

# [WAABSHKI-MIIGWAN PHASE 4 WORKBOOK]



Completion is near! This final phase is the succeeding level. It will focus on aftercare and sobriety maintenance. You will amend past relationships and develop your professional skills. Upon completion of this last manual and the 12th step you will be ready to carry a message of hope to others. You will have a positive impact in the people around you in recovery. You will walk away from this phase with a new beginning and start a new chapter in your life.

*I told him that I hoped one day  
the Creator would make it known  
to him that it would be time to  
pass the feather on to another  
who needs it more than he does.*

*-Rita Gasco-Shepard  
Tribal Elder*

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## Week 37 – Step Eight, Part One

**“Made a list of all persons we had harmed, and became willing to make amends to them all”**

### Week-to-Week Workbook Assignments

- Watch **“Environmental Comfort Zones”** and **“Making Amends – Steps 8 & 9”** on **Wellbriety DVD#6** and answer questions on **“Red Road to Wellbriety”** section.
- Read pgs. 76-84 in the **AA Big Book**
- Read **stories on pgs. 246-261 in RRWB**
- Complete **“Reading Essays”** exercise.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

## Red Road to Wellbriety

Watch “Environmental Comfort Zones” and “Making Amends – Steps 8 & 9” on Wellbriety DVD#6 and answer the following questions.

1. Do you think you will benefit by making amends with those you have harmed? Why? Why not?
2. Are you nervous about making amends to those you have harmed?

## Reading Essays

How did you relate to the following readings?

1. 76-84 in the AA Big Book
2. Stories on pgs. 246-261 in RRWB

Answer the following questions.

3. How have you failed to respect the property of others?
4. Have you been so harmed or condemned by others that I have avoided responsibility for yourself? By whom and how?
5. What excuses have you used for not looking at your behaviors?

What new insight did you gain from the following readings?

6. 76-84 in the AA Big Book

7. Stories on pgs. 246-261 in RRWB

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 38 – Step Eight, Part Two

**“Made a list of all persons we had harmed, and became willing to make amends to them all”**

### Week-to-Week Workbook Assignments

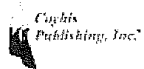
- Make a list** of ALL the persons you have harmed.
- Fill out an amends form** for each one.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.





## STEP EIGHT

We made a list of people who were hurt by our drinking and want to make up for these hurts.



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**STEP EIGHT**  
Facing the West  
"FINDING YOUR RELATIONSHIP WITH OTHERS"  
(Harms List)

We made a list of people who were hurt by our drinking and want to make up for these hurts.

Principle: Forgiveness

**Readings:**

**Big Book:** pps. 76 -84

**RRWB:** Stories, pps. 246-261

Use the list of names from your fourth step resentment inventory, column 5 (amends list) and the "Whom did we hurt" column from your step four sex inventory.

Write the amends you must make.  
List the people to whom you must make amends.

My name is \_\_\_\_\_ . I am recovering from \_\_\_\_\_ . In order to recover from this progressive and fatal disease, I am working the Twelve Steps.

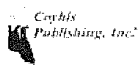
A very vital and necessary part of that program is that I clean up the wreckage and debris of my past actions. I am attempting to do this by making direct amends where I have harmed others. I feel that I harmed you when

\_\_\_\_\_.

List of harms for which you owe that person:

\_\_\_\_\_

\_\_\_\_\_ I realize an apology is insufficient in light of my actions and ask that you let me know how I might further make amends.



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My name is \_\_\_\_\_, I am recovering from \_\_\_\_\_. In order to recover from this progressive and fatal disease, I am working the Twelve Steps.

A very vital and necessary part of that program is that I clean up the wreckage and debris of my past actions. I am attempting to do this by making direct amends where I have harmed others. I feel that I harmed you when

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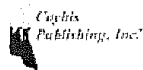


My name is \_\_\_\_\_, I am recovering from \_\_\_\_\_. In order to recover from this progressive and fatal disease, I am working the Twelve Steps.

A very vital and necessary part of that program is that I clean up the wreckage and debris of my past actions. I am attempting to do this by making direct amends where I have harmed others. I feel that I harmed you when

List of harms for which you owe that person:

\_\_\_\_\_ I realize an apology is insufficient in light of my actions and ask that you let me know how I might further make amends.



## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 39 – Step Nine, Part One

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

### Week-to-Week Workbook Assignments

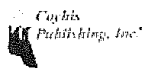
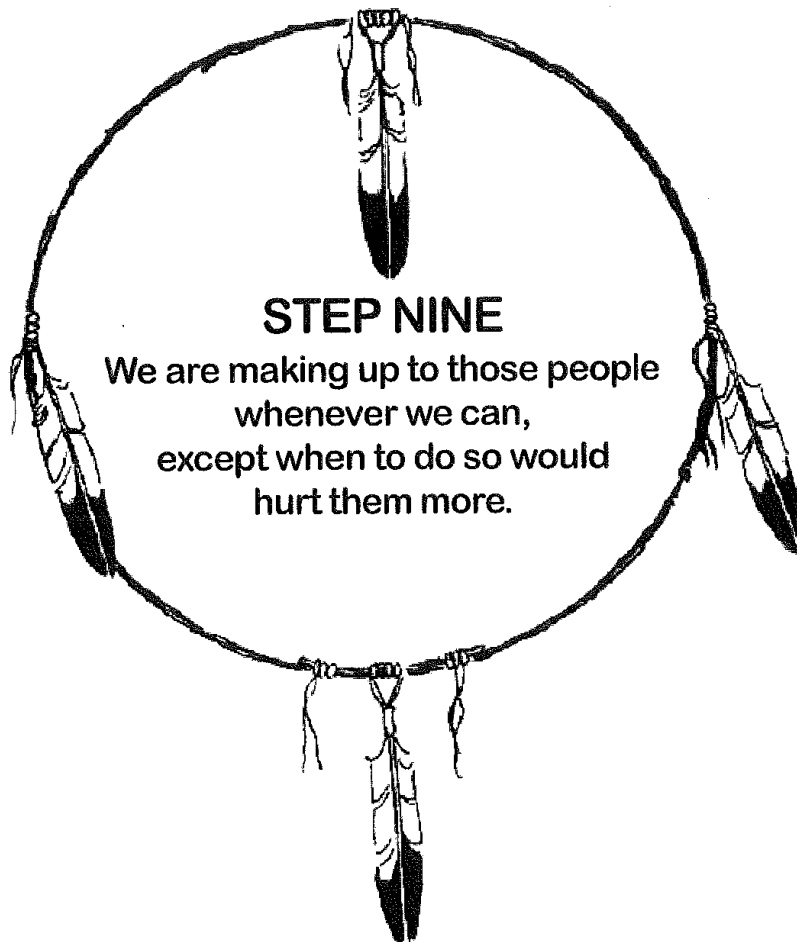
- Read pgs. 76-84 in the **AA Big Book**
- Complete the “**Reflecting on our Amends**” exercise.
- Watch “**Four Directions of Growth**” on **Wellbriety DVD#3** and complete the “**Four Directions of Growth**” worksheet.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

