

A serene landscape with a calm lake reflecting misty mountains and a forested shoreline. The scene is bathed in a soft, teal-green light, creating a peaceful and contemplative atmosphere. The mountains in the background are shrouded in mist, and the forested shoreline is reflected in the still water of the lake.

# Spirituality and The Twelve Steps.

Shelia M. Cundiff, LCSW, LCADC

# Spirituality and The Twelve Steps

- Introductions
- What would you like to discuss?

# Spirituality and The Twelve Steps

## 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.

# Spirituality and The Twelve Steps

- 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.

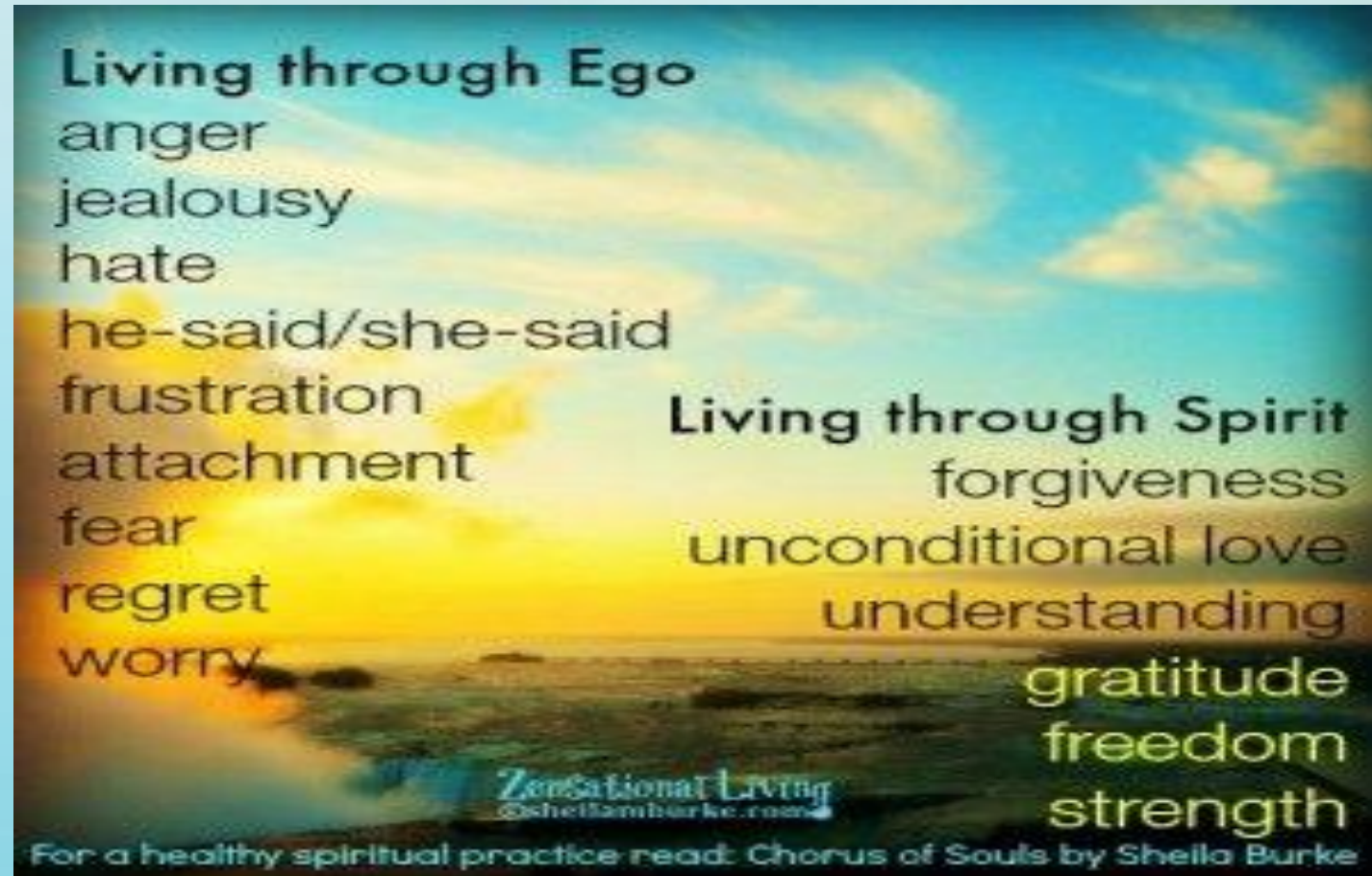
# Spirituality and The Twelve Steps

- 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.

# Spirituality and The Twelve Steps

- 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?

