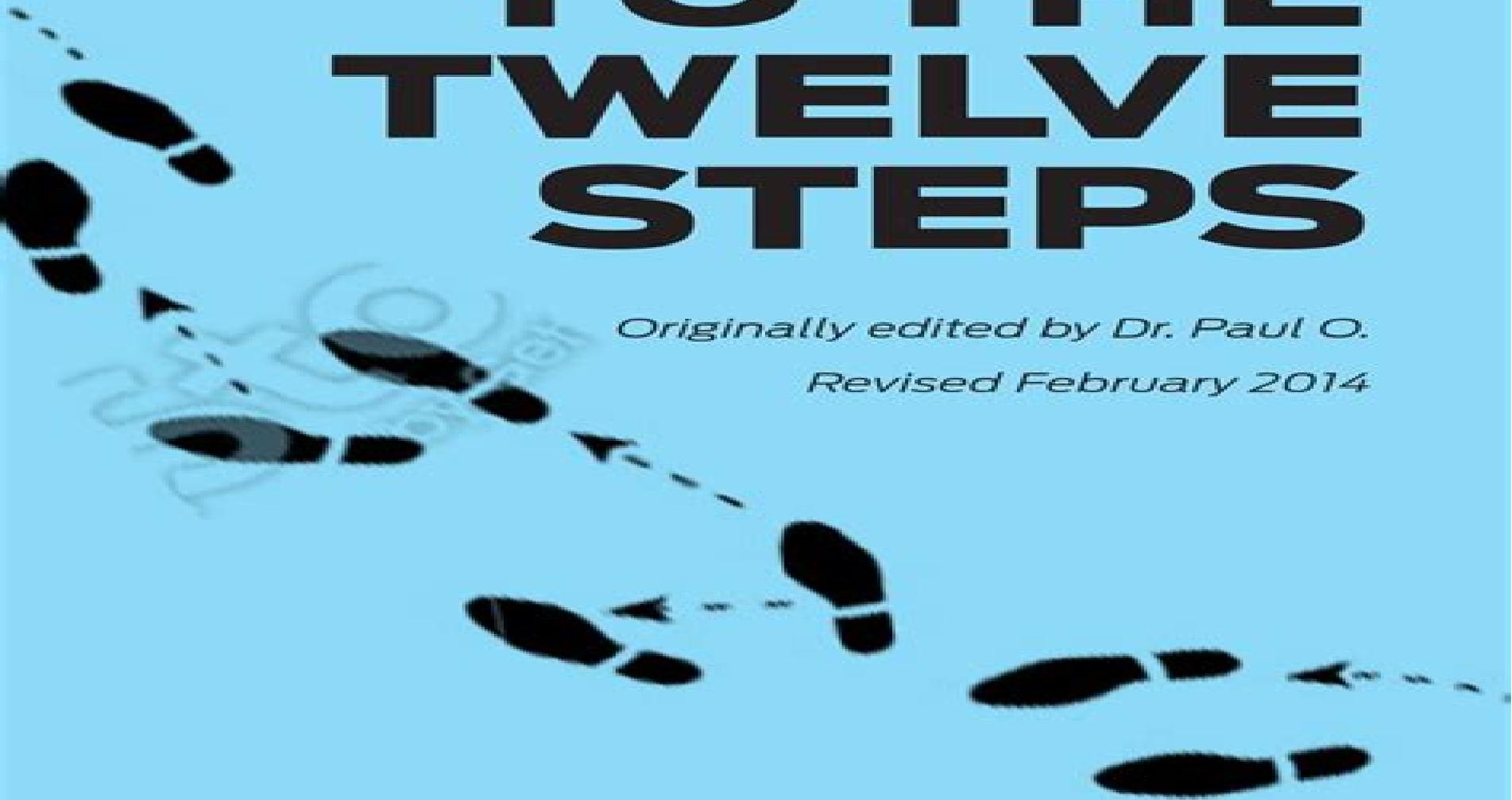


an unofficial  
**GUIDE  
TO THE  
TWELVE  
STEPS**

*Originally edited by Dr. Paul O.*

*Revised February 2014*



# Twelve Step Guide

**Phillip Z.,Z. Phillip**



## **Twelve Step Guide:**

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

**Twelve-Step Guide to Using the Alcoholics Anonymous Big Book** Herb K., 2004 For members of any twelve step fellowship this book provides a simple and clear guide to the instructions for working the steps as outlined in A A s Big Book It reveals in easy to understand language the process for working each step so that the reader can experience the Twelfth Step promise of a spiritual awakening

**Twelve Step Facilitation Therapy Manual** Joseph Nowinski, Stuart Baker, Kathleen Carroll, 1992

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

A Young Person's Guide to the Twelve Steps Stephen Roos, 1992 Introduces twelve step programs designed to help people recover from substance abuse and other addictive behavior using alcoholism as an example