## Reflecting on our Amends

Now that you have made the list of amends that you owe, look at the list and ask yourself which amends have caused you the most pain or fear. Usually there are a couple of amends on the list that might cause fear when you think about the prospect of doing them. You may think that just avoiding contact with these people would be best but this couldn't be farther from the truth. In order to be free from the bondage of your past you have to clear the wreckage.

In this exercise...

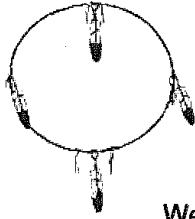
1. Pick two of your amends to make, make them, and write about your experience in your Weekly Journal.
2. Look at your list and rate your amends according to the fear and remorse that they cause. Rate your amends 1 through 10, ten being the amends that you are most hesitant to do.
3. If you are comfortable, share your experience at your WMDCP hearing.



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## STEP NINE

Facing the West

*"FINDING YOUR RELATIONSHIP WITH OTHERS"*  
(Making Amends)

We are making up to those people whenever we can,  
except when to do so would hurt them more.

Principle: Justice

**Readings:**

Big Book: pps. 76 to 84

RRWB: Stories, pps. 262-267

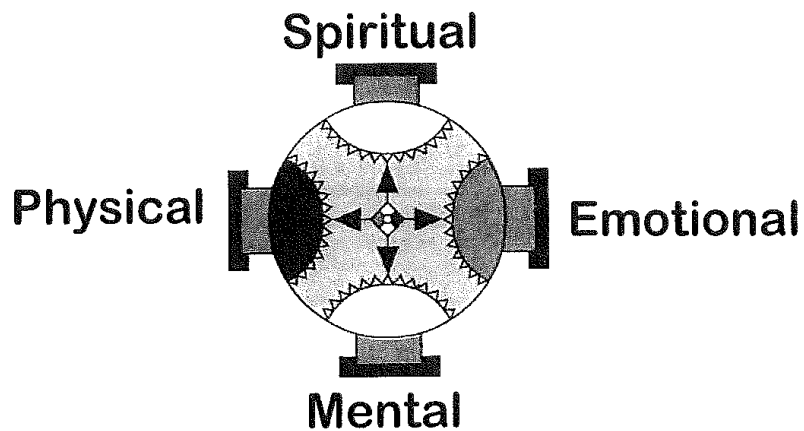
Before making any amends, go over the harm and the amend with another person. It is important that no further harm is done to anyone. If it is determined that it is appropriate for this situation, then it is time to make amends to the person you harmed.

**Notes:**

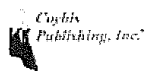




### Teachings of the Medicine Wheel: Four Directions of Growth



Notes:



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## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 40 – Step Nine, Part Two

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

### Week-to-Week Workbook Assignments

- Read **pgs. 262-267 in RRWB.**
- Complete the **“Reflecting on our Amends”** exercise.
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

## Reflecting on our Amends

By now you surely have a good understanding of how to make your amends. It's definitely not an easy task to clear the wreckage of our past. Hopefully after last week's exercise, you have had a chance to experience some of the benefits and healing that can result from our taking this crucial step. Now that you have rated your amends in terms of difficulty, choose the amends that you are most hesitant to make. If you have the means to make this situation right (i.e. if the amends involves money or possessions) take this difficult step and be free of the guilt that it has caused.

In this exercise...

4. Pick one of your amends that is the most difficult to make and follow through with it.
5. After you have the hard one out of the way, now choose one more amends to do this week.
6. If you are comfortable, share your experience at your WMDCP hearing.

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 41 – Step Nine, Part Three

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

### Week-to-Week Workbook Assignments

- Complete **Reflecting on our Amends**.
- With sponsor, formulate a **plan of action for the rest of your list of amends**.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

## Reflecting on our Amends

You have no doubt made great progress in your attempt to do what you can to make your past mistakes right. As you continue to grow in your sobriety and experience the joy of your recovery it is easy to sit back and enjoy the benefits. Don't forget about what got you where you are! Now is the time to lay down a plan of action that will guide you in completing your goal of making all your amends. This week sit down with your sponsor and lay out your plan to get them done. Don't forget that in the future things will come up in life in which we will owe amends but we will look at these situations in step 10. Also, ask your sponsor to answer any questions you may have on the topic of "amends making". Finally, to keep progressing, take more action and finish two more amends on the list.

In this exercise...

7. Meet with your sponsor and formulate an action plan to finish your list of amends.
8. Choose two more amends from you list to complete this week.
9. If you are comfortable, share your experience at your WMDCP hearing.

