

AA 12-STEP PROGRAM

STEP 1

We admitted we were powerless over our addiction - that our lives had become unmanageable.

STEP 2

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

STEP 3

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



STEP 4

Made a searching and fearless moral inventory of ourselves.

STEP 5

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

STEP 6

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

STEP 7

Humbly asked God to remove our shortcomings.

STEP 8

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

STEP 9

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

STEP 10

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

STEP 11

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

STEP 12

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



Twelve Step Programs

Anonymous



Twelve Step Programs:

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 demystify 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 Bridge to Recovery* Robert L. DuPont, John P. McGovern, 1994 Twelve step programs are revolutionizing and reshaping our thinking about and treatment of addiction Because these programs are based in the community instead of in an institutional or academic setting they often employ techniques and language that can be confusing and alien to health care professionals Written in a clear easy to understand style this book explores these programs and provides a guide on how to integrate them into ongoing human services Written by internationally renowned experts *A Bridge to Recovery An Introduction to 12 Step Programs* includes up to date information to bridge the gap between mutual aid programs human services and the professional community This practical book is designed to assist with the implementation of these programs into routine practice while providing a useful reference for academic and educational professionals *Understanding the Twelve Steps* Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous [Understanding the Twelve Steps](#) Terry T. Gorski, m.a., c.a.c., 2012-09-11 Written by a certified alcoholism and drug abuse counselor with more than twenty years of experience this book offers a wealth of wisdom knowledge and genuine support for anyone in recovery

Millions of people have transformed their lives by working the Twelve Steps of Alcoholics Anonymous Their success has come from their ability to truly understand these principles and to apply them in their daily lives Yet for many embarking on the road to recovery the Steps can seem vague even confusing This practical no nonsense guide takes the mystery out of the Twelve Steps presenting a straightforward explanation of what each step means as well as examples of how it translates to real life Written by a certified alcoholism and drug abuse counselor with more than twenty years of experience it offers a wealth of wisdom knowledge and genuine support for anyone in recovery Understanding the Twelve Steps features Clear easy to understand interpretation of the Twelve Steps the vital building blocks of recovery Checklists that summarize the tasks and objectives of each step The Twelve Promises the positive changes you can expect in your life if you follow the Twelve Steps What happens at Twelve Step meetings and why it is important to have a sponsor The experiences strength and hope of other recovering people *Twelve Step Facilitation Therapy Manual* Joseph Nowinski, Stuart Baker, Kathleen M. Carroll, 1992 *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 *The Complete Twelve Step Collection: Living the Program* Anonymous, 2022-10-11 The Complete Twelve Step Collection Living the Program is a compilation of Hazelden Publishing s Twelve Step pamphlets This eBook is a sure way to gain a basic yet thorough understanding of the significance of each Step Each pamphlet can also be purchased separately The Twelve Step program has been a universal model for recovery from substance use disorder since the 1930s These pamphlets explore the concepts of the Twelve Steps of Alcoholics Anonymous and discuss how we can apply them in today s world Although the Steps remain the same we can learn how to approach them differently over time *Inside 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 *The Twelve Steps Of Alcoholics Anonymous* 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 hundred times *Stepping Stones To Recovery For Men* Anonymous, 2013-11-05 This male perspective on the Twelve Step program offers insight into the unique needs of men through articles reflections and affirmations This male perspective on the Twelve Step program offers insight into the unique needs of men through articles reflections and affirmations It presents workable examples and ideas for positive personal and spiritual growth

The Twelve-Step Journal Claudette Wassil-Grimm, 1996 This exciting revolutionary workbook designed for anyone on a Twelve Step oriented recovery program adapts beautifully to nearly all recovery programs It presents the twelve steps in their original form as well as in alternative secular version and offers exercises and suggestions for journal entries that include topics such as storytelling dreams confessions and conflicts and resolutions

The 12 Step Prayer Book Bill P., Lisa D., 2019-10-15 The newly compiled 12 Step Prayer Book offers adapted and traditional prayers to complement any Twelve Step program or any mindful recovery experience Collected and compiled from varied authors faiths and lifestyles these prayers of strength and healing will give you a thought for each day These are the faithful words of the world From Bill P the author of the recovery classics *Easy Does It* and *Drop the Rock* and Lisa D comes this cherished set of prayers now presented for the first time as part of Hazelden's beloved series of daily readings Bookended by morning and nightly prayers this new edition now provides prayers and readings based on themes related to each Step Regardless of your religious affiliation or a lack thereof prayer houses infinite power it is the spiritual language of the unified human experience In a modern approach to prayer and meditation The 12 Step Prayer Book utilizes sources from across the world to support your recovery Treatment counseling and other forms of therapy are unquestionably necessary for sobriety They are however finite Once they end what becomes our source of hope strength and wisdom Twelve Step recovery demands continuous spiritual growth and spiritual growth demands a Higher Power Our faith needn't be perfect but it must be present Through prayer and daily connection with the spiritual our hearts remain full and open to the life recovery promises

