

# [Aa 1st Step Worksheet](#)

## **Unlocking Recovery: A Deep Dive into the AA 1st Step Worksheet**

Author: Dr. Eleanor Vance, PhD, Licensed Clinical Psychologist specializing in addiction treatment and recovery support, with over 15 years of experience working with individuals utilizing the Alcoholics Anonymous (AA) program.

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**Abstract:** This article provides a comprehensive examination of the AA 1st Step Worksheet, exploring its significance in the recovery journey. We delve into the challenges individuals may encounter while completing the worksheet, discuss strategies for overcoming these challenges, and highlight the transformative opportunities it presents. The article emphasizes the importance of honesty, self-reflection, and the acceptance of powerlessness as crucial elements for successful completion and subsequent progress in the AA program.

### **Introduction: The Foundation of Recovery - The AA 1st Step Worksheet**

The AA 1st Step Worksheet serves as the cornerstone of the Alcoholics Anonymous 12-step program. Its purpose is to guide individuals through a crucial process of self-examination, leading to the acceptance of their powerlessness over alcohol and the opening of the door to recovery. This seemingly simple worksheet acts as a catalyst for profound personal transformation, challenging deeply ingrained beliefs and behaviors. However, navigating this process can present significant challenges, requiring both courage and self-compassion. This article will explore both the opportunities and challenges associated with utilizing the AA 1st Step Worksheet, offering practical insights and guidance for those embarking on this crucial step in their recovery journey.

### **Understanding the AA 1st Step: "We admitted we were powerless over alcohol—that our lives had become unmanageable."**

The first step of the AA program is a powerful declaration of surrender. It acknowledges a fundamental truth for many struggling with alcoholism: the inability to control their drinking. The AA 1st Step Worksheet helps individuals confront this reality, prompting honest introspection about their drinking patterns, the consequences of their actions, and the extent to which alcohol has impacted their lives. This isn't about assigning blame but about acknowledging the overwhelming power alcohol has held.

## **Challenges in Completing the AA 1st Step Worksheet**

Completing the AA 1st Step Worksheet can be emotionally demanding. Several challenges often arise:

**Resistance and Denial:** Admitting powerlessness is difficult. Denial is a common defense mechanism, and individuals may resist acknowledging the severity of their alcohol problem. The worksheet forces confrontation with this uncomfortable truth.

**Shame and Guilt:** Reflecting on past actions and their consequences can evoke intense feelings of shame and guilt. This can be particularly challenging for individuals with a history of trauma or low self-esteem.

**Fear of Vulnerability:** The process of honest self-assessment requires vulnerability. Sharing these deeply personal reflections, even with oneself, can be frightening.

**Lack of Guidance:** Without proper guidance, individuals may struggle to interpret their experiences and articulate them effectively on the worksheet. This can lead to frustration and hinder the process.

**Perfectionism:** Some individuals strive for perfection, leading to self-criticism and avoidance of completing the worksheet honestly. They may fear judgment, either self-imposed or by others.

## **Opportunities Presented by the AA 1st Step Worksheet**

Despite the challenges, the AA 1st Step Worksheet presents significant opportunities for growth and recovery:

**Increased Self-Awareness:** The process of completing the worksheet promotes self-reflection and introspection, fostering a deeper understanding of one's relationship with alcohol.

**Acceptance and Surrender:** Acknowledging powerlessness is a crucial step towards surrender, paving the way for accepting help and embracing a new way of life.

**Emotional Release:** The act of writing down one's experiences can be cathartic, allowing for the release of pent-up emotions and fostering emotional healing.

**Building a Foundation for Recovery:** The insights gained from completing the worksheet provide a strong foundation for subsequent steps in the AA program.

**Development of Honesty and Integrity:** The process cultivates honesty, both with oneself and others, essential for sustained recovery.

## **Strategies for Successfully Navigating the AA 1st Step Worksheet**

**Seek Support:** Working with a sponsor or therapist can provide valuable guidance and support throughout the process.

**Practice Self-Compassion:** Recognize that this is a challenging process and be kind to yourself.

**Focus on Honesty, not Perfection:** Aim for authenticity rather than perfection.

**Break Down the Task:** Divide the worksheet into smaller, manageable sections to avoid feeling overwhelmed.

Celebrate Small Victories: Acknowledge and celebrate your progress along the way.

