

AA STEP WORKING GUIDE

AN AA STEP WORKING GUIDE: A COMPREHENSIVE APPROACH TO RECOVERY

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ABSTRACT: THIS COMPREHENSIVE AA STEP WORKING GUIDE PROVIDES A DETAILED EXPLORATION OF THE 12 STEPS OF ALCOHOLICS ANONYMOUS, OFFERING VARIOUS METHODOLOGIES AND APPROACHES TO SUCCESSFULLY NAVIGATE THE RECOVERY JOURNEY. IT EMPHASIZES THE IMPORTANCE OF SELF-REFLECTION, HONEST SELF-ASSESSMENT, AND THE POWER OF COMMUNITY SUPPORT IN ACHIEVING LASTING SOBRIETY. THIS GUIDE SERVES AS A VALUABLE RESOURCE FOR INDIVIDUALS SEEKING TO UNDERSTAND AND IMPLEMENT THE 12-STEP PROGRAM EFFECTIVELY.

INTRODUCTION: UNDERSTANDING THE AA STEP WORKING GUIDE

THE 12-STEP PROGRAM OF ALCOHOLICS ANONYMOUS (AA) HAS BEEN A CORNERSTONE OF ADDICTION RECOVERY FOR DECADES. THIS AA STEP WORKING GUIDE AIMS TO DEMYSTIFY THE PROCESS, PROVIDING A CLEAR AND PRACTICAL ROADMAP FOR THOSE SEEKING SOBRIETY. WHILE AA'S SPIRITUAL FOUNDATION MAY NOT RESONATE WITH EVERYONE, THE PRINCIPLES OF SELF-REFLECTION, AMENDS-MAKING, AND COMMUNITY SUPPORT REMAIN UNIVERSALLY BENEFICIAL IN OVERCOMING ADDICTION. THIS GUIDE OFFERS VARIOUS APPROACHES TO WORKING THE STEPS, ACKNOWLEDGING THAT THE PROCESS IS DEEPLY PERSONAL AND REQUIRES INDIVIDUAL ADAPTATION.

THE 12 STEPS: A DETAILED AA STEP WORKING GUIDE

THIS AA STEP WORKING GUIDE BREAKS DOWN EACH OF THE TWELVE STEPS, PROVIDING INSIGHTS AND PRACTICAL SUGGESTIONS FOR THEIR APPLICATION:

STEP 1: WE ADMITTED WE WERE POWERLESS OVER ALCOHOL—THAT OUR LIVES HAD BECOME UNMANAGEABLE. THIS INVOLVES HONEST SELF-ASSESSMENT AND ACKNOWLEDGING THE SEVERITY OF THE ADDICTION. IT'S NOT ABOUT BLAMING, BUT RECOGNIZING THE LOSS OF CONTROL.

STEP 2: CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY. THIS STEP INVOLVES EXPLORING ONE'S BELIEF SYSTEM AND OPENING ONESELF TO THE POSSIBILITY OF A HIGHER POWER, WHATEVER THAT MAY MEAN TO THE INDIVIDUAL.

STEP 3: MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM. THIS IS A SURRENDER TO A HIGHER POWER, ALLOWING FOR GUIDANCE AND SUPPORT IN THE RECOVERY PROCESS.

STEP 4: MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES. THIS INVOLVES A THOROUGH SELF-EXAMINATION, IDENTIFYING PAST ACTIONS AND BEHAVIORS THAT CONTRIBUTED TO THE ADDICTION.

STEP 5: ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS. SHARING ONE'S INVENTORY WITH A TRUSTED CONFIDANT IS CRUCIAL FOR ACCOUNTABILITY AND SUPPORT.

STEP 6: WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER. THIS STEP INVOLVES ACCEPTING THE NEED FOR CHANGE AND HUMBLY SEEKING GUIDANCE.

STEP 7: HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS. THIS IS A PRAYER FOR HELP IN OVERCOMING PERSONAL FLAWS.

