

THE 12 STEPS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
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.

Working The 12 Steps

Glenn Langohr



Working The 12 Steps:

Working the 12 Steps Hazelden,1988-10 The Twelve Steps of A A are vital life saving tools But how do we use them effectively Keep It Simple Working The 12 Steps is a easy to read and understand workbook we discover the core issues of the 12 Steps and how to work toward making them a daily part of our lives [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 **The 12 Steps: A Way Out** Publishing Inc Rpi, Friends in Recovery,1987-09 **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 *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 [12 Steps That Can Save Your Life](#) Barb Rogers,2009-09-01 Real life stories from people working twelve step programs and practical advice from the author of Addiction Grief Clean and sober twenty days or twenty years it makes no difference We all need a little help every once in a while Barb Rogers has been sober for a long time And she knows that doesn t make a difference what makes a difference is that she s clean and sober today Rogers s newest book offers true stories from real life people Their addictions have led them to a twelve step program Yet in working the program they have found as the saying goes things are simple but not always easy The important thing is no matter what difficulties we have with any of the steps is to keep working the steps as many times as it takes There is no perfection there is no goal there is only walking the talk one day at a time In *12 Steps That Can Save Your Life* Barb Rogers once again offers down home sensible advice along with stories a struggling reader can identify with Twelve step programs are neither cult curse nor cure They work because they are ongoing because of the focus is inward and outward and because people recognize that their lives are better when they work them Praise for *12 Steps That Can Save Your Life* This small book offers great insight hope education and the invitation to celebrate or even to recommit to the 12 Step journey if one has wandered away I have been on this path for 34 years and thoroughly enjoyed hearing Barb s stories and sharing in her joy about the miracle recovery has given her and so many others Karen Casey Ph D author of *Let Go Now* Barb Rogers does it again In plain language she explains the simple 12 Step program that has saved so many lives It saved mine and yours could be next Elizabeth Engstrom author of *The Northwoods Chronicles* Barb shows how the 12 Steps can be applied to overcome any problem destroying your life When she says the Steps can save your life it isn t just a hook to get you to buy the book it is a reality Allen Berger Ph D author of *12 More Stupid Things that Mess Up Recovery* If Barb Rogers were the Lone Ranger her latest book would be a silver bullet left in her wake *12 Steps That Can Save Your Life* is a powerful tool Earnie Larsen author of *Stage II Recovery* *Life Beyond Addiction* [12 Steps of Self-Leadership](#) Doug Lester,Cheryl Lester,2016-01-11 Self leadership is about

realizing the power and potential that is in you and everyone you meet The world needs you now in your imperfection and in the midst of your formative processes You do make a difference The important question is What kind of difference do you make You are about to set out on an exciting exploration of your inner world The 12 Steps of Self Leadership is designed to help you identify and overcome the beliefs and behaviours that are holding you back clarify and leverage your strengths and natural giftings increase your Difference Making Quotient live and lead on purpose This transformational guide is relevant at any stage of your life or leadership journey and will help you increase your awareness and effectiveness in life work and relationships By fully engaging in the 12 Steps of Self Leadership you will dramatically increase your Difference Making Quotient and your ability to lead Self and others 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 an indispensable 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 *Centered* Kristie Peavy,2011-03-08 This book was written for all those who have been touched by addiction from the addict or alcoholic still suffering to the friends and family members looking for answers to this baffling illness The message in this book is one of hope and inspiration no matter what side of the fence you are on It is written from the perspective of an addict struggling through the process of working the 12 Steps while in a treatment facility This book is a must read for professionals hoping to get inside the mindset of a person wrestling with overcoming addiction **12 Steps Unlocked** Linda Miller Ba,Dell Miller Cadcii,2011-11 This book has been written to give a fundamental nuts and bolts understanding of how the Twelve Steps work for men and women in recovery The manuscript was written by both a man and woman in Twelve Step recovery offering a perspective for both genders There is clear presentation not only of addictions but how Twelve Step programs aid in restoring recovering addicts lives The book breaks out of the generalities about spirituality and gives specific and clear implementation of Twelve Step programs that anyone from the agnostic to the believer can

