Spirituality and The Twelve Steps.

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Spirituality and The Twelve Steps

• Introductions
• What would you like to discuss?
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Learning Objectives:
1. Increase ability to explain and present the 12 steps to clients.
2. Be able to discuss spiritual principals with 12 steps to clients.
3. Be able to discuss 12 steps with therapeutic elements of treatment.
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• Religion versus Spirituality.

• Religion is an institution established by man for various reasons. It is the belief in god or a group of gods, an organized system of beliefs, ceremonies, and rules used to worship a god or a group of gods, an interest, a belief, or an activity that is very important to a person or group.

• Spirituality is born in a person and develops in a person. It may develop through religion or by a revelation. Spirituality extends to all facets of a person’s life. It is chosen while religion may be forced. Spirituality is found deep within oneself. It is your way of loving, accepting, and relating to the world and people around you.
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- Why do people drink/drug?
- To Feel Good, or Feel Better.
- To Stop Feeling Bad?
- To Change The Way I Think.
- To Get High-to escape where I am at this moment.
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- Three questions to help identify with addictions:
  1. Is there anything in your life you would like to change?
  2. Do you have an idea on what you need to do to begin the process of change?
  3. How come you are not doing it?
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Living through Ego
anger
jealousy
hate
he-said/she-said
frustration
attachment
fear
regret
worry

Living through Spirit
forgiveness
unconditional love
understanding
gratitude
freedom
strength

For a healthy spiritual practice read: Chorus of Souls by Sheila Burke
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EGO
- Past and future
- Fear
- Conditional Love
- Immediate goals/gratification
- ME
- Control
- Scarcity
- Addictions

SOUL
- Present
- Love
- Unconditional Love
- Long Term
- WE
- Surrender
- Abundance
- Choice
the Ego is impatient because it knows its time is limited.

the Spirit is patient because it knows it is Eternal.
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Two Truths of Perennial Wisdom:

1. A part of the Universal Higher Power exists in the consciousness of every human being.

2. Consciousness exists on many levels moving from lower to higher, from fragmentary to dense and unitive.
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From Chapter 5 of the Big Book of Alcoholics Anonymous

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many do recover if they have the capacity to be honest.
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Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember we deal with alcohol-cunning, baffling, powerful! Without help it is too much for us. But there is One power who has all power—That One is God.
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May you find him now.

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol— that our lives have become unmanageable.

2. Came to believe a Power greater than our-selves could restore us to sanity.
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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 another human being the exact nature of our wrongs.

6. We 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 have harmed, and became willing to make amends to them all.
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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. Sough through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for His will for us and the power to carry that out.

12. Having had a spiritual awakening as a result of these steps, we tried to carry the message to alcoholics, and to practice these principles in all our affairs.
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Many of us exclaimed, “What an order! I can’t go through with it”. Do not be discouraged. No one among us has been able to maintain perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.
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Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

(a) That we were alcoholic and could not manage our own lives.
(b) That probably no human power could have relieved our alcoholism.
(c) That God could and would if He were sought.
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The Value of the Steps:
1. They touch upon all three areas of need.
2. They can be worked in multiple levels - Therapeutic, Spiritual, and Practical.
3. They provide relapse prevention.
4. The process is continual.
5. They can be used to point out areas of concern and/or growth.
6. If used well spirituality may fill the gaps of traditional therapy and/or in conjunction with traditional therapy.
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• What are your thoughts so far?
• Do you/will you feel comfortable talking with your clients about Spirituality?
• Have you encountered a client, friend, family member who said they don’t believe in God?
• Have you heard the Twelve Steps are male oriented and may be offensive to people?
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The twelve step principles illustrate the link between moral character and remaining sober, with the best of human virtues reflected in the desired result-abstinence.
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Here are some spiritual principles that align with the twelve steps.

Step 1 - Honesty/Acceptance    Step 8 - Justice
Step 2 - Hope                   Step 9 - Forgiveness
Step 3 - Faith                  Step 10 - Perseverance
Step 4 - Courage                Step 11 - Spirituality
Step 5 - Integrity              Step 12 - Service
Step 6 - Willingness            
Step 7 - Humility
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The Twelve Promises: from Alcoholics Anonymous p. 83-84

We will know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone-we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.
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Self-seeking will slip away.
Our whole attitude and outlook upon life will change.
Fear of people-and-economic insecurity will leave us.
We will intuitively know how to handle problems that used to baffle us.
We will find that God is doing for us what we could not do for ourselves.
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Therapeutic Mode

Surrender

Steps 1-3
• Expresses need for help
• Willing to accept help
• Open to new perspectives

Spiritual Mode

Surrender

Steps 1-3
• Realization of Powerlessness
• Open to change and direction
• Open to process
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**Therapeutic Mode**

Purification

Steps 4-7

- Awareness and ownership of old patterns.
- Learning and letting go.
- Dropping outdated defenses.
- Delayed gratification.

**Spiritual Mode**

Purification

Steps 4-7

- Embracing the Shadow.
- Self-forgiveness and grieving.
- Begin healing of old relationship patterns.
- Healthy sense of Self.
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Therapeutic Mode

Right Relationships
Steps 8-9

• Deeper sense of individuality and positive power.
• Boundaries - where I fit - where you end and I begin.

Spiritual Mode

Right Relationships
Steps 8-9

• Conscious loving
• Detachment with love
• What to keep and what to let go of
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Living in the here and now

Step 10

• Therapeutic and Spiritual merge
• Balance
• No wasted energy
• Observer of Self
• Positive and Healthy choices
• Continuing to live in a state of forgiveness and non-judgement
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Comprehension
Steps 10-11

• Willingness to live in mystery
• Openness
• Growing sense of unity and oneness
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Living and loving wisely

Step 11

- Intimate and continuing self of spirit.
- Compassion/unselfish living
- Enlightenment
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Authentic Being

Step 12

• Who we desire to become
• Few words can describe this
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The Integrated Self
Conscious Stage
The ego is directed by the Soul
Balance of Intellect and Intuition
Decisions are made for the Highest Good
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Thoughts and/or questions.

Thank you for your time today.