THE 12-STEP PROGRAM

· a road to recovery for many ·

The steps outlined below are taken directly from the Alcoholics Anonymous. The Big Book and are not representative of GoodTherapy.org's views or of every participant's journey through the program. Other programs may use an adapted version of these steps. Some present a plainly secular message. while some maintain a religious or spiritual element. Not everyone experiencing addiction will follow the same path. Recovery is a journey complete with challenges, successes, and setbacks that are different for each individual.

CONFESSION

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

SUBMISSION

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

HUMILITY

Humbly asked Him to remove our shortcomings.



APOLOGY

Made direct.

amends to such

people wherever possible, except

when to do so

them or others.

would injure

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.



MEDITATION

ADMISSION

We admitted we were powerless. over alcoholthat our lives. had become ummanageable.







6

READINESS

Wiere entirely ready to have God remove all those defects of character.



REPARATION

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



INTEGRITY

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



AWAKENING

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

RECOGNITION

Came to believe that a Power greater than ourselves could restone us tosanity



UNDERSTANDING

Made a searching and fearless moral inventory of ourselves.

Rising From The Bottom A 12step Program For America And The World

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Rising From The Bottom A 12step Program For America And The World:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Rising From The Bottom A 12step Program For America And The World**

In a global inundated with screens and the cacophony of fast conversation, the profound energy and mental resonance of verbal art often fade in to obscurity, eclipsed by the regular assault of sound and distractions. However, situated within the musical pages of **Rising From The Bottom A 12step Program For America And The World**, a fascinating work of literary elegance that pulses with natural emotions, lies an memorable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this interesting opus manuals viewers on an emotional odyssey, delicately revealing the latent potential and profound influence stuck within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect their captivating publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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