## **Conclusion**

The AA 1st Step Worksheet is a powerful tool for individuals seeking recovery from alcoholism. While completing it can present significant challenges, the opportunities for personal growth, healing, and recovery far outweigh the difficulties. By embracing honesty, self-compassion, and seeking support, individuals can successfully navigate this crucial step and build a foundation for a healthier, more fulfilling life. The worksheet is not just a piece of paper; it's a gateway to hope and a pathway to lasting sobriety.

## **FAQs**

1. Is the AA 1st Step Worksheet mandatory? While not officially mandatory, completing a thorough self-reflection aligned with the first step is crucial for success in the AA program.
2. Can I complete the AA 1st Step Worksheet alone? Yes, you can, but having a sponsor or therapist can offer significant support and guidance.
3. How long does it take to complete the AA 1st Step Worksheet? There's no set timeframe. Take your time and be thorough.
4. What if I don't feel ready to complete the AA 1st Step Worksheet? It's okay to take your time. Focus on preparing yourself emotionally and spiritually.
5. What happens after completing the AA 1st Step Worksheet? You'll move on to the subsequent steps of the AA program, building upon the foundation you've established.
6. Can the AA 1st Step Worksheet be adapted for other addictions? The principles can be adapted, focusing on the powerlessness over the specific addiction.
7. Where can I find an AA 1st Step Worksheet? Many AA websites and resources provide examples; you can also ask your sponsor or a local AA meeting.
8. Is it confidential? The worksheet is for your personal use. Sharing is optional, but discussing aspects with a sponsor is often helpful.
9. What if I relapse after completing the AA 1st Step Worksheet? Relapse is a common part of recovery. Don't give up; use it as a learning experience and continue working the steps.

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Editor: Dr. Sarah Miller, MA, LPC, a licensed professional counselor specializing in addiction and trauma with extensive experience in editing and reviewing psychological literature.

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Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

**aa 1st step worksheet: Alcoholics Anonymous** Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the

book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

**aa 1st step worksheet:** *A Woman's Way through the Twelve Steps* Stephanie Covington, 2024-01-23 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women's issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind. Published in 1994, *A Woman's Way through the Twelve Steps* has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

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**aa 1st step worksheet: Recovery** Russell Brand, 2017-09-21 The Number One Sunday Times Bestseller from Russell Brand. 'This is the age of addiction, a condition so epidemic, so all encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it. What unhealthy habits and attachments are holding your life together? Are you unconsciously dependent on food? Bad relationships? A job that doesn't fulfill you? Numb, constant perusal of your phone, looking for what? My qualification for writing this book is not that I am better than you, it's that I am worse. I am an addict, addicted to drugs, alcohol, sex, money, love and fame.' The program in Recovery has given Russell Brand freedom from all addictions and it will do the same for you. This system offers nothing less than liberation from self-centredness, a new perspective, freedom from the illusion of suffering for anyone who is willing to take the necessary steps.

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**aa 1st step worksheet:** *A New Pair of Glasses* Chuck C., 1984

**aa 1st step worksheet: Daily Reflections** A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, *As Bill Sees It* and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

**aa 1st step worksheet: Al-Anons Twelve Steps & Twelve Traditions** Al-Anon Family Group Headquarters, Inc, 2005-12-01

**aa 1st step worksheet: The Spiritual Solution** John Haspel, 2012-04-01 *The Spiritual Solution - Simple And Effective Recovery Through The Taking And Teaching Of The 12 Steps* is a guide to the 12 Steps as presented in the book *Alcoholics Anonymous*. The 12 steps are intended to be a simple and straightforward way for alcoholics to actually take the steps in one sitting. The 12 Steps were never intended to be studied, worked, or analyzed in any protracted way. The 12 Steps are meant to be taken as soon as possible, early in recovery. Included in this book are the guidelines used during *The Spiritual Solution One Day 12 Step Workshops*. There are additional chapters on: *The Founding of AA* *The Development Of The Spiritual Solution To Alcoholism* *The Maintenance Steps - Steps 10, 11 and 12* *Sponsorship* *The Home Group Special (exclusive) Meetings* *Other Substances And Singleness Of Purpose* *Sober Time and Qualifications For Service* *The Meaning Of Conference Approved Literature* *The Spiritual Solution* book explains what has happened to a program once called a miracle of the twentieth century, and how AA can return to its previous effectiveness. Whether the reader has been in the rooms for many years or still struggling with active alcoholism or addiction, *The Spiritual Solution* provides a clear, simple and effective guide to comfortable and contented sobriety by actually taking the 12 Steps. If the reader has tried AA and became disappointed or disillusioned, you were more than likely never presented with the actual AA program of recovery found only in the 12 Steps as described in the book *Alcoholics Anonymous*. The digital edition has a linked 12 Step Quick Guide showing precisely the location of the steps in *The Big Book*. The 12 Step Quick Guide is included in the paperback edition as well.

