

# THE TWELVE STEPS

INTREPID  
INTER-DEPENDENT

## STEP ONE



We admitted we were powerless over alcohol, that our lives had become unmanageable.

## STEP TWO



Came to believe that a Power greater than ourselves could restore us to sanity.

## STEP THREE



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

## STEP FOUR



Made a searching and fearless moral inventory of ourselves.

## STEP FIVE



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

## STEP SIX



Were entirely ready to have God remove all these defects of character.

## STEP SEVEN



Humbly asked Him to remove our shortcomings.

## STEP EIGHT



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

## STEP NINE



Made direct amends to such people wherever possible, except when to do so would injure them or others.

## STEP TEN



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

## STEP ELEVEN



Sought through prayer and meditation to improve our conscious contact with God, as we understood Him.

## STEP TWELVE

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.

# 12 Step Program Guide

**Gabriel M. A. Segal**

## 12 Step Program Guide:

*Twelve Step Facilitation Therapy Manual* Joseph Nowinski, Stuart Baker, Kathleen M. Carroll, 1992      **Understanding the Twelve Steps** Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous

*Understanding 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

**Understand and Complete The 12 Steps of Alcoholics Anonymous** Anonymous Guest, 2020-03-05 Here s a 12 step guide to get you through the Big Book of Alcoholics Anonymous Many great reviews have been left like Penned as a study guide but a truly enlightening walk through the big book Reviewed in the United Kingdom on May 25 2018 Format Verified Purchase Succinct to the point and funny This AA guest is a gifted writer and easily explains the 12 steps in the Big book with integrity and just a few though not irreverent manifestations I used this guide and needed it When the big book was just too heavy going this guide got me through to the end Much gratitude Change your attitude and you can change your life Reviewed in the United Kingdom on July 13 2015 Format Verified Purchase A book all could live by regardless if they are alcoholic or not Plain English Made sense Thank you for a great read Reviewed in the United Kingdom on August 4 2018 Format Verified Purchase Anyone beginning or struggling with the 12 steps will find this invaluable I have Hope you do too Thank you Hope you use it

to help with the 12 Steps     **A Sponsorship Guide for 12-Step Programs** M. T.,2013-10-08 A 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     **Twelve-Step Guide to Using the Alcoholics Anonymous Big Book** Herb K.,2004 For members of any twelve step fellowship this book provides a simple and clear guide to the instructions for working the steps as outlined in A A s Big Book It reveals in easy to understand language the process for working each step so that the reader can experience the Twelfth Step promise of a spiritual awakening     **Twelve Steps to Psychological Good Health and Serenity** Gabriel M. A. Segal,2014-05-01 The twelve step program has proved to be a fully effective treatment for alcoholism and other addictions Segal shows how the program can bring relief from depression anxiety and discontent in non addicts too As a first rate philosopher and cognitive scientist he offers an incisive science based account of the psychological causes of restlessness irritability and discontent and explains how the program works to overcome them As a practitioner of the steps he provides clear easy to follow but thorough instructions for anyone addict or not wishing to do them This book is must reading for anyone seeking psychological good health and peace of mind     *The Complete Idiot's Guide to Changing Old Habits for Good* Deb Baker,G. Alan Marlatt, Ph.D.,2008-12-02 Kick bad habits for good Nearly everybody has at least one self destructive habit they can t eliminate from spending too much time online to eating too much ice cream Changing an old habit is no easy business and more than 90% of people relapse within a year This one of a kind guide helps readers separate good habits from bad evaluate the risks and benefits prepare themselves for change and make the change for good Dr Marlatt is a groundbreaking author at the top of the relapse prevention Field This book shares the latest research on kicking old habits for good     **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     A Program For You Anonymous,2009-10-23 A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life A Program for You clears our way for discovering positive powerful answers to these questions In the years since 1939 the Big Book Alcoholics Anonymous has guided millions in their search for a design for healthy living free of addictive behaviors Now two program old timers share their years of intensive study of the Big Book revealing the vitality of its message for those of us reading it today This celebration of the basic text of Twelve Step recovery

breathes new life into the Big Book's timeless wisdom. Thoroughly annotated line and page written with down to earth humor and simplicity and providing a contemporary context for understanding. A Program for You helps us experience the same path of renewal that Bill W and the first one hundred AA members did. A Gentle Path Through the Twelve Steps Patrick

