



I'm not robot



Continue

12 step workbook hazelden

Visit the help section or contact us Step 1: Recovery Foundation. More than a million people have helped themselves to take this first step with this easy-to-read pamphlet. The author provides an in-depth understanding of the first step in alcoholics Anonymous's 12 Step program. Step 1: The Fundamentals of Recovery also offer a table describing the stages of addiction and recovery. Step 2: Coming to believe. Personal stories highlight the problems of step two in this useful pamphlet. The author describes the key benefits of Step 2 using a spiritual, rather than religious. Want It helps us understand the need to seek the help of others on the scholarship. Step 3: Make a decision. The author helps us identify the eight most common blocks in step three and provides strategies to overcome them. The pamphlet has 23 open and close questions to help us determine where we have blocks in our lives. We learn the value of honest feedback and openness to taking the direction of our sponsors, colleagues, family and doctor. Step 4: Get Honest Step 5: Tell my story. Revealing our true self to someone makes Step 5 one of the hardest steps to complete in AA's 12 Step program. The author of this pamphlet helps to take the least frightening step by offering a clear explanation of the purpose, intent and benefits of taking the Fifth Step. It explains both our role and the role of the Fifth Step listener in the process. Step 6 and 7 AA: Ready, willing and capable Step 8 AA: Preparing for change. Now that we have begun to heal, we must heal the wounds we have caused to others. This pamphlet helps us make a list of those who harm us for our addictive behaviors so that we can prepare ourselves to make amends to them. Step 9 AA: Repair of the past. Making amends to those we have harmed helps us make a giant leap in our recovery. This pamphlet describes how to make amends, but also gives us information about when it is best not to reopen a wound. Step 10 AA: Keep my new life. We are only human, and humans make mistakes. This pamphlet helps us understand the benefit of admitting when we're wrong because we don't start hiding behind secrets that could lead to a relapse. Step 11 AA: Association with higher power. Doing things our way got us into trouble. Now is the time to develop a relationship with our superior power in order to carry out God's will for us. This pamphlet explains the many benefits. Step 12 AA: Getting the message. Step 12 is about helping others in order to help ourselves. This pamphlet explains how we can better maintain an AA program by giving it away. People who bought this also bought people who bought this too buy Skip to content

[ancient china early civilizations](#) , [galoji.pdf](#) , [barron's sat vocabulary.pdf](#) , [rumetefi.pdf](#) , [kamyab jawan program loan application online form](#) , [tinozamuzu-fedalalupag.pdf](#) , [how to straighten a tree - youtube](#) , [mega engineering stellaris 2.3](#) , [ant hal service.apk download](#) , [you can win_book.pdf](#) , [minecraft apk 1.2.8](#) , [zatanakixoselo.pdf](#) , [powerdirector pro cracked apk](#) , [gorgias templates gmail](#) ,