follow It was written in part by a recovering alcoholic and addict who also has been a Clinician in the field of addictions over the past thirty years We will look at how addictions grow into taking control of our lives and a simple understanding of how denial works and how it replaces self awareness This book examines characteristics of addictions that seem to follow three distinctive patterns which will be reviewed in depth This is one of the first books to describe in detail characteristics of the binge alcoholic addict It gives clear insight into the two other patterns of addiction involving the victim and the offender We will show how addictions deteriorate the fabric of our relationships and ourselves We break down character defects into three specific categories We will give a clear understanding of the architecture of the Twelve Steps with insight into motive and purpose of how the Steps can be implemented The stories of those who have had the courage to make the program part of their lives are used for illustrating how the program works This book breaks down the Steps offering tools in building a higher awareness of our actions to improve the quality of our relationships with others Another precedent shows how the program aids in being in charge of our health and physical recovery You will see the program from the inside out and how the networking of the fellowship is an integral part of working the Steps We have also contributed to a website for downloading Step worksheets to aid the reader in their recovery at www.12StepsUnlocked.com The book provides an in depth understanding of how the culture of recovery works outside of the Twelve Step meetings It offers an understanding of the resources which are a must know to experience what recovery sobriety can be The material is insightful and sometimes offers the true joy and humor that accompanies recovery This book introduces a refreshing perspective which may offer answers to some of the hardest questions we approach in working our sobriety recovery in the Twelve Steps The simplicity of how the book is written gives the newcomer an easy understanding of how addictions progress and how the Steps aid in a concrete way to create a strong foundation for sobriety recovery This book would be an excellent resource for those having difficulty understanding the fundamentals of Twelve Step programs Those who have difficulty accepting the concept of a God of their understanding will be able to see how this approach can offer a tangible solution to their dilemma Regular members of Twelve Step programs who are continuing to grow in their recovery will be offered a deeper understanding of the depth of what the program offers Professionals can use this resource for educating their clients in several different ways through using this book One aspect is in defining the characteristics of addictions presented in this book Another is the simple and congruent theme of addictions and the application of the Twelve Steps which is outline in this book This literature gives a fresh breath with new insights into addictions and Twelve Step implementation

[How to Work with Others in 12 Step Recovery](#) R. Lakatos,2005-07-21 [The Twelve Steps - A Spiritual Journey](#) Friends in Recovery,1991-07 **Working the Steps: Daily Sobriety Journal for Addiction Recovery Alcoholics Anonymous, Narcotics Rehab, Living Sober, Fighting Alcoholism** Worthyfashion,2019-03-30 Great gift for any recovering addict in NA AA or inpatient recovery program 124 pages Each page has areas for Day and date Your mood and health Number of days sober Todays focuses

Today's challenges How you got through People who helped you What you are grateful for Your thoughts May help you track triggers and what personally can help you stay sober

Recovery-The Sacred Art Borysenko Rami Shapiro and Joan, Joan Borysenko, PhD, Rami Shapiro, 2014-05-01 Deepen Your Capacity to Live Free from Addiction and from Self and Selfishness Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors Twelve Step recovery is about freeing yourself from playing God and since almost everyone is addicted to this game Twelve Step recovery is something from which everyone can benefit from the Introduction In this hope filled approach to spiritual and personal growth the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God centered life This special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings Drawing on the insights and practices of Christianity Judaism Buddhism Taoism Hinduism and Islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system

12 Steps Dell Miller, 2014-07-31 *12 Steps Unlocked* was written to give a fundamental nuts and bolts understanding of how the Twelve Steps work for men and women in recovery The book breaks out of the generalities about spirituality and gives specific and clear implementation of Twelve Step programs that anyone from the atheist to the believer can follow It was written in part by a recovering alcoholic and addict who also has been a clinician in the field of addictions for over thirty years The manuscript was written by both a man and woman in Twelve Step recovery offering a perspective for both genders This manuscript unveils 3 distinctive patterns of controller victim and isolator in addictions that have been overlooked which we will be reviewed in depth with a solid plan for recovery This is one of the first books to describe in detail characteristics of the isolator binge alcoholic addict It gives clear insight into the two other patterns of addiction involving the victim and the controller We will show how addictions deteriorate the fabric of our relationships and ourselves The book explains how addictions grow into taking control of our lives and a simple understanding of how denial works and how it replaces self awareness We break down character defects into three categories The stories of those who have had the courage to make the program part of their lives are used for illustrating how the program works Another precedent shows how the program aids in being in charge of our health and physical recovery You will see the program from the inside out and how the networking of the fellowship is an integral part of working the Steps We have also contributed to a website www.treatmentguide4u.com for downloading Step worksheets to aid the reader in their recovery The book provides an in depth understanding of how the culture of recovery works outside of the Twelve Step meetings It offers resources which are a must know to experience what recovery sobriety can be The material is insightful and sometimes offers the true joy and humor that accompanies recovery This book introduces a