STEP 8: MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL. THIS INVOLVES TAKING RESPONSIBILITY FOR PAST ACTIONS AND IDENTIFYING THOSE AFFECTED.

STEP 9: MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS. THIS STEP FOCUSES ON REPAIRING RELATIONSHIPS AND TAKING ACTION TO RESTORE TRUST.

STEP 10: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT. THIS IS ABOUT ONGOING SELF-AWARENESS AND ACCOUNTABILITY, CRUCIAL FOR MAINTAINING SOBRIETY.

STEP 11: 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. THIS EMPHASIZES ONGOING SPIRITUAL PRACTICE AND SEEKING GUIDANCE.

STEP 12: HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. THIS IS ABOUT GIVING BACK AND HELPING OTHERS, PERPETUATING THE CYCLE OF RECOVERY.

METHODOLOGIES AND APPROACHES IN AN AA STEP WORKING GUIDE:

SEVERAL METHODOLOGIES CAN ENHANCE THE EFFECTIVENESS OF THIS AA STEP WORKING GUIDE. THESE INCLUDE:

JOURNALING: KEEPING A JOURNAL TO DOCUMENT FEELINGS, INSIGHTS, AND PROGRESS THROUGHOUT THE STEPS.

SPONSORSHIP: WORKING WITH A SPONSOR, AN EXPERIENCED AA MEMBER, PROVIDES GUIDANCE AND SUPPORT.

MEETING ATTENDANCE: REGULAR ATTENDANCE AT AA MEETINGS FOSTERS COMMUNITY AND SHARED EXPERIENCE.

THERAPY: INTEGRATING THERAPY WITH THE 12-STEP PROGRAM OFFERS A HOLISTIC APPROACH TO RECOVERY.

SELF-HELP BOOKS: UTILIZING SUPPLEMENTARY RESOURCES LIKE THIS AA STEP WORKING GUIDE ENHANCES UNDERSTANDING.

THE IMPORTANCE OF COMMUNITY SUPPORT IN AN AA STEP WORKING GUIDE

THIS AA STEP WORKING GUIDE EMPHASIZES THE CRITICAL ROLE OF COMMUNITY SUPPORT IN RECOVERY. CONNECTING WITH OTHERS WHO UNDERSTAND THE STRUGGLES OF ADDICTION IS VITAL FOR MAINTAINING SOBRIETY AND PREVENTING RELAPSE. AA MEETINGS OFFER A SAFE AND SUPPORTIVE ENVIRONMENT FOR SHARING EXPERIENCES, PROVIDING ENCOURAGEMENT, AND LEARNING FROM OTHERS' JOURNEYS.

CONCLUSION

THIS AA STEP WORKING GUIDE PROVIDES A COMPREHENSIVE OVERVIEW OF THE 12 STEPS OF ALCOHOLICS ANONYMOUS, OFFERING PRACTICAL INSIGHTS AND VARIOUS APPROACHES FOR SUCCESSFUL IMPLEMENTATION. REMEMBER, RECOVERY IS A JOURNEY, NOT A DESTINATION, AND PROGRESS IS MADE ONE STEP AT A TIME. UTILIZING THE RESOURCES PROVIDED IN THIS GUIDE, COMBINED WITH COMMUNITY SUPPORT AND PERSONAL DEDICATION, CAN SIGNIFICANTLY ENHANCE THE CHANCES OF ACHIEVING AND MAINTAINING LONG-TERM SOBRIETY.

FAQs

1. IS THIS AA STEP WORKING GUIDE SUITABLE FOR EVERYONE? WHILE THIS GUIDE PROVIDES VALUABLE INFORMATION, THE EFFECTIVENESS OF THE 12-STEP PROGRAM VARIES AMONG INDIVIDUALS. PROFESSIONAL GUIDANCE IS ALWAYS

RECOMMENDED.