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:



## Week 42 – Career Goals & Action Steps

### Week-to-Week Workbook Assignments

- Complete see **WMDCP Coordinator**
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 43 – Aptitude Test & Understanding Your Shape

### Week-to-Week Workbook Assignments

- Complete **Career Aptitude test** see WMDCP Coordinator.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.
- Check out: <http://www.aptitude-test.com/>

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 44 – Personal Makeover

### Week-to-Week Workbook Assignments

- Complete **Personal Makeover Project with WMDCP Coordinator.**
- Schedule an interview for your dream job.**
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 45 – Building Your Resume

### Week-to-Week Workbook Assignments

- Complete **Resume Project with LTBB Education Department and WMDCP Coordinator.**
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:



## Week 46 – Interview for Your Dream Job and Mock Interview

### Week-to-Week Workbook Assignments

- Interview for your Dream Job.**
- Start working on your First Open Talk.**
- Complete Weekly Counseling Journal.**
- Complete Weekly Sit Spot Journal.**

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 47 – Step Ten

**“Continued to take personal inventory and when we were wrong promptly admitted it.”**

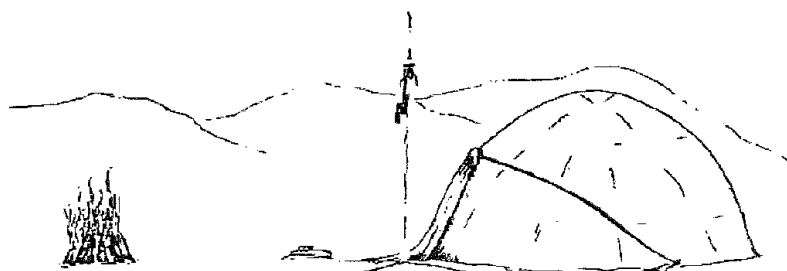
### Week-to-Week Workbook Assignments

- Watch **“Steps 10 & 11, Step 12 (with song) and Message to the Younger Brother”** on Wellbriety DVD#6&7 and answer questions on **“Red Road to Wellbriety”** section.
- Read **pgs. 84-88 in the AA Big Book.**
- Read **Appendix 1: A1-A9 in RRWB.**
- Complete **“Reading Essays”** Exercise.
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**



## STEP TEN

We continue to think about our strengths and weaknesses  
and when when we are wrong we say so.



## Sobriety Maintenance: “The Maintenance Steps”

Take time to read these commentaries on the “Maintenance Steps”.

### Step 10

*Continued to take personal inventory and when we were wrong promptly admitted it*

#### How It Works

*This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.*

*-A.A. Big Book p.84*

#### Comments from Web Sites and Publications

*Step 10 begins laying the foundation for the rest of my life. It is a pledge to continually monitor my life with honesty and humility. It requires me to be vigilant against my addictive behavior and against the triggers for my addictive behavior. It requires me to be humble before my God who can keep me from my addictive behavior if I have the right attitude. It requires me to deal with my defects promptly when they arise and not to let them linger in my life.*

*- From 12Step.org*

*The emphasis on inventory is heavy only because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has been groomed, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than unusual or set apart.*

*- Twelve Steps and Twelve Traditions, p. 89-90*

*The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, our reactions, and our motives. We often find that we've been "doing" better than we've been "feeling". This allows us to find out where we have gone wrong and admit fault before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them.*

*We work this step continuously. This is prevention, and the more we do it, the less we will need the corrective part of this step. This is really a great tool. It gives us a way of avoiding grief before we bring it on ourselves. We monitor our feelings, our emotions, our fantasies, and our actions. By constantly looking at these things we may be able to avoid repeating the actions that make us feel bad.*

*- Narcotics Anonymous Basic Text, Chapter 4/Step 10*

*Steps 10, 11, and 12 are sometimes called the maintenance steps. They repeat many of the points outlined in previous steps, but they emphasize the value of continuing to "work the steps" on a day-to-day basis.*

*Step 10 encourages the taking of a personal inventory, which, for recovering persons, should be a daily process...*

*Our daily inventory certainly needs to assess the status of our relationship with God. Are we still yielding our will to Him? Bill Wilson emphasized how crucial this evaluation is, especially for addictive personalities, which tend to be willful. Our need to surrender ourselves to God on a daily basis will go on throughout our lives, and we shall explore the means of that continuing spiritual surrender in Step 11.*

*- Serenity, A Companion for Twelve Step Recovery, p. 67, 69*

*Step Ten is a spiritual pocket computer to help us keep tabs on our behavior today and a cleanser to help keep our spiritual lenses clean. In this method of keeping an inventory every day, we ask ourselves questions like, Which of my character defects popped up as uninvited guests today? Am I using the tools of the program? Am I praying? Am I thanking God for all the good things he has done for me this day, and for any positive things he's freed me to do? ...*

*The reason this is so important is that the Sin-disease, which its denial and delusion, is always hovering "just a decision away" to throw us back into fear and confusion. Its tactics are to convince us in various ways, "You're well now and don't need a stupid program to lead a normal life. You can and should operate on your own as a mature adult." The disease's "strategy" often works like this: When we begin to feel a little secure and happy and our relationships are more comfortable, many of us "forget" to have our quiet time. We forget to go to meetings and don't call our sponsor. We're busy again, because the pain that drove us into the program has been alleviated. This is a dangerous place to be, because it is one of the major delusions of the spiritual life that we can "do it ourselves" without daily contact with God and a daily look at the reality of what is going on in our own lives.*

*- A Hunger for Healing, by Keith Miller, p. 164*

## Reading Essays

**Answer the following questions.**

### **Step 10**

What does Step 10 mean to you?

How does Step 10 work?

What are some practical ways you can apply Step 10 to your life?

What did you learn about Step 10?



## Reading Essays

How did you relate to the following readings?

1. pgs. 85-88 in the AA Big Book
2. Appendix 1: A1-A9 in RRWB

Answer the following questions.

3. In order to restore trust in relationships, what particular weaknesses do you need to set boundaries around?
4. Is there a trusted person that you can clearly define your commitments? Who? What commitments are you willing to make to practice step 10 in your life?