Carnes, 2012-04-13 A Gentle Path through the Twelve Steps Updated and Expanded *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. **Simple But Not Easy** Paul H. & Scott N. , 2013-10 From Simple But Not Easy For over seventy

years the Big Book of Alcoholics Anonymous has offered alcoholics a solution to their chronic progressive and fatal illness. This solution cannot be found in fighting or quitting or any other human effort. Many people abstain from alcohol for months even years by going to meetings, reciting the steps and exchanging complaints about their lives with other abstinent people. For these people not drinking is their only goal. But abstinence is only the beginning of recovery. It is the Program of Action particularly Steps 4 through 9 that brings about a spiritual awakening and recovery. This small book offers newcomers, sponsors and even long time members of the AA Fellowship a new tool to identify and understand the basic principles of the Big Book. Once that understanding turns to action taking the 12 Steps a spiritual awakening and true recovery can be achieved by anyone. The 12 Steps Unplugged Anonymous, 2011-03-31 In this straightforward and funny guide John R interprets the philosophies and stories of the Big Book for young people. Like many alcoholics and addicts when John R began

his recovery at age seventeen he was given a Big Book At first he was reluctant to wade through the old fashioned language and the stories about people he didn t think he could relate to But over time he realized that the best way to get sober and to stay sober is to learn from those who have gone before us And so he read Alcoholics Anonymous and took the first step toward changing his life Today with more than twenty years of sobriety John is an adolescent chemical dependency counselor showing addicts how the core messages of AA are as powerful and relevant to them as they have been to the millions of others who have gotten help for addiction over the years With The 12 Steps Unplugged he makes the Twelve Steps accessible to all of us In this simple and often funny guide he interprets the philosophies and stories of the Big Book in straightforward language that speaks to regular people John will help you connect with the basic messages of getting honest with yourself accepting the help of others and finding a relevant spiritual support Through The 12 Steps Unplugged you ll discover just how universal the AA program really is *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 participatedin a 12 step program for treatment of a chemical or non chemicaladdiction Clinicians recognize that these grass roots efforts havea very high cure rate However little has been written on how tointegrate these programs into a traditional therapy setting Integrating the 12 Steps into Addiction Therapy serves as anindispensable resource for clinicians treating addiction patientswho 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 andpatient handouts Will also benefit 12 step program peer counselors Includes companion CD ROM with fully customizable homeworkassignments 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 the12 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 **Pocket Guide to the 12 Steps** Kathleen S.,2011-11-16 A time proven process of healing The 12 Step method is a practical approach to overcoming addictions codependency and compulsions These steps will help you Heal your relationships with others Master new skills to sustain a healthy lifestyle Restore joy and meaning to your life Overcome social isolation Learn to hear and be honest with yourself Build a clear sense of purpose **A Skeptic's Guide to the 12 Steps** Phillip Z.,Z. Phillip,1990-10-01 How many of us have felt like Phillip Z He has a staunch belief in the Twelve Steps yet struggles with the concept of a Higher Power In A Skeptic s Guide to the 12 Steps the author investigates each of the Twelve Steps to gain a deeper understanding of a higher power He examines what may seem like unsettling concepts to us including surrendering one s will and life to God and he encourages us to understand the spiritual journey of recovery despite our

skepticism     **Drugs and the Neuroscience of Behavior** Adam Prus,2017-02-06 Drugs and the Neuroscience of Behavior An Introduction to Psychopharmacology Second Edition by Adam Prus presents an introduction to the rapidly advancing field of psychopharmacology by examining how drug actions in the brain affect psychological processes The book provides historical background to give readers an appreciation for the development of drug treatments and neuroscience over time covering major topics in psychopharmacology including new drugs and recent trends in drug use Pedagogical features informed by the latest scholarship in teaching and learning are integrated throughout the text to ensure that readers are able to process and understand the material with ease     **Finding a Home Group** James G.,2011-08-29 For newcomers and experienced

Twelve Steppers alike this valuable guidebook will guide you in finding the right home group so you can make the most of your meetings The first advice most people hear when beginning a Twelve Step program is Go to meetings But as most people who have attended several Alcoholics Anonymous or other peer recovery groups will tell you not all meetings are created equal The fact is that a group that's perfect for one person can send someone else running for the door In this essential guidebook for newcomers and experienced Twelve Steppers alike James G describes the various kinds of meetings available discusses what typically happens in those meetings and outlines practical points for evaluating groups to identify the best one to meet your personal needs With the idea in mind that chemistry is as important as content James provides practical advice born of decades of solid recovery years in which he has attended a wide variety of meetings as well as the experience of other Twelve Steppers interviewed for this book James G is a writer working in the fields of advertising journalism and fiction He credits the wonderful people in his AA home group with helping to save his life and opening up a whole new world in the process He lives in a large Midwestern city with his wife daughters and Fluffy the cat recipient of many a midnight confession This is his first book     **THE 12 STEP INTRO GUIDE (Recovery wisdom for everyday life)** James R.,2015-08-10 An extensive dictionary of 12 step terms and sayings and a collection of over 500 slogans and phrases along with their meanings Includes brief simple explanations of what the 12 Step program is its structure and how it works Filled with years of insight wisdom and humor the 12 Step Intro Guide is perfect for newcomers old timers or family and friends of those in recovery

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