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 completely give themselves to this simple program, usually men and women who are constitutionally incapable of be ing 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 grasp ing 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 of them do recover if they have the capacity to be honest.

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 that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God.

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 had become unmanageable.
- 2. Came to believe that a Power greater than our selves could restore us to sanity.

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The Twelve Promises

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

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. from Alcoholics Anonymous p. 83-84

"The only thing you ever have to offer another human being, ever, is who you are at this moment."

Some Perennial Problems

JUST SAY NO; STOP IT

DIFFERENTIATING THE EGO FROM THE SOUL

RELIGION AND SPIRITUALITY and OUR LIMITED LANGUAGE OF SPIRITUALITY

2

THREE QUESTIONS IDENTIFYING WITH ADDICTIONS

Is there anything in your life you would like to change?

Do you have at least a general idea of what you need to do to begin to put that change into effect?

How come you are not doing it?



PAST AND FUTURE FEAR CONDITIONAL LOVE IMMEDIATE GOALS ME

ME CONTROL SCARCITY ADDICTIONS



PRESENT
LOVE
UNCONDITIONAL
LONG TERM
WE
SURRENDER
ABUNDANCE
CHOICE

1	

Religion is an institution established by man for various reasons. Center around a system of common beliefs and values instill morality, provide community.

Spirituality is born in a person and develops in the person. It may be kick started by a religion, or it may be kick started by a revelation. Spirituality extends to all facets of a person's life. Spirituality is chosen while religion is often times forced. True spirituality is something that is found deep within oneself. It is your way of loving, accepting and relating to the world and people around you.

EXPLAINING SPIRITUALITY

VALUE SYSTEM IDENTIFICATION (MASLOW)

MATERIAL THINGS OF IMPORTANCE WITH A PRICE TAG

MATERIAL THINGS WITHOUT A PRICE TAG

LIVING THINGS

HUMAN BEINGS

INTANGIBLE QUALITIES

WINNESS VALUE PRINTERS	
WHY DO YOU DRINK/DRUG? TO FEEL GOOD	
TO STOP FEELING BAD	
TO EXPERIENCE BEYOND	
MY "NORMAL" UNDERSTANDING AND CONSCIOUSNESS (TO GET HIGH)	
,	
The 12 Steps 1)Primary tool for Recovery from/with Addictions	
2)Map of the Spiritual Path for anyone	
3) Guidance on the path for	
therapeutic work	

Value of the Steps

- 1) touch upon all three areas of need
- 2) can be worked with in multiple levels—Therapeutic, Spiritual, Practical
- 3) provide relapse prevention
- 4) process is continual
- 5) can be used to pinpoint ares of concern and/or growth
- 6) if used well can fill in the gaps left by traditional therapy

9

TWO PRIMARY TRUTHS OF THE PERENNIAL WISDOM

- 1)A part of the Universal Higher power or God 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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THE HEALING PATH Overview

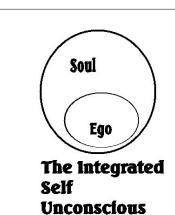
SURRENDER Steps 1-3
PURIFICATION Steps 4-7
RIGHT RELATIONSHIPS Steps 8-9
LIVING IN THE HERE AND NOW Step 10
COMPREHENSION Step 10-11
LIVING AND LOVING WISELYSteps 11-12
AUTHENTIC BEING Step 12 and beyond

INTO ADDICTION

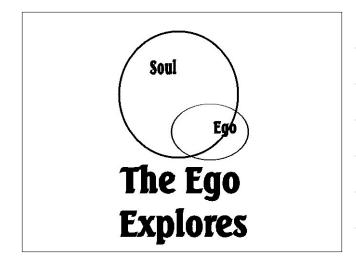
- EGO IDENTIFICATION
- "NOT ENOUGH" CONSCIOUSNESS
- HUNGER AND YEARNING FOR SOMETHING MORE
- LOOKING OUTSIDE
- CONTINUING SENSE OF FRUSTRATION AND CIRCULAR BEHAVIOR

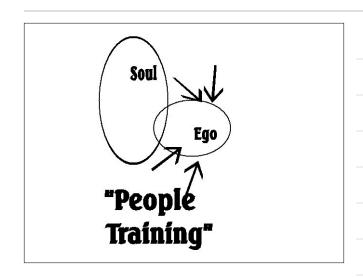
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PROCESS OF GRIEVING INITIAL ADDICTIONS RECOVERY DENIAL DENIAL BARGAINING BARGAINING/ ANGER/HUMILIATION MANIPULATION/ PROMISES, PROMISES DEPRESSION ANGER/BLAMING/ HELPLESSNESS **PROJECTION SURRENDER** HELPLESSNESS SURRENDER