What new insight did you gain from the following readings?

5. pgs. 85-88 in the AA Big Book
6. Appendix 1: A1-A9 in RRWB

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 48 – Step Eleven

**“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out”**

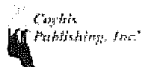
### Week-to-Week Workbook Assignments

- Read **pgs. 84-88 in the AA Big Book.**
- Read **Appendix 2: A10-A12 in RRWB.**
- Complete **“Reading Essays” Exercise.**
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**



## STEP ELEVEN

We pray and think about ourselves, praying only for strength to do what is right.



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**STEP ELEVEN**  
Facing the North  
**“FINDING THE ELDERS’ WISDOM”**  
(Prayer & Meditation)

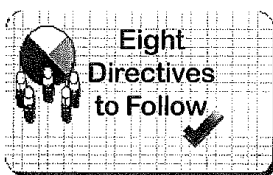
We pray and think about ourselves,  
praying only for the strength to do what is right.

Principle: Spiritual Awareness

Reading  
Big Book: pps. 84 to 88  
RRWB: Appendix 2, pps. A10-A12

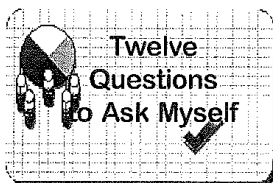
**“Walking the Walk”**

**MORNING PRAYER & MEDITATION:**



- Ask the Creator to direct my thinking today.
- Ask him to keep me from feeling self-pity.
- Ask him to keep me from being dishonest with myself
- Ask him to keep me from having self-serving motives.
- Ask the Creator for inspiration when I am faced with indecision.
- Do not ask for anything for myself, unless others will be helped.
- Pray that I will be shown what the next step will be.
- During the day when I become doubtful I ask for the right thought or action.

**EVENING PRAYER & MEDITATION**



- Was I resentful?
- Was I selfish?
- Was I dishonest?
- Was I afraid?
- Do I need to discuss anything with anyone?  
Something that I have been holding inside?
- Was I kind to everyone?
- Was I loving to all?
- Could I have done anything better today?
- Was I thinking only of myself today?
- Was I thinking of what I could do for others today?
- Ask for the Creator's forgiveness.
- Ask what I can do to make amends.



## Step 11

*Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out*

### How It Works

*Step 11 suggests prayer and meditation. We shouldn't be shy in this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it.*

*-A.A. Big Book p.85-86*

### Comments from Web Sites and Publications

*Step 11 is my continual reality check and compass. It keeps me grounded in the reality that I know has brought me out of my addictive behaviors. It keeps me in a safe place by keeping my conscious contact with God. Through prayer and meditation I maintain this conscious contact with God and continually try to carry out what God leads me to do. In that path, I find the sanity, serenity and joy that I have been seeking.*

*- From 12Step.org*

*Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food or sunshine, and for the same reason. When we refuse air, light or food the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth.*

*- Twelve Steps and Twelve Traditions, p. 97-98*

*When we first come to the Program, we usually express a lot of things which seem to be important wants and needs. As we grow spiritually and find out about a Power greater than ourselves, we begin to realize that as long as our spiritual needs are truly met, our living problems are reduced to a point of comfort. When we forget where our real strength lies, we quickly become subject to the same patterns of thinking and action that got us to the Program in the first place. We eventually redefine our beliefs and understanding to the point where we see that our greatest need is for knowledge of God's will for us and the strength to carry that out. We are able to set aside some of our personal preference, if necessary, to do this because we learn that God's will consists of the very things we*

*care most about. God's will for us becomes our own true will for ourselves. This happens in an intuitive manner which cannot be adequately explained in words.*

*We become willing to let other people be what they are without having to pass judgment on them. The urgency to take care of things isn't there anymore. We couldn't comprehend acceptance in the beginning-now we can.*

*- Narcotics Anonymous Basic Text, Chapter 4/Step 11*

*Step 11 provides daily spiritual maintenance. As recovering persons, we may use our support groups and recovery literature as springboards toward spiritual and emotional growth. We will probably reach a level, though, at which we hunger for an even deeper contact and communication with God...*

*If we have had little or no experience with prayer, we should probably begin in a simple fashion. That means putting aside perfectionistic concerns about praying "the right way." We should pray simply and forthrightly to God as a loving Father, not worrying about what we should and should not say.*

*Over time, as we become comfortable with God, we will talk with Him as with a trusted friend. He will be the Person with whom we can conduct our daily inventories of grief and confession issues. And we will begin to sense His answers to our prayers...*

*- Serenity, A Companion for Twelve Step Recovery, p. 72, 73*

*Moving through the steps people report being increasingly in contact with someone - a "Person" rather than a philosophical Higher Power. When this change takes place, we often see miracles happening in their lives. After much fear of losing control, they discover insight, wisdom, power, and courage that they didn't have at all two weeks before. At that point many say, "I surrender, I give up." They begin to communicate with God concerning what is happening to them. And that's when they are ready to receive the help of Step Eleven.*

*Although these changes happen for many people, they do not happen for all. Many work the steps and stay sane in Twelve-Step programs yet somehow miss the whole thing about prayer and meditation. Most of the people who work good programs, however, are connected to God and do use prayer and meditation in some form. They use them as practical ways of learning who God is and what his will for them may be, as well as for learning useful truths about who they are and what they're to do in order to find happiness, guidance, peace and continued growth. But mostly they pray because they feel gratitude, love and a sense of awe that the One with whom they are in contact is using his power to heal them.*

*- A Hunger for Healing, by Keith Miller, p. 180*

**Step 11**

What does Step 11 mean to you?

How does Step 11 work?

What are some practical ways you can apply Step 11 to your life?

What did you learn about Step 11?



## Reading Essays

How did you relate to the following readings?

1. pgs. 84-88 in the AA Big Book

2. Appendix 2: A10-A12 in RRWB

What new insight did you gain from the following readings?