1. HOW LONG DOES IT TAKE TO WORK THROUGH THE 12 STEPS? THERE'S NO SET TIMEFRAME. IT'S A PERSONAL JOURNEY, AND THE PACE VARIES FOR EACH INDIVIDUAL.
1. WHAT IF I DON'T BELIEVE IN A HIGHER POWER? THE CONCEPT OF A HIGHER POWER IS INTERPRETED DIFFERENTLY BY INDIVIDUALS. IT CAN BE ANYTHING THAT PROVIDES GUIDANCE AND STRENGTH.
1. CAN I WORK THE STEPS ON MY OWN? WHILE SELF-REFLECTION IS CRUCIAL, A SPONSOR OR THERAPIST CAN PROVIDE VALUABLE SUPPORT AND GUIDANCE.
1. WHAT IF I RELAPSE? RELAPSE IS A COMMON PART OF THE RECOVERY PROCESS. IT'S IMPORTANT TO SEEK SUPPORT AND CONTINUE WORKING TOWARDS SOBRIETY.
1. IS THIS AA STEP WORKING GUIDE ONLY FOR ALCOHOLISM? THE 12-STEP PRINCIPLES ARE ADAPTABLE FOR VARIOUS ADDICTIONS AND RECOVERY JOURNEYS.
1. HOW DO I FIND AN AA MEETING? AA WEBSITES AND ONLINE SEARCH ENGINES PROVIDE RESOURCES TO LOCATE LOCAL MEETINGS.
1. WHAT IS THE ROLE OF A SPONSOR? A SPONSOR PROVIDES GUIDANCE, SUPPORT, AND ACCOUNTABILITY THROUGHOUT THE 12-STEP PROCESS.
1. IS THERAPY NECESSARY ALONGSIDE THE 12 STEPS? THERAPY CAN COMPLEMENT THE 12-STEP PROGRAM, OFFERING ADDITIONAL TOOLS AND SUPPORT FOR RECOVERY.

RELATED ARTICLES:

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1. ADAPTING THE 12 STEPS FOR DIFFERENT ADDICTIONS: DISCUSSES HOW THE 12-STEP PRINCIPLES CAN BE APPLIED TO VARIOUS SUBSTANCE USE DISORDERS.
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1. USING JOURNALING TO ENHANCE THE 12-STEP EXPERIENCE: DEMONSTRATES THE USE OF JOURNALING AS A TOOL FOR SELF-REFLECTION AND PROGRESS TRACKING.
1. UNDERSTANDING AND APPLYING STEP 4: A DEEP DIVE INTO SELF-INVENTORY: PROVIDES A DETAILED EXPLANATION AND PRACTICAL STRATEGIES FOR COMPLETING THIS CRUCIAL STEP.

🔍 **aa step working guide:** The Narcotics Anonymous Step Working Guides , 1998-01-01 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 step working guide: 12-Step Workbook for Recovering Alcoholics, Including Powerful 4Th-Step Worksheets Iam Pastal, 2015-08-07 This workbook for recovering alcoholics is a great resource for anyone who wants to quit drinking alcohol for good! It follows a 12-step program that contains actionable advice, helpful activities, and useful prayers for recovery. This quit lit book is also based on the author's experience recovering and working with Alcoholic Anonymous, an organization devoted to abstinence-based recovery from alcoholism.

aa step working guide: Twelve Steps and Twelve Traditions Trade Edition Bill W., 1953 Twelve Steps to recovery.

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aa step working guide: Understanding the Twelve Steps Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous.

aa step working guide: **Big Book Awakening** Dan Sherman, 1992-01-01 Written to be used in conjunction with, not instead of the Big Book of Alcoholics Anonymous. This book will help guide you through a personal experience with all Twelve Steps as they are outlined in the AA Big Book. You write notes and questions from the Big Book Awakening into your own Big Book for personal consideration. After you have completed this process yourself your Big Book is now a powerful working with others book with questions and considerations that will help you work with others both one-on-one and in workshops. They themselves write the same notes into their own Big Book to one day do the same.

aa step working guide: **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.