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**aa 1st step worksheet: Life with Hope** Marijuana Anonymous, 2020-06-02 Similar to *The Big Book of Alcoholics Anonymous*, *Life with Hope* thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource

for anyone seeking recovery through Marijuana Anonymous (MA). How can we tell you how to recover? We cannot. All we can do is share with you our own experiences and recovery through the Twelve Steps of Marijuana Anonymous. Similar to The Big Book of Alcoholics Anonymous, Life with Hope thoroughly explains the Twelve Steps and Twelve Traditions as they relate to individuals with cannabis use disorder. The text includes the 12 Steps and the 12 Traditions, fifteen personal stories from Marijuana Anonymous members, and the section, A Doctor's Opinion about Marijuana Addiction. Life with Hope is an essential resource for the marijuana addict and for anyone with a cannabis use disorder who is seeking recovery through Marijuana Anonymous (MA). The text is ideal for newcomers, people who are in active addiction, and anyone interested learning more about how marijuana addiction affects people's lives.

**aa 1st step worksheet:** *Steps to an Ecology of Mind* Gregory Bateson, 2000 Gregory Bateson was a philosopher, anthropologist, photographer, naturalist, and poet, as well as the husband and collaborator of Margaret Mead. This classic anthology of his major work includes a new Foreword by his daughter, Mary Katherine Bateson. 5 line drawings.

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**aa 1st step worksheet:** *Ebby* Mel B., 2013-11-05 This is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as my sponsor. In 1934, Ebby Thatcher called an old drinking buddy to tell him about the happiness he was finding in sobriety. His friend's name was Bill Wilson, and this book is the story of their life-long friendship. Deeply informative and moving, a valuable contribution to the history of A.A. A 'must' reading for anyone interested in one of the more fascinating chapters in A.A.'s history.--Nell Wing, Retired A.A. Archivist and Bill Wilson's Secretary

**aa 1st step worksheet:** *Living Clean: The Journey Continues* Fellowship of Narcotics Anonymous,

**aa 1st step worksheet:** *Handwriting Practice Book for Kids Ages 6-8* Hippidoo, Sujatha Lalgudi, 2020-10-29 Learn to Write Letters, Numbers 1-100, Sight Words and 101 Jokes Workbook for Grades 1, 2 & 3 This is a beginning handwriting book to help kids ages 6-8 learn to write with complete step-by-step instructions. Based on modern learning techniques and supported by playful drills, this tracing book is the perfect starting book to give your kid a preschool head-start with 100+ pages of tracing practice. It is organized in a progressively skill building way for kids to develop confidence to write neatly and improve penmanship. This Learn to Write Letters, Numbers 1-100, Sight Words, 101 Jokes Workbook is divided into the following parts: Part 1: Learning the Alphabet: Trace and practice letters a-z and A-Z Part 2: Writing Sight Words Part 3: Writing Numbers & Number Words from 1 - 100 Part 4: Writing Knock Knock Jokes in a smaller letter size Part 5: Writing Jokes: Trace the illustrated jokes and try writing them on your own. Share the jokes with friends and family for more laughs! This fun-filled handwriting practice book will progressively build your child's skills and develop confidence to learn through the 100+ high quality pages On Sale under \$10 - Buy today to begin the fun journey into the world of writing penmanship.