Stage







PAŞT AND FUTURE

FEAR

CONDITIONAL LOVE

IMMEDIATE GOALS

WE

CONTROL SCARCITY ADDICTIONS

sOUL

PREŞENT

LOVE

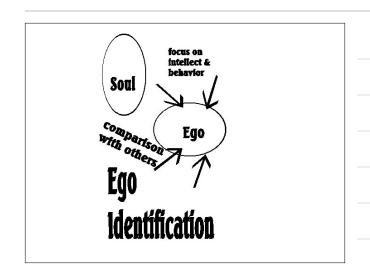
UNCONDITIONAL

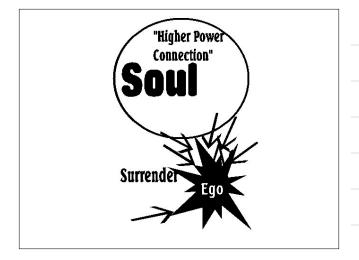
LONG TERM

WE

SURRENDER ABUNDANCE

CHOICE



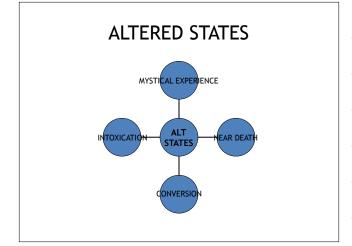


Soul Ego

The Integrated Self Conscious Stage Ego is directed by the Soul

Balance of Intellect and Intuition Decisions are made for the highest Good

DRUG OR EXPERIENCE? LOOKING FOR THE EXPERIENCE STOP FEELING BAD • FEEL GOOD • TO GO BEYOND THE CONFINES OF MIND AND EGO **ADDICTION IS AN EXPEREINCE** RECOVERY MUST BE AN EXPERIENCE **AS WELL** 22



SURRENDER

- STEPS 1-3
- COLLAPSE OF EGO DEFENSES
- FROM THE HEAD TO THE HEART
- EMBRACING POWERLESSNESS
- OPENING TO HIGHER DEEPER CONSCIOUSNESS
- WILLINGNESS

Surrender

- Therapeutic Mode
- Expresses need for help
- Willing to accept it
- Open to new perspectives
- Spiritual Mode
- Realization of powerlessness
- Open to change and direction
- Open to process

TWO HUGE BLOCKS TO STEP 2

I feel as if I cannot be helped.

I do not feel worthy of being helped

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PURIFICATION

STEPS 4-7

- Therapeutic
- Awareness and ownership of old patterns
- defenses
- Delayed gratification

- Spiritual
- Embracing the Shadow
- Self-forgiveness and grieving
- Learning and letting go
 Begin healing of old
 Dropping outdated relationship patterns
 - Healthy sense of Self

MODEL OF QUALITIES			
Negative use	Innate Quality	Positive use	
	Sense of Humor		
	Sensitivity		
		28	

Moving from Stage to Stage

RIGHT RELATIONHSIPS	
PURIFICATION	
SURRENDER	

EACH STAGE CONTINUES AND OVERLAPS THE NEXT

RIGHT RELATIONSHIPS STEPS 8-9

Therapeutic
Deeper sense of
individuality and
positive power
Boundaries-where I fitwhere you end and I
begin

- Spiritual
- Conscious loving
- Detachment with love
- What to keep and what to let go of

FORGIVENESS

EXPERIENCING HURT
OTHER FEELINGS//SHAME//GUILT//FEAR
BLAMING//PROJECTION
AWARENESS OF PAIN NOT RESOLVING
INTROSPECTION
EXPERIENCING THE FEELINGS
LEARNING FROM THE EXPERIENCE
SURRENDER//RELEASE

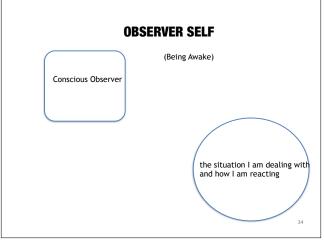
Ho'oponopono The Power of Responsibility and Forgiveness

I'm Sorry Please forgive me I love you Thank you

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LIVING IN THE HERE AND NOW

- Therapeutic and Spiritual merge
- Balance
- No wasted energy
- Observer Self dominant
- Positive and healthy choices
- Continuing to live in a state of forgiveness and non-judgment



COMPREHENSION

STEPS 10-11

- WILLINGNESS TO LIVE IN MYSTERY
- OPENESS
- GROWING SENSE OF UNITY AND ONENESS

LIVING AND LOVING WISELY

STEP 11

- INTIMATE AND CONTINUING SENSE OF SPIRIT
- COMPASSION/UNSELFISH LIVING
- WHAT IN THE EAST WOULD BE CALLED ENLIGHTENMENT

PRAYER AND MEDITATION

WORD OR MANTRA FOCUS ON BREATH

RELAXATION TECHNIQUES

GUIDED IMAGERY

37

AUTHENTIC BEING

- THERE ARE FEW WORDS TO DESCRIBE THIS
- BECOMING AS A CHILD



The Integrated Self

Conscious Stage
The ego is
directed by the
Soul
Balance of Decisions are made
Intellect and for the Highest

Intuition

Good