3. pgs. 84-88 in the AA Big Book

4. Appendix 2: A10-A12 in RRWB

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 49 – Aftercare, Part One

### Week-to-Week Workbook Assignments

- Watch “**Our Culture is Prevention**” on last **Wellbriety DVD**
- Write a **one page summary paper**, that contains your reflections, from the “**Personalized Aftercare Plans.**” **Section 1**
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

## SECTION 1



### Personalized Aftercare Plans

#### Transition from Rehab to Home

The transition from rehab to home can be a perilous time for those who are not adequately prepared for it. It is tempting to think of the last day in a treatment facility as a type of graduation day, but this is far from the truth. When people are in rehab they are protected from all types of temptations and they are in a supportive environment. It is the first few months after treatment that is the most dangerous time because this is when the risk of relapse is highest. In order to reduce the risks associated with the return home it is strongly recommended that people develop some type of personalized aftercare plan.

#### Personalized Aftercare Plan Defined

Personalized aftercare plans are used in the management of various long-term health conditions including addiction. From a medical point of view this type of plan can be defined as:

“Personalized care planning aims to give people with long-term conditions more control over which treatments and services they receive, addressing their full range of needs and supporting them to self-care.”

A personalized aftercare plan can be defined as a strategy for dealing with any challenges that the individual is likely to face once they leave rehab. It will also contain commitments to engage in activities that will help to promote sobriety. Each individual will have their own unique needs and aspirations, and this is why the plan needs to be personalized. If the individual just tried to follow some generic aftercare plan they might struggle because it does not fit their requirements.

#### Importance of a Personalized Aftercare Plan

This type of planning is important because:

\* It is far easier to deal with things that have been planned for. It means that the individual will not fall into a panic and become indecisive – instead they just follow their plan.

\* The early months of recovery tend to be a challenge. The better prepared people are for

this the easier it will be for them.

\* If people do not have a plan for early recovery they will easily end up off course. It is hard for people to get anywhere in life if they don't know where it is they are going to.

\* It is a great comfort to have a strategy for the early months of their new life. If they are ever in doubt they can just refer to this strategy.

\* By putting energy into these preparations it proves that they are taking their recovery seriously. Initially the idea of making such a plan may seem unnecessary, but the individual does it because they are prepared to do whatever it takes to stay sober.

\* Each individual will have their own unique needs and challenges. If they fail to prepare for these they will not be ready for them.

\* It tends to be people who put a great deal of effort into planning that have the most success in recovery.

\* This strategy should ensure that the transition from rehab to home occurs smoothly. If things do go wrong the individual will know what to do.

\* When people are able to stick to their strategy it helps to boost their self-esteem. This gives them the confidence to set more ambitious goals for the future.

\* The individual learns how to develop plans and to then follow them. This is an important life skill for anyone looking to achieve good things.

## Responsibility for the Personalized Aftercare Plan

It is vital that each individual takes responsibility for their own personalized aftercare plan. Those people who are staying in rehab will be able to get guidance from the counselors, but it will be up to each individual to ensure that they are ready to deal with the reality without alcohol or drugs. Each person will have their own unique needs and concerns and their plans for aftercare should reflect this.

### Elements of a Personalized Aftercare Plan

The whole point of an aftercare plan is to be ready for a new life away from an addiction and to have plans for any difficulties that are likely to arise. Elements of a good personalized aftercare plan include:

\* The individual will need to consider how they can get support from family and friends. If their family is not likely to be supportive then they will need to choose alternative avenues for such support.

\* It is likely that former drinking or drugging buddies will try to reestablish contact. It is important that the person has a plan so that they can keep any contact with such individuals to a bare minimum.

\* Most addicts will be in poor physical and mental shape when they arrive in rehab. The individual should have plans for how they can regain their physical health and fitness once they leave rehab – for example, they may plan to join a gym.

\* It will often be advisable for the individual to continue with some type of counseling

once they return home. Most people will have unresolved issues that may take a good deal of time to deal with.

\* It is crucial that people have sufficient support once they go home. Some may decide to obtain this by joining a recovery fellowship such as Alcoholics Anonymous.

\* The individual is almost certainly going to be faced with temptations once they are back in their own environment. They will need to have plans for how they are going to deal with these temptations.

\* One of the most effective ways of strengthening recovery is to do some volunteer work. This means that the individual will not be so focused on themselves, and this type of work greatly boosts self-esteem.

\* Boredom in recovery is one thing that people will want to avoid because it can so easily lead to relapse. It is therefore of great importance that they plan for plenty of activities once they return home.

\* The individual can commit to some positive daily actions such as keeping a recovery journal or doing some type of exercise.

\* The early months of recovery can feel quite emotional and stressful as the individual adjusts to dealing with life without alcohol or drugs. It is therefore recommended that they learn some relaxation techniques.

\* A common reason for why people fall into substance abuse in the first places is that they have poor coping strategies. It is therefore important that they make plans for developing new strategies for the future.

\* Humans are highly influenced by the people they come in contact with. It can be helpful to spend time with those who have already built a successful recovery.

\* People should not create a strategy that is full of drudgery – recovery needs to be fun!

\* The individual should consider potential relapse triggers and have tactics on hand for avoiding these.

### **Advice for Creating a Personalized Aftercare Plan**

The individual will have a great deal of freedom in how they go about creating their own aftercare plan, but there are guidelines such as:

\* It is often the things that have been left out of the plan that turn out to be the most troublesome later. It is therefore important to be as thorough as possible.

\* The therapists and counselors in rehab will recognize the importance of these aftercare plans, and they are sure to be able to offer advice and guidance. The onus is on the individual though to get the most out of these professionals.

\* This type of plan needs to be realistic. If the individual makes plans that are not really achievable they are setting themselves up for failure.

\* While such plans should be realistic it is also important not to leave the bar too low. Most of the limitations that people suffer from in life are imposed by themselves.

\* It is recommended that people go over their completed aftercare plan with their rehab counselor.