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**aa 1st step worksheet:** *Mentors* Russell Brand, 2019-01-24 Could happiness lie in helping others and being open to accepting help yourself? Mentors - Russell Brand's follow up to Sunday

Times number one bestseller, *Recovery* - describes the benefits of seeking and offering help. 'I have mentors in every area of my life, as a comic, a dad, a recovering drug addict, a spiritual being and as a man who believes that we, as individuals and the great globe itself, are works in progress and that through a chain of mentorship we can improve individually and globally, together . . . One of the unexpected advantages my drug addiction granted is that the process of recovery that I practise includes a mentorship tradition. I will encourage you to find mentors of your own and explain how you may better use the ones you already have. Furthermore, I will tell you about my experiences mentoring others and how invaluable that has been on my ongoing journey to self-acceptance and how it has helped me to transform from a bewildered and volatile vagabond to a (mostly) present and (usually) focussed husband and father.' - Russell Brand *Mentors: How to Help and Be Helped* describes the impact that a series of significant people have had on the author - from the wayward youths he tried to emulate growing up in Essex, through the first ex-junkie stage, to the people he turns to today to help him be a better father. It explores how we all - consciously and unconsciously - choose guides, mentors and heroes throughout our lives and examines the new perspectives they can bring.

**aa 1st step worksheet:** [Twelve Steps of Adult Children](#) , 2007-03 This is the conference-approved companion workbook to the ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program.

**aa 1st step worksheet:** [Introduction to Probability](#) Joseph K. Blitzstein, Jessica Hwang, 2014-07-24 Developed from celebrated Harvard statistics lectures, *Introduction to Probability* provides essential language and tools for understanding statistics, randomness, and uncertainty. The book explores a wide variety of applications and examples, ranging from coincidences and paradoxes to Google PageRank and Markov chain Monte Carlo (MCMC). Additional application areas explored include genetics, medicine, computer science, and information theory. The print book version includes a code that provides free access to an eBook version. The authors present the material in an accessible style and motivate concepts using real-world examples. Throughout, they use stories to uncover connections between the fundamental distributions in statistics and conditioning to reduce complicated problems to manageable pieces. The book includes many intuitive explanations, diagrams, and practice problems. Each chapter ends with a section showing how to perform relevant simulations and calculations in R, a free statistical software environment.

**aa 1st step worksheet:** [Responsible Drinking](#) Frederick Rotgers, 2002-09-09 This book offers a real alternative to the 32 million Americans who are problem drinkers. Based on extensive scientific literature supporting moderation as a resolution for drinking problems, *Responsible Drinking* is the only book with research-based techniques that will help non-alcoholic readers overcome their drinking problems. This revolutionary workbook by the leading voices of the Moderation Management treatment approach starts by providing readers with definitive tools to help them discover whether they are problem drinkers or alcoholics. Readers whose problems are less severe than alcohol dependence are then helped to make an informed decision about whether to pursue moderation or to turn to abstinence. For readers who identify themselves as problem drinkers, the workbook goes on to help them then learn to moderate their drinking and develop a healthier lifestyle. By adopting goals specific to their needs, readers make a commitment, examine the negative effects of alcohol use, identify their own triggers, and learn to take control of their behavior. Inspirational words of more than fifty individuals who have faced and overcome the same problems offer guidance and support. Resources are also provided to help any reader who chooses to pursue abstinence as an objective at any stage of the program. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start

changes in their lives.

**aa 1st step worksheet: 12 Stupid Things That Mess Up Recovery** Allen Berger, 2009-06-03 In addition to staying connected to our support systems and avoiding opportunities to use during the coronavirus pandemic, we can also keep confronting and conquering the self-destructive things we think and do that undercut our health and sanity. Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include: confusing self-concern with selfishness; not making amends; using the program to try to become perfect; not getting help for relationship troubles; and believing that life should be easy. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

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**aa 1st step worksheet: The Adult Learner** Malcolm S. Knowles, Elwood F. Holton III, Richard

A. Swanson, RICHARD SWANSON, Petra A. Robinson, 2020-12-20 How do you tailor education to the learning needs of adults? Do they learn differently from children? How does their life experience inform their learning processes? These were the questions at the heart of Malcolm Knowles' pioneering theory of andragogy which transformed education theory in the 1970s. The resulting principles of a self-directed, experiential, problem-centred approach to learning have been hugely influential and are still the basis of the learning practices we use today. Understanding these principles is the cornerstone of increasing motivation and enabling adult learners to achieve. The 9th edition of *The Adult Learner* has been revised to include: Updates to the book to reflect the very latest advancements in the field. The addition of two new chapters on diversity and inclusion in adult learning, and andragogy and the online adult learner. An updated supporting website. This website for the 9th edition of *The Adult Learner* will provide basic instructor aids including a PowerPoint presentation for each chapter. Revisions throughout to make it more readable and relevant to your practices. If you are a researcher, practitioner, or student in education, an adult learning practitioner, training manager, or involved in human resource development, this is the definitive book in adult learning you should not be without.

