THE 12-STEP PROGRAM

· a road to recovery for many ·

The steps outlined below are taken directly from the Alcoholics Anonymous. The Big Book and are not representative of GoodTherapy.org's views or of every participant's journey through the program. Other programs may use an adapted version of these steps. Some present a plainly secular message. while some maintain a religious or spiritual element. Not everyone experiencing addiction will follow the same path. Recovery is a journey complete with challenges, successes, and setbacks that are different for each individual.

CONFESSION

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

SUBMISSION

Made a decision to turn our will and our lives. over to the care of God as we understood Hiero.

HUMILITY

Humbly asked Him to remove our shortcomings.



APOLOGY

Made direct.

amends to such

people wherever possible, except

when to do so

them or others.

would injure

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



MEDITATION

ADMISSION

We admitted we were powerless. over alcoholthat our lives. had become ummanageable.







6

READINESS

Wiere entirely ready to have God remove all those defects of character.



REPARATION

Made a list of all persons we had baconed and became willing to make amends. to them all.



INTEGRITY

Continued to take personal inventory and when we were wrong promptly admitted it.



AWAKENING

Having had a spirit sal awakening as the result of these steps, we tried to carry this. message to alcoholics and to practice these principles in all our affairs.

RECOGNITION

Came to believe that a Power greater than ourselves could restone us tosanity



UNDERSTANDING

Made a searching and fearless moral inventory of ourselves.

The Twelve Step Plan

James R. Finley

The Twelve Step Plan:

Understanding the Twelve Steps Terence T. Gorski,1991-04-15 An interpretation and guide to the 12 steps of Acoholics Anonymous Step Up Michael Graubart,2017-09-05 Twelve Step programs can sometimes be intimidating Before you walk into that meeting you want to know the scoop and what it s really like to work a Twelve Step recovery program Michael Graubart is here to tell you If you re ready to take the first steps in a new direction you don t have to walk them alone Step up to your best life alongside the millions of people who have embraced Twelve Step programs as a way to gratefully recover from their substance use alcoholism and addictions In Step Up Unpacking Steps One Two and Three with Someone Who s Been There the first book in Hazelden Publishing s Step In to Recovery Series Michael Graubart provides straightforward explanations on working a Twelve Step program starting with the first three Steps Graubart honestly addresses the most common questions about the Twelve Step fellowship As someone who s been where you are today he shows you what it s like to not only maintain sobriety but to find a different way of life through a Twelve Step program

Twelve Step Facilitation Therapy Manual Joseph Nowinski, Stuart Baker, Kathleen M. Carroll, 1992 Recovery Susan Banfield, 1997-12-15 Describes the practices and principles of twelve step programs how they can be used in dealing with such problems as alcoholism and drug addiction and how to get involved in them **Twelve-Step Programs** Bruce Brown, 2009-11 If you have significant contact with a person involved in a twelve step program Understanding Twelve Step Programs is intended for you That person may be a friend family member parishioner patient or employee This book may also be useful if you have been told that you could benefit from a twelve step program but have yet to get involved in a group or if you are still new to twelve step programs. This book is not clinical rather I present the material as an experienced insider Its topics include what goes on in meetings addiction and withdrawal how each step works sponsorship spirituality anonymity helping addicts and recovery for friends and family My purpose is to de mystify twelve step programs and to help you better understand the nature of recovery Brown provides us with an insightful look into the world of recovery As a substance abuse therapist I will find this a valuable tool in helping others understand 12 step work I liked the book very much and believe it will be a useful tool to ministers lay people and those considering 12 step meetings Lisa B Creef L C S W L C A S Brown has accurately assessed the value of healing communities and their immeasurable impact for personal recovery His practical and experiential knowledge of 12 step programs can lend us expert assistance for transformative ministry J Bruce Ritter Senior Pastor Christian Life Center Bruce Brown came into his first twelve step program in early 1993 Since then he has attended at least ten different types of twelve step programs His recovery has involved meetings in fifteen states covering all regions of the U S as well as online meetings He has sponsored over twenty people and worked intensely with ten sponsors of his own Bruce has spoken at many gatherings and served his twelve step fellowships at local regional and national levels As a result his experience is broad enough to make generalizations about