*A Skeptic's Guide to the 12 Steps* Phillip Z., Z. Phillip, 1990-10-01 How many of us have felt like Phillip Z He has a staunch belief in the Twelve Steps yet struggles with the concept of a Higher Power In A Skeptic s Guide to the 12 Steps the author investigates each of the Twelve Steps to gain a deeper understanding of a higher power He examines what may seem like unsettling concepts to us including surrendering one s will and life to God and he

encourages us to understand the spiritual journey of recovery despite our skepticism *Codependents' Guide to the Twelve Steps* Melody Beattie,1992-04-09 Explains how recovery programs work and how to apply the Twelve Steps of Alcoholics Anonymous Offers specific exercises and activities for use by individuals and in group settings **Finding a Home Group** James G.,2011 Finding a Home Group **A 12 Step Guide - For the Big Book of AA** Anonymous Guest,2013-05-25 This guide is in an 8 1/2 x 11 size Working with a Big Book guide can help tremendously when trying to understand what the particular step is asking and even promising To be effective this guide needs to be used alongside your Big Book of Alcoholics Anonymous Not instead of it While this guide may help you to better understand the steps it does not cover many of the other chapters outside of the chapters containing the steps this incredible book contains So be sure to have your own copy of the Big Book of Alcoholics Anonymous so you don't miss out on what it has to offer Perhaps once you see some of the finer points contained in this guide you will want to know more about the other chapters in the Big Book Grab this guide now and get started on a whole new level of understanding the depth of the 12 Steps so you can pass it on to your own people when you are ready to sponsor That was the promise I made to my own mentor who spent so many hours teaching me and patiently showing me the path to exciting sobriety Read the reviews and I think you'll agree this guide will help you in a big way [A Woman's Way through the Twelve Steps Workbook](#) Stephanie S Covington,2009-06-03 Designed to be used with the book *A Woman's Way through the Twelve Steps* this workbook helps deepen the understanding of the lessons taught and brings them to life with exercises and journaling activities Women's recovery can differ from men's and each person's recovery is in many ways unique That's why Stephanie Covington has designed this workbook to help a woman find her own path and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships self sexuality and everyday life Deepening and extending the lessons of a book that has helped countless women this workbook makes *A Woman's Way Through the Twelve Steps* that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women this guide works with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative self assessment questions focused on a feminine definition of terms such as powerlessness and letting go guided imagery exercises and physical activities A clinician and past consultant at the Betty Ford Center Stephanie S Covington Ph D L C S W is the author of *A Woman's Way Through the Twelve Steps Leaving the Enchanted Forest The Path from Relationship Addiction to Intimacy and Awakening Your Sexuality A Guide for Recovering Women* [Twelve Jewish Steps to Recovery \(2nd Edition\)](#) Kerry M. Olitzky,2009 It's for all people who would gain insight and strength to heal from Jewish tradition **101 Meeting Starters** Mel B.,2007-01-12 A friendly first ever guide to making the most of your Twelve Step meetings Mel B's 101 Meeting Starters is a friendly first ever guide to making the most of Twelve Step meetings Anyone who has participated in a Twelve Step meeting knows the benefit of these confidential forums for sharing the experience strength and hope that sustain recovery

Sometimes however meetings get sidetracked by irrelevant topics dominant speakers or other distractions leaving attendees feeling frustrated or unfulfilled This collection of dynamic Twelve Step meeting starters brings focus and meaning to group discussions with topics including Dealing with Rejection Attracting Trouble Happy Coincidences and Live and Let Live

**Twelve Steps to Spiritual Awakening** K. Herb,2010-08 Herb K author of Twelve Step Guide to Using the Alcoholics Anonymous Big Book continues sharing his insights to the Twelve Steps by explaining the how and why using his own experience along with traditional and universal spiritual wisdom This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace purpose and fulfillment

**Understanding the Twelve Steps** Terence T. Gorski,1989 *Clinician's Guide to the Twelve Step Principles* Marvin D. Seppala,2001 Provides clinicians clear coverage of integrating the principles from twelve step programs into clinical treatment for alcohol and substance abuse Examines both the role of spirituality and the history of the program including individual recovery stories And while this text is slanted to such problems the 12 step program has been used with such addictions and problems as obesity sexual addiction gambling spending

**A Woman's Way Through the Twelve Steps Facilitators Guide** Stephanie S. Covington,2009-03-18 First published by Hazelden in 1994 the book A Woman s Way through the Twelve Steps has helped women overcome the traditional male orientation of Alcoholics Anonymous while embracing the spiritual truths of the Twelve Steps Today Stephanie Covington s acclaimed book has evolved into a curriculum of comprehensiveness and clarity The new facilitator s guide offers you practical guidance on how and when to use the DVD client book and workbook

*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

[The Twelve Steps](#) Friends in Recovery,1996 A spiritual resource that applies the 12 steps of Alcoholics Anonymous to adults with Attention Deficit Disorder in a way that combines structure self discovery and the support of others with the proven spiritual principles of the 12 steps

**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 **Twelve Jewish Steps to Recovery** Kerry M. Olitzky, Stuart Copans, 1991 By presenting a Jewish perspective on The Twelve Steps and offering consolation inspiration and motivation towards recovery this guide explains how the Twelve Steps of Alcoholics Anonymous are relevant for Jewish people as well as Christians Afterword on Where to Go for Help by The JACS Foundation Jewish Alcoholics Chemically Dependent Persons and Significant Others Illustrations by Maty Grunberg

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