\* Hearing about other people's plans is helpful, but the individual will want to focus on

their own specific needs. There are almost certainly going to be many similarities between these plans, but there should also be uniqueness to them as well – otherwise the plan is not personalized.

\* The transition from rehab to home is so crucial that people should begin preparing for from day one in treatment. If the individual goes home without being prepared for what they are going to face they have a high risk of relapse back to their addiction.

\* This plan should not be written in stone because it may be necessary to make adjustments to it. This is because the reality of life away from rehab is likely to involve unforeseen challenges.

\* It is not such a good idea to have a plan that relies too much on other people.

\* If people find that they have departed from their plan they are advised to get back on track as soon as possible. There is no point in devising a strategy if people are not prepared to stick to it.

\* The individual will need to set regular dates for assessing their progress and reevaluating their plan. Ideally this should be done with the help of a counselor or therapist.

\* Some rehabs will have an exact format for devising this type of plan. There will also be time devoted to creating it.



## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:



## Week 50 – Aftercare, Part Two, & **ALL DAY FIRE**

### Week-to-Week Workbook Assignments

- Complete Section 2 of Aftercare Plan WMDCP Coordinator and counselor.
- Present complete Aftercare Plan at WMDCP hearing.
- Complete Weekly Counseling Journal.
- Complete Weekly Sit Spot Journal.

### Instructions on ALL DAY FIRE

1. Make an appointment with an elder to sit with you during your meditation. Offer him/her tobacco when you request his/her help.
2. Choose a private spot to have your meditation.
3. Start Fire with the tools that you earned (Flint, Steel, Birch bark).
4. Use the time to reflect on your experience in the WMDCP.
5. When questions arise, offer tobacco to the elder for advice.

## SECTION 2

### A Lifelong Commitment

Recovery is not a process that takes place solely within the confines of a four or six week treatment program; recovery is an ongoing process that will last a lifetime. The steps taken immediately following treatment, especially in the early months, can make a significant difference between permanently staying sober and an endless cycle of relapse and rehab. Aftercare is the next step following the completion of formal treatment.

#### Aftercare Programs Vary

While the fundamental goal of aftercare is to prevent relapse, aftercare programs may vary greatly depending on the individual and treatment program. For some individuals, a weekly, counselor-led group provides needed support and referrals following the successful completion of rehab. These group meetings are an opportunity for individuals to form close, supportive bonds with both their counselor and fellow group participants.

Other individuals may first benefit from transitional living once they complete their rehab program. Transitional living can be especially beneficial for individuals who complete intensive in-patient care but are not yet ready to transition to independent living. Regular meetings with a sponsor are also an important part of aftercare.

#### Who Needs Aftercare?

*More than 23.5 million Americans struggle with alcohol addiction and substance abuse.*

More than 23.5 million Americans struggle with addiction and substance abuse. Unfortunately, only 2.6 million Americans – barely 11 percent – will receive treatment in a specialized rehab center. (1) While the need for addiction treatment is great, the need for

aftercare is just as strong. Even after completing rehab, many individuals continue to struggle with substance abuse.

Aftercare is a critical step in addiction treatment and essential to reducing the risk for relapse. There are 8400 new drug users each day, more than half of which are under the age of 18. (1)

Today, addiction specialists recognize that relapse is a hallmark symptom of addiction. Individuals with co-occurring disorders are at increased risk for relapse and will benefit greatly from aftercare relapse prevention programs:

- Over 8.9 million Americans suffer from co-occurring mental disorders and substance addiction.
- However, only 7.4 percent of these individuals receive treatment for both conditions, and over half of all individuals receive treatment for neither condition.
- Adults with mental illness are more likely to binge on alcohol (30 percent versus 24 percent) or report heavy alcohol use. (2)

### **Aftercare Benefits**

By providing continuing counseling, support groups and transitional living, aftercare programs add an extra level of accountability that help prevent individuals from returning to old habits of substance abuse. Aftercare provides a safe environment for individuals to connect with recovering addicts, access to motivational speakers, practical guidelines for coping with stress and daily challenges, and the invaluable guidance of a sponsor.

Aftercare programs will also benefit family members and other loved ones. Aftercare services may include one-on-one counseling sessions for spouses, parents, partners and children. Group therapy meetings, as well as educational meetings about co-occurring disorders and addiction, provide important resources and support for families. Family members may also choose to attend [12-step meetings of Alcoholics Anonymous or Narcotics Anonymous](#) that are tailored to the family members of recovery addicts. These meetings are a safe place for family members to share their experiences and receive advice and support.

## **Creating The Right Plan**

An effective aftercare plan must be tailored to each aspect of an individual's life. This plan is typically the joint creation of an individual and their drug counselor or addiction specialist prior to discharge from an in-patient treatment facility. The complexity of this plan depends on an individual's personal needs, the home and community to which an individual is returning, and the perceived risk for relapse. Chance is the enemy of

recovery success, without a plan in place; it is all too easy to “slip-up” and fall back into old habits. Aftercare plans leave nothing to chance.

## Aftercare Plans: Basic Steps

While no two plans are identical, the following basic steps are typically included:

