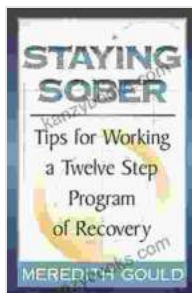


Tips for Working a Twelve-Step Program of Recovery



If you're struggling with addiction, a twelve-step program can be a valuable tool for getting and staying sober. Twelve-step programs are based on the idea that addiction is a disease that can be arrested through a spiritual

transformation. The twelve steps are a set of guiding principles that help people to work through their addiction and rebuild their lives.



Staying Sober: Tips for Working a Twelve Step Program of Recovery by Meredith Gould

★ ★ ★ ★ ☆ 4.2 out of 5

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File size : 1400 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 200 pages



There are many different twelve-step programs, but they all share some common elements. These include:

- **Admission that you have a problem.** This is the first step to recovery. You need to be honest with yourself and others about your addiction.
- **Surrender to a higher power.** This does not necessarily mean that you have to believe in a traditional god. It simply means that you need to believe in something greater than yourself that can help you to stay sober.
- **Taking an inventory of your life.** This involves looking at your past mistakes and identifying the things that have contributed to your addiction.

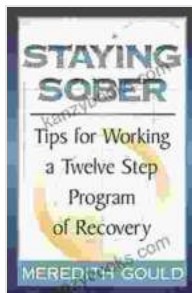
- **Making amends to those you have harmed.** This is a process of apologizing to the people you have hurt and making amends for your past actions.
- **Continuing to work the steps on a daily basis.** Recovery is a lifelong journey, and it requires ongoing effort. You need to continue to work the steps even after you have achieved sobriety.

Working a twelve-step program can be challenging, but it is also incredibly rewarding. If you are committed to recovery, a twelve-step program can help you to achieve lasting sobriety.

Here are some tips for working a twelve-step program effectively:

- **Find a sponsor.** A sponsor is someone who has been through the twelve steps and can provide you with guidance and support.
- **Attend meetings regularly.** Meetings are a great way to connect with other people in recovery and to learn more about the twelve steps.
- **Work the steps honestly and thoroughly.** The steps are a roadmap to recovery. If you follow them diligently, you will increase your chances of staying sober.
- **Be patient.** Recovery takes time. Don't get discouraged if you don't see results immediately. Just keep working the steps and you will eventually achieve your goals.
- **Don't give up.** Addiction is a powerful disease, but it can be overcome. If you stay committed to recovery, you will eventually achieve lasting sobriety.

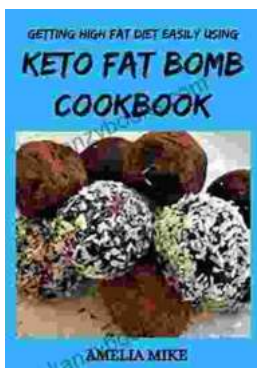
If you are struggling with addiction, a twelve-step program can be a valuable tool for getting and staying sober. By following these tips, you can increase your chances of working the program effectively and achieving lasting recovery.



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