- I am gaining clarity through honesty and reflection.
- I am worthy of support as I begin recovery.



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