aa step working guide: **12 Step Workbook** M V Peterson, Pat Peterson, 2005 The basic principles of many of the popular twelve step programs are combined in this book into one easy text, covering problems with: Alcohol, Drugs, Gambling, Anger, Food, Relapse, People, Places, & Things. This book will benefit anyone suffering from these destructive behaviors by using a series of open-ended questions to work the twelve steps of recovery programs.

aa step working guide: *Modern 12 Step Recovery* Glenn Rader, 2021-01-17 *Modern 12 Step Recovery* is a user-friendly, secular guide to the 12 Step program of Alcoholics Anonymous (AA). This book includes updated Steps, information from science and psychology, and a working guide to the 12 Step program that makes the program welcoming to people of all ages and beliefs. This modernization was achieved without making any fundamental changes to the AA program. *Modern 12 Step Recovery* is 100% compatible with pursuing a program of recovery within the traditional AA mutual support network. This includes AA meetings, sponsor relationships, and other activities. The information in this book is also relevant to people in recovery from co-dependency (Al-Anon) and other 12 Step-based programs.

aa step working guide: *RECOVERY 2.0* Tommy Rosen, 2014-10-21 The feeling was

electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through. - Tommy Rosen, on his first yoga experience

Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes

- Looking at the roots of addiction; your family history and Addiction Story
- Daily breathing practices, meditation, yoga, and body awareness
- A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse
- Discovering your mission, living on purpose, and being of service to others

Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

aa step working guide: The Sponsor's 12 Step Manual: a Guide to Teaching and Learning the Program of AA John E, 2012-04-29 A Guide to teaching the 12 Steps. The Sponsor's 12 Step Manual is an (independent) approach to delivering the program of A.A. that will help people learn faster and remember more. The manual uses a six-point method of teaching to reinforce learning and to increase comprehension and promote awareness of the Steps to its fullest extent. The process starts with understanding the language used in the Steps and progresses on to an in depth study of what is in the literature and how it applies to an individual. The six levels also cover self reflection and creativity with the final level of each Step looking at how a sponsee may carry the message to a newcomer. This is not a 'stand alone' book, for it to work you will also need to have access to A.A.s Big Book and The 12 Steps and 12 Traditions. Now available in a NEW WORKBOOK EDITION.

aa step working guide: *Living Clean: The Journey Continues* Fellowship of Narcotics Anonymous,

aa step working guide: **10 Step Inventory Journal** T. H. E. Fourth DIMENSION BOOKS, 2021-02-04 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool. This is wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track and keeping track of the nightly 10th step inventory. The 10th step inventory questions are listed each day, along with a blank page alongside it, for additional note taking. We hope that using this notebook journal will aide you in the working of the AA steps and may it help you to stay clean and sober.

aa step working guide: **Twelve Secular Steps** Bill W, 2018-08-28 12 Secular Steps: An Addiction Recovery Guide is a Step working guidebook for agnostics, atheists, and others who believe addicts should be active in and accountable for their recovery. Unlike traditional Twelve Step literature, this secular adaptation of 12 Step approach neither promotes nor rejects religion and spirituality; it de-emphasizes the active role of God or a Higher Power in favor of a secular, cognitive-behavioral framework. The adapted methodologies are grounded in a biology-based foundation and philosophy.

aa step working guide: **Trauma and the 12 Steps, Revised and Expanded** Jamie Marich, 2020-07-07 An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too

triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that: Explains how trauma impacts addiction, recovery, and relapse Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research Explains the differences between being trauma-informed and trauma-sensitive; and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

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aa step working guide: 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 step working guide: A Gentle Path Through the Twelve Steps Patrick Carnes, 2012-04-13 A Gentle Path through the Twelve Steps Updated and Expanded

aa step working guide: *The Steps We Took* Joe McQ, 2015-01-01 The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addiction.s the addictions may be to alcohol or cocaine, gambling or food, violence or sex, but the path to recovery is the same. The exciting thing about the Twelve Steps is that they teach us how to live. Once we know the design of living and the principles of living a successful life, we find that we not only get over the problems we see, but we avoid many other problems we would have had. To me, the miracle is that all this was boiled down into twelve simple Steps that anybody can apply. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for more than three decades. He, like tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work-and how they can change our lives.