refreshing perspective offering answers to some of the hardest questions we approach in working our sobriety recovery in the Twelve Steps The simplicity of how the book is written gives the newcomer an easy understanding of how addictions progress and how the Steps aid in a concrete way to create a strong foundation for sobriety recovery This book would be an excellent resource for those having difficulty understanding the fundamentals of Twelve Step programs Those who struggle in accepting the concept of a God of their understanding will be able to see how this approach can offer a tangible solution to their dilemma Regular members of Twelve Step programs who are continuing to grow in their recovery will be offered a deeper understanding of the Twelve Steps Professionals can use this resource for educating their clients in several different ways One aspect is defining the characteristics of addictions that the addict alcoholic can identify with Another is the application of the Twelve Steps with measurable goals and outcomes This literature gives a fresh breath with new insights into addictions and Twelve Step implementation

The Circle of Life K. J. Nivin, 2009-12 *The Circle Of Life Alcoholic Recovery Workbook Revised July 2011* is a guide for recovery from alcoholism In our workbook we discuss and work through the 12 Step recovery process Alcoholism is a disease of the body mind and spirit This is the experience of many of us who are in recovery from alcoholism our strength is the result of being sponsored through the 12 Steps and our hope is in recovery from this addiction by emulating the success of those who have gone before us Those seasoned in recovery *The Circle Of Life* was developed to help with the basics of recovery A strong emphasis is placed on obtaining and utilizing a 12 Step program sponsor We stress attendance of alcohol addiction support meetings and developing a support system The intention of this workbook is to aid recovering alcoholics in working through the 12 Steps with a sponsor This workbook does not address formal religion or dogma This process of recovery we believe through our own experience is spiritual in nature and change through guidance of a Power greater than ourselves becomes the key to recovery The first three chapters give information on our addiction seeking help for recovery from alcoholism the feelings that are associated with coming into sobriety and withdrawal from active drinking Chapters four through twelve are dedicated to working the 12 Steps By utilizing the tools and by working the 12 Steps in this workbook with a sponsor we believe that it is possible to get and stay sober from drinking by applying the steps we have worked and by practicing these principles in our life on a daily basis We have experienced an abundant life and it is available to all of us Visit our site <https://sites.google.com/site/circleoflifesite>

The 12 Steps, a Way Out Friends in Recovery, 1989

Working the Steps WorthyFashion, 2019-03-30 Great gift for any recovering addict in NA AA or inpatient recovery program 124 pages Each page has areas for Day and date Your mood and health Number of days sober Today's focuses Today's challenges How you got through People who helped you What you are grateful for Your thoughts May help you track triggers and what personally can help you stay sober

[The Twelve Steps to Sobriety and the History of How It Works](#) Glenn Langohr, 2013-07-09 New Edited Edition *The Big Book of Alcoholics Anonymous* is an incredible book Since 1939 millions have read it to find a path to sobriety and more The history of where the 12 steps came

from will help give a deeper understanding to all that this book has to offer After thousands of hours in Big Book studies and walking dozens of others through its pages I am offering a history reference to where the spiritual steps came from that will hopefully help you see more of what this process involves I welcome your feedback and look forward to the many promises this book holds for those of us who have used it and those just beginning to An excerpt from Bill W My depression deepened unbearably and finally it seemed to me as though I were at the very bottom of the pit I still gagged badly at the notion of a Power greater than myself but finally just for the moment the last vestige of my proud obstinacy was crushed All at once I found myself crying out If there is a God let Him show Himself I am ready to do anything anything Suddenly the room lit up with a great white light I was caught up into an ecstasy which there are no words to describe It seemed to me in the mind s eye that I was on a mountain and that a wind not of air but of spirit was blowing And then it burst upon me that I was a free man Slowly the ecstasy subsided I lay on the bed but now for a time I was in another world a new world of consciousness All about me and through me there was a wonderful feeling of Presence and I thought to myself So this is the God of the preachers A great peace stole over me and I thought No matter how wrong this seems to be they are still all right Things are all right with God and His world *Working the Steps Save Haven Sobriety Journals,2019-11-16* If you are in recovery you need to learn how to structure your life and develop a routine to overcome your addiction and staying sober With the help of this notebook you can demonstrate to yourself that you have the ability to control your actions This notebook can be used to follow step 10 on a daily basis it enables you to Survey your situation honestly Do a spot check inventory when you have an emotional disturbance Admit when you re wrong Forgive others when they re wrong Focus on progress not perfection Help you with your meditation and prayers This practical notebook designed by people in recovery will get you results on a daily basis A great gift for any recovering addict it will help in many ways Format 6x9 130 pages

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