

12 STEP PROGRAM GUIDE



DETOX TO REHAB
JUMP INTO A NEW FUTURE

Step 1 Admit powerlessness: “

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



Step 2 Find Hope:

Believe that a power greater than ourselves could restore us to sanity.



“ *Step 3* Surrender:

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

”

Step 4 Take Inventory:

Made a searching and fearless moral inventory of ourselves.

Step 6 Become Ready:

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

Step 5 Share Inventory:

“ Admit to God, to ourselves, and to another human being the exact nature of our wrongs. ”

Step 7 Ask God:

Humbly asked Him to remove our shortcomings.

Step 8 List Amends:

“ Make a list of all those we have harmed and make amends to them all. ”

Step 9 Make Amends:

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

Step 10 Continue Inventory :

Take a personal inventory, and when we were wrong, promptly admitted it. ”

Step 11 Pray and Meditate :

“ Through prayer and meditation to improve our conscious and connect with God. We do this to understand Him, praying only for His knowledge will give us the power to carry that out. ”

Step 12 Help Others:

“ Having a spiritual awakening as the result of these steps, to carry this message to alcoholics and to practice these principles. ”

12 Step Program Guide

Bruce Brown



12 Step Program Guide:

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

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

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

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

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

[Trauma and the 12 Steps, Revised and Expanded](#) Jamie Marich, PHD, 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

[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 *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 *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., 1998-02-15 This book offers the reader far ranging suggestions based on experience for the most common issues and dilemmas that arise when one agrees to be someone s sponsor in any of the twelve step fellowships The guide is a wonderful resource for anyone who has agreed to be a sponsor who wants a sponsor who does not have the best sponsor for him herself or access to a sponsor **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 *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

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 *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 valuable text Contains eight lesson plans and twenty seven assignments Integrates in depth discussion of 12 step programs with hands on resources like homework assignments treatment plan examples and patient handouts Will also benefit 12 step program peer counselors Includes companion CD ROM with fully customizable homework assignments lesson plans and presentations Treating addictions whether chemical or non chemical can be one of the most difficult challenges faced by mental health professionals For many people 12 step programs have played a critical role in helping them to manage their addictive behaviors *Integrating the 12 Steps into Addiction Therapy* gives psychologists therapists counselors social workers and clinicians the tools and resources they need to fully utilize these peer therapy program techniques in treating a wide variety of addictions

Pocket Guide to the 12 Steps Kathleen S.,1997-03-01 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 *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 *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 [The Recovery Handbook](#) James M. Mathers,1992 The most important recovery book in fifty years The Guidebook two COVERS Anonymous 2nd Simple direct friendly Advantages being part of the Program from the very start Addicts families friends professionals Build Character Grow Spiritually *The Mind-Body Guide to the Twelve Steps* Nina Pick,2023-09-05 A trauma sensitive companion to the Twelve Steps body based exercises for deepening your recovery expanding your spiritual practice preventing relapse and understanding the root of your addiction For readers of *In the Realm of Hungry Ghosts and Trauma* and the 12 Steps Considering addiction through a trauma informed lens *The Mind Body Guide to the Twelve Steps* offers an accessible lyrical and practical guide to Twelve Step recovery that emphasizes self compassion relationship embodied awareness and ecological connection Whether you re suffering from an active addiction seeking freedom from self limiting behaviors or hoping to establish or grow your spiritual practice this innovative guide offers a holistic roadmap to navigating the journey of recovery Somatic and spiritual counselor educator and writer Nina Pick shows how addiction is rooted in survival strategies that protect us from overwhelmingly painful experiences Pick draws on attachment theory polyvagal theory somatics mindfulness trauma therapy Jewish and integrative spirituality and her own long time experience in recovery to expand the

Twelve Step practice beyond the conventional cognitive approach into one of soul recovery a profound and sensuously embodied spiritual path With reflections and practices designed to complement the literature and tools offered by your specific Twelve Step program The Mind Body Guide to the Twelve Steps shows you how to Explore powerlessness and unmanageability Integrate dance vocalization and other creative arts to enhance your recovery Create transformative ritual and ancestral healing practices Expand your ideas of Higher Power and prayer Forgive yourself and others Cultivate daily practices for reflection and meditation Understand the intersections of addiction developmental trauma and intergenerational trauma Drawing on plant medicine mindfulness poetry self directed touch ritual and guided imagery The Mind Body Guide to the Twelve Steps nurtures a joyful and heart centered path to recovery and complements the healing work of Peter Levine Bessel van der Kolk and Arielle Schwartz

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **12 Step Program Guide** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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