

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

James R. Finley



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 **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 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 IntroductionIn 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

The 12 Steps: A Way Out Publishing Inc Rpi, Friends in Recovery, 1987-09 12 Steps Unlocked Linda Miller Ba, Dell Miller Cadci, 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

Recovery--the Sacred Art Rami M. Shapiro,2009 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 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 **The Twelve Steps - A Spiritual Journey** Friends in Recovery, 1991-07

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** 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

Peoples Anonymous Lane W,2017-02-10 Welcome to Peoples Anonymous Herein lies one of the most profound spiritual healing recipes ever entrusted to the human race This Twelve Step technology has the capacity to heal your life beyond anything you may have previously imagined By applying the Twelve Steps to your life you will Rediscover your authentic self Clear away the wreckage of your past Enjoy a new sense of freedom and purpose Begin to live more fully in the present Awaken to a life of joy service and moments of bliss Millions are currently living happy joyous and free by simply applying this program to their daily lives We consider the twelve step recipe outlined in this book to be the spiritual alchemy of the 21st Century It transforms the lives of those who are willing to follow the directions precisely into gold Finally a user s manual for the human race Peoples Anonymous provides a 12 Step approach to life and recovery from all kinds of conditions that is accessible to everyone In fact it s better to use the Peoples Anonymous Big Book if you ve never had an addiction What you will discover is a deeper understanding of how to connect your authentic values with your actions Which makes for a healthier life Pick it up and start reading it Now Dr Bruce F Singer Psy D Peoples Anonymous has finally brought the beautiful 12 Step way of life and healing Power to the rest of the world Father Mike Falls

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

How to Work with Others in 12 Step Recovery R. Lakatos, 2005-07-21

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 gaged 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: 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 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

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

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 Twelve Steps and Twelve Traditions Alcoholics Anonymous World Services, Inc.,2013-12-18 Commonly referred to as the Twelve and Twelve Twelve Steps and Twelve Traditions comprises 24 foundational essays by Alcoholics Anonymous co founder Bill W that have helped millions of A A members worldwide both to get and stay sober one day at a time and to ensure that their Fellowship Alcoholics Anonymous as a whole will be there for them tomorrow First published by Grapevine in 1952 the 12 essays in the book s opening expand upon each of A A s landmark Twelve Steps its program of recovery from alcoholism with practical applications helpful examples and personal insights many of which enlarge upon themes raised in the Big Book of Alcoholics Anonymous The second 12 illuminate the Twelve Traditions and explain how spiritual principles such as anonymity humility and self support serve to safeguard the unity of Alcoholics Anonymous and shield it from internal and external challenges Whether read aloud at meetings referred to while working with a sponsor or turned to in a quiet moment The Twelve Steps and Twelve Traditions can serve as a vital resource for those seeking a deeper understanding of the Steps and Traditions Twelve Steps and Twelve Traditions has been approved by the General Service Conference **The 12 Steps, a Way Out** Friends in Recovery,1989

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