twelve step programs that go beyond one type of fellowship or one region Because of Bruce's focus on written step work he has been labeled a Step Nazi He has worked the Twelve Steps numerous times A Young Person's Guide to the Twelve Steps Stephen Roos, 1992 Introduces twelve step programs designed to help people recover from substance abuse and other addictive behavior using alcoholism as an example The Higher Power of the Twelve-Step Program Glenn Chesnut, 2001 Please use the cover you ve already designed Power Recovery James Wiley, 1995 An updated companion volume to A As Big Book that contains the recovery stories of 148 young recovered alcoholics and drug addicts as well as easy to follow exercises for working the Twelve Steps The Twelve Step Pathway Michael Cowl Gordon, 2023-11-01 Uses the hero s journey as the path on which to travel for overcoming addiction and crisis and rescuing your own story This is a book about becoming heroic A hero is a person who faces great danger overcomes incalculable odds and accomplishes that which would have been thought especially by the hero to be impossible to achieve Considering the fear and pain that a person must experience in such an adventure it is a role that few would desire for themselves And yet more of us find ourselves in circumstances demanding heroism than one might imagine In fact people who are never called upon to be heroic at some point in their lives are in the minority if they exist at all This is not a book for people who might want to become heroic someday It is for people who are in the midst of a crisis and who must make a decision about whether they are going to face their situation survive rise above themselves and share their newfound knowledge with others who may need salvation And it is for those who are already traveling such a journey and who would like to gain a new understanding of themselves what their journey was and is about and why it is so important Using the twelve step framework for understanding the inner work a person must do in order to overcome addiction Michael Cowl Gordon walks readers through the journey to inner salvation and peace Using the hero's journey as the path on which to travel through these steps he uncovers the deep work that it takes to be the hero in your own story The Aguarian Alcoholic David O., 2004-02 The Twelve Step Program was introduced in the mid nineteen thirties as a method for people plagued by the need to drink to overcome their addiction to alcohol The program was introduced through the organization known as Alcoholics Anonymous commonly referred to as AA Since then the Twelve Step Program has been adopted by many other organizations seeking to help relieve various addictions The use of the Twelve Step Program has grown to the extent that Twelve Step Program is almost a household phrase and most individuals are at least aware of the purpose behind it The Aquarian Alcoholic is about the Twelve Step Program but it is not directed at the average individual suffering from an addiction Instead it is directed at the individual in harmony with 21st century thinking the individual who desires to leave older philosophies behind and who s thinking is beyond the scope of the average person The Aquarian Alcoholic takes us on a journey through the recovering alcoholic s twelve step program from the perspective of 21st century acquired knowledge The twelve steps are discussed at a higher level of understanding than popularized by the early 1900 s organization of Alcoholics Anonymous This book was written

from the perspective of alcoholism the addiction to alcohol However the same principles presented within apply to many other addictions This book was written by an alcoholic in recovery whose only desire is to help relieve some of the struggles faced by new members starting out on the Twelve Step Program who find it difficult or impossible to retain or to accept dogmatic beliefs in conjunction with their recovery The Twelve Step Guide to a Happy Heart and a Smaller Butt Sara Picken-Brown, 2011-01-29 Live a healthy active life by taking the simple approach Learn the keys to living a full and abundant life manage your time efficiently to exercise eat well and still fit into your skinny jeans Sara Picken Brown has helped thousands of people achieve their body and health dreams she can do the same for you An accomplished athlete Sara is one of Australia s highest profile personal trainers a World ranked IFBB Professional Figure athlete Guide to the Twelve Steps Melody Beattie, 1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings Twelve Steps Revisited Ronald L. Rogers, 1990 Since the original 12 Steps of Alcoholics Anonymous were first published in 1939 they have remained the single most effective program for recovery This concise handbook makes the Steps easier to understand and more accessible than ever before The Nar-Anon Twelve Step Program Nar-Anon FGH Inc, A The Twelve Steps Of Alcoholics Anonymous commentary on each of the Twelve Steps of Nar Anon Anonymous, 2009-10-23 This book brings together a series of short discussions from various authors who interpret the Twelve Steps The Twelve Steps of Alcoholics Anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism The steps have also been successfully adapted for use in the treatment of many other dependencies This book brings together for the first time a series of short discussions that interpret each of the Twelve Steps from the admission of individual powerlessness over alcohol that occurs in Step One to the moral inventory of Step Four and the spiritual awakening of Step Twelve Each discussion has a separate author demonstrating the diversity of voices that is at the heart of AA and each author provides insights that keep the steps fresh and meaningful whether they ve been read once or a The 12-Step Guide to Recovery Pasquale De Marco, 2025-05-12 The 12 Step Guide to Recovery is a hundred times comprehensive and practical guide to overcoming addiction and achieving lasting sobriety Rooted in the principles of the 12 Step program this book provides a structured and supportive approach to recovery guiding individuals through the challenges and triumphs of the journey The book begins by exploring the nature of addiction and its impact on individuals families and communities It debunks common myths and misconceptions about addiction and offers a compassionate and understanding perspective on this complex disease The core of the book delves into the 12 Steps of recovery providing a detailed explanation of each step and its significance Readers will learn how to admit their powerlessness over addiction surrender their will to a higher power and take a fearless moral inventory of their lives Recovery is not a linear journey and the book acknowledges the challenges and setbacks that individuals may face along the way It provides strategies for coping