**aa 1st step worksheet:** *Abacus Mind Math Instruction Book Level 1* Sai Speed Math Academy, 2014-06-01 *Abacus Mind Math Instruction Book Level 1* (for teachers and parents): Goal for Level - 1 Addition - without carryover problems Subtraction - without borrowing problems Topics covered: Basics of abacus How to do mind math How to do dictation 5 exchange concepts explained in detail with examples Skill building activities explained Instruction book includes: Examples for each concept with detailed pictures and steps by step instruction on how to calculate and what to tell your students while teaching. Theory behind the formulas explained in simple terms. Over 380 sample problems for teachers and parents to practice the concepts. These sample problems can be used to introduce your child to the concept with effortless ease. Instruction on how to effectively introduce children to mind math with ways to build the skill. Dictation - a very important aspect of abacus training is explained with useful ideas to achieve. Skill building activities are explained that help you train your child. Common mistakes made by students with ways to help them avoid making these mistakes are outlined. Corresponding practice work for children is given in the two workbooks that are sold separately under the following titles. *Abacus Mind Math Level 1 Workbook 1: Excel at Mind Math with Soroban*, a Japanese Abacus *Abacus Mind Math Level 1 Workbook 2: Excel at Mind Math with Soroban*, a Japanese Abacus Soroban, the Japanese abacus is a very useful visual tool that helps children 'see' numbers as beads while calculating. Soroban perfectly fits with the base 10 number system used at present and provides a systematic method (formulas) to follow while calculating both on the tool and in the mind. Mastering of this tool will enhance your child's basic math comprehension, speed and accuracy. In general, when children practice mind math, they get a very important sense of achievement that helps raise their confidence as students. You can also see an improvement in their concentration, tenacity, memory power and listening skills.

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### **AA new hire 777 - Page 3 - Airline Pilot Central Forums**

Jun 6, 2025 · American - AA new hire 777 - Originally Posted by ImSoSuss .....and are also relatively very young, some still in their 30s. They will lock up those WB CA slots for 15 to 20 ...

### **utf 8 - How to decode a (percent encoding URL) that contains ...**

Dec 9, 2019 · I want to convert percent-encoding URLs in all languages but vb6 only supports English. I have tested the following code. but it can only convert English characters: Private ...

### *American - Airline Pilot Central Forums*

May 6, 2025 · AA new hire 777 (1 2 3) vivimicmic on 06-05-2025. 06-06-2025 12:31 PM by MinimumEffort. 24. 4,548. AA ...

### **AA New Hire Training - Airline Pilot Central Forums**

Mar 23, 2018 · 737 and 320 training is 25 days with the on-off schedule that EMBFlyer described. E190 and S80 is 33 days with a similar schedule, but they have an additional week of ground ...

### **AA retirement travel benefits for old hirees**

Jul 27, 2022 · American - AA retirement travel benefits for old hirees - I understand you can retire with 10 years AA service and receive travel benefits, but I was told if you are over 55 when ...

*Regular expression that doesn't contain certain string*

Apr 5, 2009 · regex: /aa.\*?aa/ aabbabcaabda => aabbabcaa aaaaaabda => aaaa aabbabcaabda => aabbabcaa aababaaaabdaa => aababaa, aabdaa You could use negative lookahead, too, ...

### **JetBlue/AA deal dead. - Page 3 - Airline Pilot Central Forums**

Apr 30, 2025 · American - JetBlue/AA deal dead. - Originally Posted by mostpeople Didnt AA just grab a bunch of gates in New York BACK from the NEA project? Even with those, AA operates ...

### **Schedule at AA - Airline Pilot Central Forums**

Sep 19, 2023 · American - Schedule at AA - Hello, What is typical schedule at AA? Is it possible to fly 1,2 and 3 day trips at all? Or in general it is 4 day trips? I am looking at Philly base in ...

### **AA Non-Rev travel - Airline Pilot Central Forums**

May 20, 2019 · I have had AA travel benefits for 7+ years now (AA for 5, and Envoy for 2). I think they are the best in the industry. Boarding priority is determined by pass classification D1, D2, ...

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