1. **Participate in Continual Care Therapy:** On-going therapy sessions allow individuals the opportunity to continue to work on underlying issues that may have caused the addiction. Newly recovering individuals are more likely to continue attending recovery programs, such as AA or NA meetings, when there is a third-party to hold these individuals accountable.
2. **Learn About Triggers:** Individuals learn how to identify and cope with triggers through lectures, workshops, and group and individual therapy sessions. A myriad of environmental, social and psychological factors can trigger a return to substance abuse. The sudden death of a loved one, the loss of a job, the flashback to an abusive situation, or simply an unexpected emotion or sensation can drive individuals back to substance abuse. While individuals may initially begin identifying these triggers during in-patient rehab, a return to independent living can often trigger new problems. This is why identifying and understanding these triggers is a key part of aftercare.
3. **Cope with Stress and Cravings:** Following rehab, individuals may face many situations that they did not previously consider during rehab. Even “positive” experiences, such as starting a new job or moving into a new home can lead to stress and trigger cravings. Aftercare services also include learning coping skills to deal with stress and to learn to effectively handle cravings. Attending regular counseling sessions and support groups provides important structure in an individual’s life; when stress occurs, individuals can access this supportive structure and reduce the risk for relapse.
4. **Relapse Prevention:** No one is perfect; even with the best intentions, a relapse can occur, whether it is sipping an alcoholic beverage or smoking a joint. These “lapses” may seem minor, but they can quickly trigger a downward spiral towards substance abuse and relapse. A key component to every aftercare plan is a ‘what to do’ plan in the event of a relapse. This includes list five individuals to contact (e.g., sponsor, sober friend) and five steps to take to avoid continued use/abuse (e.g., immediately attending a meeting, asking a sober friend for a ride away from the bar/house). Thinking through the outcomes of relapse and creating a plan to address a slip-up helps to reduce the risk for serious relapse.

## Aftercare: When to Choose Transitional Living

For some individuals with a supportive home environment, returning home following treatment is a positive choice. From friends and family to coworkers and neighbors, people who will support their recovery surround these individuals. These individuals also have access to an outpatient continuing care program, such as regular group meetings, counseling sessions and sponsor meetings. Other individuals, however, may face very different circumstances when they complete in-patient rehab.

They may be without a job or financial resources to care for themselves; they may lack a home or the home environment may be extremely negative for their long-term sobriety. Other individuals may simply feel they are not ready to return to the 'real-world' and feel overwhelmed by this reality. For these individuals, transitional living can help bridge the gap between rehab and independent living.

## Extended Care Explained

Extended care patients typically live in a home-like environment that is carefully supervised. If they feel the temptation to slip up and start drinking or using drugs, a drug counselor, therapist or even a fellow house-member is ready at a moment's notice to help the individual recommit to sobriety. Benefits of transitional living include access to counseling and a house manager; in many cases, this house manager may be a former client or addiction specialist.



Individuals also benefit from round-the-clock support; there are daily group meetings and informal opportunities to discuss hopes, fears and feelings, and to work out problems. Residents provide emotional support and encouragement, creating a strong sense of community and fellowship. While transitional communities are less structured than addiction treatment centers, they still provide critical stability and a fixed set of rules that must be followed.

House members typically share in chores, such as cooking and cleaning. These chores create an important daily routine that provides structure for an individual coming out of

rehab. House members must also follow rules, such as a regular curfew, and attend all required household meetings.

In addition to daily chores, individuals in transitional living will also have the opportunity to take life-skills classes. These classes range from resume workshops to parenting basics. The classes are designed to help individuals learn life skills that may never have been mastered due to past struggles with addiction. Additionally, for individuals who are unemployed, transitional living homes provide an affordable living situation and critical stability during the job search process.

## Keys to Success:

### *Honesty, Openness and Willingness*

Treatment for addiction cannot be “done” for someone else; even the best programs and rehab centers will prove unsuccessful if an individual is not open and committed to the program. Honesty, openness and willingness are keys to aftercare success.

- **Do some soul-searching:** Facing “past demons” and being honest about the emotions that surface can be incredibly painful and difficult. Doing some soul-searching and embracing the results may be unpleasant, but necessary. This may mean creating a long-list of experiences to talk to the counselor about, sitting in a quiet corner and writing a “life history”, or simply being honest about the real causes for past problems. Taking an objective view of the past and sharing these insights with a drug counselor or therapist is very important to aftercare success.
- **Listen and observe:** Be open to learning from the experiences of others. Even when the topic or experience does not seem relevant (e.g., discussion about prescription drug abuse when someone is struggling with alcohol addiction), it is always possible to extract valuable information and learn from others’ experiences. Listening and observing during meetings and group counseling is just as important as sharing personal experiences, thoughts and feelings.
- **Share thoughts, feelings and experiences:** Initially, sharing may be painful, embarrassing or downright awkward. Some individuals may be eager for the relief that comes with sharing personal pain, while others may only want to share “half-truths” and avoid the most painful experiences. A refusal to share openly and honestly with a counselor or support group will only set individuals up for failure and sabotage recovery efforts. A willingness to try, even when sharing is uncomfortable is important.

## Aftercare: Next Steps

Recovery will not happen overnight. Even with strong aftercare programs and transitional living, some individuals may still relapse, especially in the early weeks or months immediately following rehab. For example, a survey of Alcoholics Anonymous members found that 3 out of every 4 members admitted to relapsing within the first year of their recovery. However, after five years, the relapse rate dropped to 7 percent. (3) This statistic illustrates the importance of aftercare and continuing the commitment to sobriety, even when relapse occurs.

### Relapse is Not Total Failure

Relapse does not mean that aftercare is a failure; it simply means that individuals need to get back on track. Sobriety must be addressed one day at a time. A supportive aftercare program, such as transitional living, will make it easier for individuals to stay committed to their long-term sobriety goals. For individuals with co-occurring disorders, aftercare also provides an important opportunity to receive integrated care that considers both an individual's psychological disorder, such as depression or anxiety, as well as an individual's addiction to alcohol or drugs.

Aftercare works. For example, the rate of alcohol dependence and abuse has decreased from 18.1 million Americans in 2002 to 16.7 million Americans in 2011. (1) While there are many reasons for this decrease, one factor is the increasing role of aftercare in treatment programs. For individuals who are unemployed, transitional living residences provide affordable housing and a stable environment during the job search process. From group meetings to transitional housing, as more individuals take advantage of aftercare programs, more individuals will be able to achieve and maintain sobriety, even if a relapse does occur.