with triggers managing stress and avoiding relapse It also emphasizes the importance of building a strong support system both within the 12 Step community and beyond The book goes beyond the 12 Steps to explore other essential aspects of recovery such as spirituality forgiveness and service It encourages readers to find meaning and purpose in their lives to forgive themselves and others and to give back to their communities The 12 Step Guide to Recovery is written in a warm and compassionate tone offering hope and encouragement to those seeking a path to sobriety It is a comprehensive resource that can help individuals understand addiction work through the steps build a strong support system and ultimately achieve lasting recovery Whether you are new to the 12 Step program or have been on the recovery journey for some time this book offers valuable insights and support If you like this book write a review on google books **The 12 Step Program** Kay Springsteen, Kim Bowman, 2017-07-25 Going a month without a man or a date was probably an impossible task for serial romantic Lucy Adams She d made a habit of falling in and out of bad relationships that always started with her finding the man of her dreams and ended with her kicking him to the curb After her latest breakup her best friend and neighbor Tom Henson bets her she can t go thirty days without a date With a nickname like Love em and Leave em Lucy the odds were stacked against her Still she's up for the challenge and the chance to rub Tom's nose in it when she wins Nothing like a friendly wager between friends to make things interesting But when the game changes all bets are off Warning Strong A Gentle Path through the Twelve Steps Patrick J Carnes, 2012-06-01 A revised and expanded edition of the recovery classic by Patrick Carnes Ph D a leading expert on addictive behaviors It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that Carnes wrote A Gentle Path through the 12 Steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment Carnes s new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery Recovery Now Anonymous, 2013-10-29 An accessible basic text written in today s language for anyone guided by the Twelve Steps in their recovery from addiction to alcohol and other drugs For decades people from all over the world have found freedom from addiction be it to alcohol other drugs gambling or overeating using the Twelve Step recovery program first set forth in the seminal book Alcoholics Anonymous Although the core principles and practices of this invaluable guide hold strong today addiction science and societal norms have changed dramatically since it was first published in 1939 Recovery Now combines the most current research with the timeless wisdom of Alcoholics Anonymous Narcotics Anonymous and other established Twelve Step program guides to offer an accessible basic text written in today s language for anyone recovering from addiction to alcohol and other drugs Marvin D Seppala MD offers a doctor's opinion in the foreword to Recovery Now outlining the medical advances in addiction treatment and updating the Big Book's concept of addiction as an allergy to reveal how it is actually a

brain disease Regardless of gender sexual orientation culture age or religious beliefs this book can serve either as your guide for recovery or as a companion and portal to the textbook of your chosen Twelve Step Program Integrating the 12 Steps into Addiction Therapy James R. Finley, 2004-10-20 All the resources needed to fully integrate a 12 step approach aspart of your overall treatment program Millions of Americans have at some time in their lives participated in a 12 step program for treatment of a chemical or non chemical addiction Clinicians recognize that these grass roots efforts have a very high cure rate However little has been written on how to integrate these programs into a traditional therapy setting Integrating the 12 Steps into Addiction Therapy serves as an indispensable resource for clinicians treating addiction patients who are simultaneously enrolled in 12 step programs This valuabletext Contains eight lesson plans and twenty seven assignments Integrates in depth discussion of 12 step programs with hands onresources like homework assignments treatment plan examples and patient handouts Will also benefit 12 step program peer counselors Includes companion CD ROM with fully customizable homeworksignments lesson plans and presentations Treating addictions whether chemical or non chemical can be one ofthe most difficult challenges faced by mental health professionals For many people 12 step programs have played a critical role inhelping them to manage their addictive behaviors Integrating the 12 Steps into Addiction Therapy gives psychologists therapists counselors social workers and clinicians the tools and resourcesthey need to fully utilize these peer therapy program techniques intreating a wide variety of addictions

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