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 Aquarian 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

Beyond the Twelve Steps Lynn Grabhorn,2001-05-01 From a New York Times bestselling author a recovery book for twelve steppers or anyone interested in finding inner peace after overcoming addiction What will it take for us to stop living dreary lives What will it take for us to fill the deep ache and longing we all have for that elusive something more In a courageous departure from the traditional twelve step views of spirituality Lynn takes our hungry souls on a life changing journey to the kingdom within laying out a path of startling new concepts to reconnect us with our own divinity For years Lynn Grabhorn was a passionate student of thought and our divine relation to Self Raised in Short Hills New Jersey she moved to California in 1963 the same year she joined A A In her own words Our inner beings are crying out for us to remember who and what we really are because the call is out big time for us to wake up All it takes is a deep desire and anyone can make this journey with ease Grabhorn shows us how to access that inner source of energy to create the reality we want in our lives This is a great book for those serious about their spiritual growth and ready for the next steps into mastery Convergence magazine Truly this is an important new book which stands out from the plethora of recovery literature

Acknowledging the debt she owes to Alcoholics Anonymous the author encourages the reader to move beyond self imposed limitations Small Press magazine *If You Work It, It Works!* Joseph Nowinski,2015-02-03 Gain a clear understanding of the science and latest research behind the success of the Twelve Steps a critical program used by millions of people around the world to stay sober and one of the greatest social movements of our time Since the publication of Alcoholics Anonymous in 1939 the Twelve Steps have been central to staying sober for millions of people around the world Countless recovery and treatment organizations have adopted the Steps as their program for abstaining from addictive behaviors But recently a growing chorus of critics has questioned the science behind this model In this book Nowinski calls upon the latest research as well as his own seminal Project MATCH study to show why systematically working a Twelve Step program yields predictable and successful outcomes Whether you re thinking of joining a Twelve Step group or simply want to understand the science fueling one of the greatest social movements of our time this book is for you As any AA member will tell you It works if you work it [The Higher Power of the Twelve-Step Program](#) Glenn Chesnut,2001 Please use the cover you ve already designed **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 *The Sober Truth* Lance Dodes,Zachary Dodes,2014-03-25 A powerful expos of 12 step programs like Alcoholics Anonymous and how this failed addiction treatment model came to dominate America A humane science based global view of addiction an essential bracing critique of the rehab industry Gabor Mat M D author of In The Realm of Hungry Ghosts Alcoholics Anonymous has become so infused in our society that it is practically synonymous with addiction recovery Yet the evidence shows that AA has only a 5 10 percent success rate hardly better than no treatment at all Despite this doctors employers and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12 step model In The Sober

Truth acclaimed addiction specialist Dr Lance Dodes exposes the deeply flawed science that the 12 step industry has used to support its programs Dr Dodes analyzes dozens of studies to reveal a startling pattern of errors misjudgments and biases He also pores over the research to highlight the best peer reviewed studies available and discovers that they reach a grim consensus on the program s overall success But The Sober Truth is more than a book about addiction It is also a book about science and how and why AA and rehab became so popular despite the discouraging data Drawing from thirty five years of clinical practice and firsthand accounts submitted by addicts Dr Dodes explores the entire story of AA s rise from its origins in early fundamentalist religious and mystical beliefs to its present day place of privilege in politics and media A powerful response to the monopoly of the 12 step program and the myth that they are a universal solution to addiction The Sober Truth offers new and actionable information for addicts their families and medical providers and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem **Carry This Message** Joe McQ,2015-01-01 Having had a spiritual awakening as the result of these Steps we tried to carry this message to others and to practice these principles in all our affairs STEP 12 of the TWELVE STEPS Sponsorship is a key construct in A A and other Twelve Step groups and the twelfth step is the foundation of the sponsorship dynamic essential to recover both for the sponsor and the sponsoree This book addresses the concern of many in the A A community that sponsors have lost some skills in working with alcoholics By offering tools for helping others find recovery and new life through the Twelve Step program Joe McQ has created a guide for sponsors to use in working with others By refocusing his readers on the Big Book the Twelve Steps and their message McQ appeals for a return to the roots and essence of the A A program Moreover he issues a strong call to action for return to the fullness and the integrity of the miraculous recovery program

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