# Spirituality and The Twelve Steps





# Spirituality and The Twelve Steps

EGO

Past and future

Fear

Conditional Love

Immediate goals/gratification

ME

Control

Scarcity

Addictions

SOUL

Present

Love

Unconditional Love

Long Term

WE

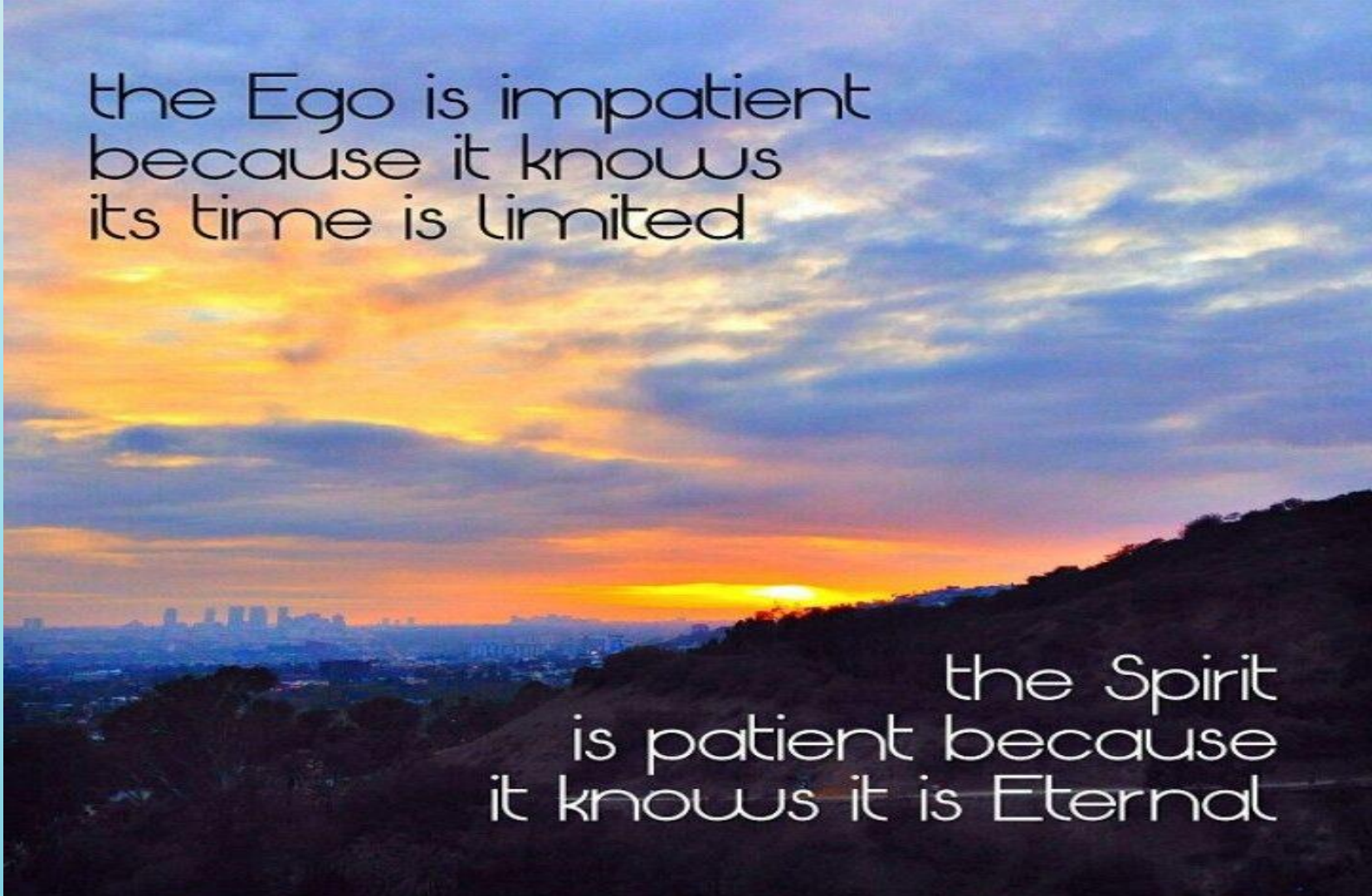
Surrender

Abundance

Choice



# Spirituality and The Twelve Steps

A photograph of a sunset over a city skyline. The sun is low on the horizon, casting a warm orange and yellow glow across the sky. The sky is filled with scattered clouds, some of which are illuminated by the setting sun. In the foreground, there are dark, silhouetted hills. In the distance, a city skyline is visible, with several tall buildings. The overall scene is peaceful and contemplative.

the Ego is impatient  
because it knows  
its time is limited

the Spirit  
is patient because  
it knows it is Eternal

# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

## 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.

# Spirituality and The Twelve Steps

- 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?

# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

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-Perserverance

Step 4-Courage

Step 11-Spirituality

Step 5-Integrity

Step 12-Service

Step 6-Willingness

Step 7- Humility

# Spirituality and The Twelve Steps

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.



# Spirituality and The Twelve Steps

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.

# Spirituality and The Twelve Steps

## 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

# Spirituality and Twelve Steps

## 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.

# Spirituality and The Twelve Steps

## 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

# Spirituality and The Twelve Steps

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

# Spirituality and The Twelve Steps

Comprehension

Steps 10-11

- Willingness to live in mystery
- Openness
- Growing sense of unity and oneness

# Spirituality and The Twelve Steps

Living and loving wisely

## Step 11

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



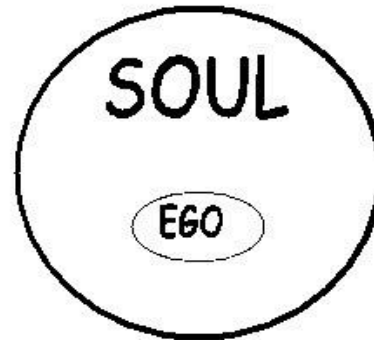
# Spirituality and The Twelve Steps

Authentic Being

Step 12

- Who we desire to become
- Few words can describe this

# Spirituality and The Twelve Steps



**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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# Spirituality and The Twelve Steps

Thoughts and/or questions.

Thank you for your time today.