aa step working guide: The Essence of Twelve Step Recovery Damian McElrath, 2013-11-05 *The Essence of Twelve Step Recovery: Take It to Heart*, was written in gratitude to the Jellinek patients at Hazelden, whose lives, struggles and pain are witness to what spirituality is all about. Dedicated to Sandy McElrath, Damian's wife of 26 years, the book defines spirituality and the essence of Twelve Step living--and the essence of Hazelden.McElrath begins his Hazelden-published book with a quote from the Big Book: The spiritual life is not a theory. We have to live it. (Alcoholics Anonymous, page 83). He goes on to eloquently provide his view of spiritual fitness. The person seeking recovery must reconnect with his true self, with others, and with his Higher Power--the God of his understanding, he writes.He addresses the spiritual protocols of recovery in separate self-contained chapters: (1) The Community, (2) The Spirituality of Addiction, (3) The Twelve Steps--Relational Spirituality, (4) Benchmarks for Spiritual Growth, and (5) The Cultivation of the Interior Life.Gail Gleason Milgram, EdD, director of the Center for Alcohol Studies at Rutgers University, endorses the book: Damian is a born teacher. He presents complicated and difficult content in a clear and concise fashion. He helps the reader understand that 'the heart of what makes us human/spiritual beings is our search for integrity, purpose and meaning.' This book is a gift to all who are in search of the meaning of life.Says Craig Nakken, author of *The Addictive Personality*: Damian has written a simple but profound guide for addicts that goes to the very heart of what is needed for recovery. The book has purpose and meaning beyond its pages. It's a must read for those looking to embrace or deepen their recovery. Follow the spiritual protocol!

aa step working guide: The Twelve Steps - A Spiritual Journey Friends in Recovery, 1994 A self-help guide and program for adult survivors of childhood abuse from dysfunctional families that emphasizes the use of spiritual life based on Biblical teachings.

aa step working guide: *My 10th Step Inventory* T. H. E. Fourth DIMENSION BOOKS, Fourth Books, 2021-01-25 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool and wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track.

aa step working guide: *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.

aa step working guide: Narcotics Anonymous , 2008 Narcotics Anonymous (NA) describes itself as a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Narcotics Anonymous uses a traditional 12 step model that has been expanded and developed for people with varied substance abuse issues. This work is the so-called Basic Text and is divided into two parts. Part 1 discusses the basics of the NA fellowship program and the twelve steps and traditions. Part 2 is composed of many personal recovery stories.

aa step working guide: The Twelve Steps Friends in Recovery, 1996 A spiritual resource that applies the 12 steps of Alcoholics Anonymous to adults with Attention Deficit Disorder in a way that combines structure, self-discovery and the support of others with the proven spiritual principles of the 12 steps

aa step working guide: Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

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Sponsorship Guide for 12-Step Programs offers the reader far-ranging suggestions, based on concrete experience, for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12-step program. Seventeen sponsors (with collective recovery time of over 250 years) share their experience and insights as they describe common situations sponsors face and relate the solutions they used. This is the first book of its kind--for sponsors, by sponsors. Divided into three main sections--Sponsorship Basics, Working the Steps with a Sponsee, and Common issues that Come Up--this book will be of use to anyone who has agreed to be a sponsor, or anyone who does not have access to a sponsor. A Sponsorship Guide is like having a sponsor in a book.

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structure. ? Step 1 helps the chemically dependent patient identify the seriousness of his or her problem by writing it down. ? Step 2 helps the patient examine his or her irrational and self-destructive behavior. ? Step 3 aids the patient in creating new ways of thinking, enabling the realization that there are aspects of one's life that are out of his or her control.? Step 4 encourages reflection on the positive and negative experiences in the patient's life.? Step 5 helps the patient verbalize what he or she has written in Step 4. Step Workbook for Adult Chemical Dependency Recovery is an essential tool for every program providing treatment services for chemically dependent adults.

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