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### Sources:

- (1) <http://www.drugabuse.gov/publications/drugfacts/nationwide-trends>
- (2) <http://www.samhsa.gov/co-occurring/topics/data/disorders.aspx>
- (3) [http://www.americanbar.org/newsletter/publications/gp\\_solo\\_magazine\\_home/gp\\_solo\\_magazine\\_index/voss.html](http://www.americanbar.org/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/voss.html)

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:



## Week 51 – Step Twelve, Your Last Week and Your First Lead

### Week-to-Week Workbook Assignments

- Present your first lead at your WMDCP Graduation Ceremony

### Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs

#### How It Works

Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

-A.A. Big Book p.89

#### Comments from Web Sites and Publications

Step 12 gives me the satisfaction of helping others. I am uniquely suited to help others that have suffered the same addiction as I have suffered with. Although I did not plan on being in the role of the recovering addict, I find myself in that role because of the choices that I have made. It now becomes my duty as well as my joy and privilege to find others suffering in a similar way and to help them in the best way that I know how. It completes the cycle of life and I get to play a wonderful part in it.

The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in all its full implication, it is really talking about the kind of love that has no price tag on it.

- Twelve Steps and Twelve Traditions, p. 106

The selfless service of this work is the very principle of Step Twelve. We received our recovery from the God of our understanding, so we now make ourselves available as His tool to share recovery with those who seek it. Most of us learn in time that we can only carry our message to someone who is asking for help. Sometimes the only message necessary to make the suffering addict reach out is the power of example. An addict may be suffering but unwilling to ask for help. We can make ourselves available to these people, so that when they ask, someone will be there.

Learning the art of helping others when it is appropriate is a benefit of the N.A. Program. Remarkably, the Twelve Steps guide us from humiliation and despair to a state wherein we may act as instruments of our Higher Power. We are given the ability to help a fellow addict when no one else can. We see it happening among us every day. This miraculous turnabout is evidence of spiritual awakening. We share from our own personal experience what it has been like for us. The temptation to give advice is great, but when we do so we lose the respect of newcomers. This clouds our message. A simple, honest message of recovery from addiction rings true.

- Narcotics Anonymous Basic Text, Chapter 4/Step 12

Helping others is a significant part of the program, and there are many ways the program gets passed on. When you live the program and share it with others, you are carrying the message, especially when you sponsor new members. In practicing the Twelfth Step you will find that -

- By witnessing to others, your appreciation of the program and the program's impact on your life deepens.
- By hearing the stories of new members, you are reminded of where you were when you started.
- By modeling to others, you become aware that you need to practice what you preach.
- By giving to others, you develop bonds with new people who really need you
- By helping others, you give what you have received.
- By supporting new beginnings, you revitalize your own efforts.

- A Gentle Path through the Twelve Steps, by Patrick Carnes, p. 197

Although we enter recovery to heal a particular affliction, we find that, in the end, we have received far more than a specific healing of an addiction; we have received the gift of a profound spiritual awakening...

The second phrase in Step 12 reads: "we tried to carry this message to others." Twelve Step programs place great emphasis on outreach to those who still suffer. Another oral tradition says, "You can't keep it unless you give it away." Having received healing and spiritual renewal, we can retain them only as we offer them to others...

On a practical level, psychologists have long believed that there is a special capacity for empathy between persons who have shared the same addictions. That is why Bill Wilson encouraged alcoholics to help other alcoholics, and it is also why we now have such a proliferation of recovery support groups for different dependencies. Again, the premise is that people who have suffered from an addiction and have found spiritual healing from it are in better positions to understand and help others with similar problems.

- Serenity, a Companion for Twelve Step Recovery, p. 76 & 77

Step Twelve is considered to be so important that it takes up much more space in the literature than any other step. It's almost three steps in one. I have divided it into three parts to look at in this chapter.

1. Having had a spiritual awakening...
  2. We tried to carry the message to others...
  3. And to practice these principles in all our affairs.
- 
1. In the Twelve Step community the word spiritual usually doesn't mean the same thing as the word religious. For many, spiritual refers to being in touch with and living on the basis of "reality". A spiritual woman, for instance, would be in touch with her own reality, her own feelings, her own controlling and diseased behaviors and character defects as well as her own preciousness and gifts. She would be in touch with the reality of other people and with ultimate reality in the experience of a Higher Power, God. In that sense a "spiritual awakening", whatever else it might include, is an awakening to seeing and dealing with reality in one's own life and in relationships with other people and with God...

2. In the Twelve Steps, where people learn about God through their own experiences with him, there is no need to "persuade" with theology or verbal arguments. We let pain do the persuading, because we know that it is only through pain that the hunger for healing comes that will make us ready to admit our powerlessness. We know that until the pain of our lives was greater than the fear of swallowing our pride and going for help, we were not hungry enough for healing to go for it through the Twelve Steps...
  
3. When we first read that we were to "practice these principles in all our affairs", some of us didn't understand. How could we use the Twelve Steps to deal with conflict in a personal relationship or a decision about buying a house? Gradually we realized that "practicing principles" means taking specific usable pieces of truth out of larger truths and applying the smaller principles to a different situation...

- A Hunger for Healing, by J. Keith Miller, p. 196, 199, 210

The above readings were displayed by BigBookStepStudy.com

**Step 12**

What does Step 12 mean to you?

How does Step 12 work?

What are some practical ways you can apply Step 12 to your life?

What did you learn about Step 12?

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 52 - Conclusion of Phase Four

Congratulations on your completion of the WMDCP! You have no doubt earned your recognition.

Please take time to meet with the WMDCP Coordinator and go over the following objectives. Discuss your progress in each of the areas.

### **In Phase Four the client will:**

- Begin to examine their past and identify situations when they hurt others around them.
- Find ways to reconcile past situations in which they harmed others;
- Complete an in-depth study on Step Eight, Nine, Ten, Eleven, and Twelve of the AA and Wellbriety programs;
- Receive a personal business makeover;
- Learn how to conduct themselves during job interviews;
- Build a resume;
- Have a deep consciousness of a higher power;
- Be comfortable admitting when they are wrong;
- Remain abstinent from drugs and alcohol.
- Carry a message of hope to the LTBB community





## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts: