

The 12 Step Sober Set

Anonymous

The Sober Truth Lance Dodes,Zachary Dodes,2015-03-17 A powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America. “A humane, science-based, global view of addiction . . . an essential, bracing critique of the rehab industry and its ideological foundations that we have much to learn from.” —Gabor Maté M.D., author of *In The Realm of Hungry Ghosts* Alcoholics Anonymous has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program’s overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Drawing from thirty-five years of clinical practice and firsthand accounts submitted by addicts, Dr. Dodes explores the entire story of AA’s rise—from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. A powerful response to the monopoly of the 12-step program and the myth that they are a universal solution to addiction, *The Sober Truth* offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

Alcoholics Anonymous Alcoholics Anonymous World Services,Bill W.,1986 The basic text for Alcoholics Anonymous.

A Gentle Path through the Twelve Principles Patrick J. Carnes,2012-06-12 Renowned addiction expert Patrick Carnes, PhD, author of *A Gentle Path through the Twelve Steps*, outlines twelve guiding principles to help those in recovery develop an essential skill set for life. Twelve Steps. Twelve Traditions. And yes, Twelve Principles. The Steps outline the actions that lead to extraordinary healing. The Traditions exist as guides to the functioning of the Fellowship. Embedded in both is a series of Principles by which to measure your progress.Anyone who lives a Twelve Step way of life will recognize the principles passed on in *A Gentle Path through the Twelve Principles*. They have existed among fellowships as a hidden curriculum of fundamental truths about recovery for decades, but never before have they been distilled into a succinct set of values that, when practiced, help each of us to develop an essential skill set for life. The principles--such universal touchstones for human self-realization as acceptance, awareness, responsibility, openness, honesty, courage, commitment, and meaning--are concepts that enable a deep inner study and focus to make a new life happen in recovery.Recovery means reengineering your life with a focus on renewal. The Twelve Principles are designed to help you get there.

Twelve Step Facilitation Therapy Manual Joseph Nowinski,Stuart Baker (M.A.),Kathleen M. Carroll,1992

Twelve Steps and Twelve Traditions Trade Edition Bill W.,1953 Twelve Steps to recovery.

Integrating the 12 Steps into Addiction Therapy James R. Finley,2004-10-20 All the resources needed to fully integrate a 12-step approach aspart of your overall treatment program Millions of Americans have at some time in their lives participatedin a 12-step program for treatment of a chemical or non-chemicaladdiction. Clinicians recognize that these grass-roots efforts havea very high cure rate. However, little has been written on how tointegrate these programs into a traditional therapy setting. *Integrating the 12 Steps into Addiction Therapy* serves as anindispensable resource for clinicians treating addiction patientswho are simultaneously enrolled in 12-step programs. This valuabletext: * Contains eight lesson plans and twenty-seven assignments * Integrates in-depth discussion of 12-step programs with hands-onresources like homework assignments, treatment plan examples, andpatient handouts * Will also benefit 12-step program peer counselors * Includes companion CD-ROM with fully customizable homeworkassignments, lesson plans, and presentations Treating addictions-whether chemical or non-chemical-can be one ofthe most difficult challenges faced by mental health professionals.For many people, 12-step programs have played a critical role inhelping them to manage their addictive behaviors. Integrating the12 Steps into Addiction Therapy gives psychologists, therapists,counselors, social workers, and clinicians the tools and resourcesthey need to fully utilize these peer therapy program techniques intreating a wide variety of addictions.

Recovery Now Anonymous,2013-10-29 An accessible basic text written in today’s language for anyone guided by the Twelve Steps in their recovery from addiction to alcohol and other drugs. For decades people from all over the world have found freedom from addiction--be it to alcohol, other drugs, gambling, or overeating--using the Twelve-Step recovery program first set forth in the seminal book *Alcoholics Anonymous*. Although the core principles and practices of this invaluable guide hold strong today, addiction science and societal norms have changed dramatically since it was first published in 1939. *Recovery Now* combines the most current research with the timeless wisdom of *Alcoholics Anonymous*, *Narcotics Anonymous*, and other established Twelve-Step program guides to offer an accessible basic text written in today’s language for anyone recovering from addiction to alcohol and other drugs. Marvin D. Seppala, MD, offers a “doctor’s opinion” in the foreword to *Recovery Now*, outlining the medical advances in addiction treatment, and updating the Big Book’s concept of addiction as an allergy to reveal how it is actually a brain disease. Regardless of gender, sexual orientation, culture, age, or religious beliefs, this book can serve either as your guide for recovery, or as a companion and portal to the textbook of your chosen Twelve-Step Program.

Staying Sober Without God Jeffrey Munn,2019-01-10 *Staying Sober Without God* is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

Stepping Stones to Recovery for Young People Lisa D.,1985-04 A guide and collection of readings for young people involved in a twelve-step recovery program for an addiction. Includes personal accounts of former drinkers and drug users.

Stepping Stones To Recovery For Men Anonymous,2013-11-05 This male perspective on the Twelve Step program offers insight into the unique needs of men through articles, reflections, and affirmations. This male perspective on the Twelve Step program offers insight into the unique needs of men through articles, reflections, and affirmations. It presents workable examples and ideas for positive personal and spiritual growth.

A Woman's Way through the Twelve Steps Stephanie Covington,2024-01-23 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women’s issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women’s needs in mind. Published in 1994, *A Woman's Way through the Twelve Steps* has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA’s Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

A Woman's Way through the Twelve Steps & A Woman's Way through the Twelve Steps Wo Stephanie S Covington,2011-11-17 Includes both the book and workbook of *A Woman's Way Through the Twelve Steps* Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Includes both the book and workbook of *A Woman's Way Through the Twelve Steps* Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words.Based on an open exploration and a flexible interpretation of the

Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular. Acknowledging that recovery raises special issues for women--from questions about sexuality, relationships, and everyday life to anxieties about speaking up at mixed-gender meetings--A Woman's Way through the Twelve Steps focuses directly on the feminine experience of addiction and healing. The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's experience--empowering the reader to take ownership of her own recovery process as well as her growth as a woman. Designed to be used in conjunction with A Woman's Way through the Twelve Steps, this workbook helps deepen and extend the understanding of the lessons taught in the book and brings them to life with simple exercises and journaling activities. It further empowers each woman to take ownership of her recovery by documenting her growth and recovery process in a personally meaningful way. Unlike many interpretations of the Twelve Steps for women, this workbook uses the original Steps language, preserving its spirit and focusing attention on its healing message. Covington guides women to reinterpret the Steps to support their own recovery. When we look inside ourselves and reframe the original wording in the way that works best for us, then each of us, individually, can discover the meaning for ourselves, she writes. In sections devoted to each of the Twelve Steps, Covington blends narrative, self-assessment questions focused on a feminine definition of terms such as powerlessness and letting go, guided imagery exercises, and other experiential activities. Stephanie S. Covington, Ph.D., is nationally recognized as a clinician, author, organizational consultant, and lecturer. With many years of experience, she has developed an innovative, gender-responsive approach to address the treatment needs of women and girls that has been proven effective in public, private, and institutional settings.

If You Work It, It Works! Joseph Nowinski, 2015-02-03 Gain a clear understanding of the science and latest research behind the success of the Twelve Steps, a critical program used by millions of people around the world to stay sober and one of the greatest social movements of our time. Since the publication of Alcoholics Anonymous in 1939, the Twelve Steps have been central to staying sober for millions of people around the world. Countless recovery and treatment organizations have adopted the Steps as their program for abstaining from addictive behaviors. But recently a growing chorus of critics has questioned the science behind this model. In this book, Nowinski calls upon the latest research, as well as his own seminal Project MATCH study, to show why systematically working a Twelve Step program yields predictable and successful outcomes. Whether you're thinking of joining a Twelve Step group, or simply want to understand the science fueling one of the greatest social movements of our time, this book is for you. As any AA member will tell you, "It works if you work it."

Understanding the Twelve Steps Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous.

The Pagan In Recovery: The Twelve Steps From A Pagan Perspective Deirdre A. Hebert, 2011-06-11 The Twelve Steps developed by Alcoholics Anonymous are powerful tools to transform the lives of people who struggle with addiction, co-dependency, and compulsive behaviors. Unfortunately, Pagans in recovery are likely to struggle with the Christian assumptions and language found in many of these programs. This book is intended to support a Pagan's participation in any Twelve Step program, by showing that the effectiveness and relevance of these tools does not depend on a specific religious or spiritual tradition. This book attempts to bridge the gap between the Christian and Pagan understanding of the Twelve Steps, while remaining faithful to the original Twelve Step process. The Pagan in Recovery is the result of Deirdre Hebert's ability to live her Pagan faith in the midst of a program with a deeply Christian heritage, and demonstrates that anyone, of any faith, can experience freedom from addictions, compulsive or co-dependent behaviors through this process.

Twelve Secular Steps Bill W, 2018-08-28 12 Secular Steps: An Addiction Recovery Guide is a Step working guidebook for agnostics, atheists, and others who believe addicts should be active in and accountable for their recovery. Unlike traditional Twelve Step literature, this secular adaptation of 12 Step approach neither promotes nor rejects religion and spirituality; it de-emphasizes the active role of God or a Higher Power in favor of a secular, cognitive-behavioral framework. The adapted methodologies are grounded in a biology-based foundation and philosophy.

A Man's Way through the Twelve Steps Dan Griffin, 2010-02-01 A fresh interpretation of the healing process established by the Twelve Steps, with an eye toward the social, cultural, and psychological factors that affect men--and thus their recovery from addiction. In A Man's Way through the Twelve Steps, author Dan Griffin uses interviews with men in various stages of recovery, excerpts from relevant Twelve Step literature, and his own experience to offer the first holistic approach to sobriety for men. Readers work through each of the Twelve Steps, learn to reexamine negative masculine scripts that have shaped who they are and how they approach recovery, and strengthen the positive and affirming aspects of manhood. This groundbreaking book offers the tools needed for men to work through key issues with which they commonly struggle, including difficulty admitting powerlessness, finding connection with a Higher Power, letting go of repressed anger and resentment, contending with sexual issues, and overcoming barriers to intimacy and meaningful relationships. A Man's Way through the Twelve Steps offers practical advice and inspiration for men to define their own sense of masculinity and thus heighten their potential for a lifetime of sobriety.

Staying Sober Meredith Gould, 2017-01-16 Day-to-day and moment-to-moment techniques plus program slogans and humor provide newcomers with fresh wisdom for maintaining sobriety. The fundamental components of staying sober--not using, going to meetings, reaching out, working the Steps, and serving other--are only the beginning of the strategies offered. Day-to-day and moment-to-moment techniques plus program slogans and humor provide newcomers with fresh wisdom for maintaining sobriety.

Three Simple Rules Michael Graubart, 2018-08-21 Recovery is hard, but it doesn't have to be complicated. If sobriety were easy, everybody who wanted to be sober would be. And especially for those who are just starting out in Alcoholics Anonymous, Narcotics Anonymous, or another Twelve Step program, the prospect of trying to change drinking, using, or other harmful behaviors can seem overwhelming. The good news is there are just three key things we need to focus on. Trust God. Clean house. Help others. Three Simple Rules offers a new take on this valuable slogan and explains how these rules can help anyone find fulfilling recovery. Author Michael Graubart also knows that those six short words are packed with meaning and may not sound so straightforward. Luckily, you don't have to figure it out on your own. Michael uses wit and wisdom gained in more than twenty years of Twelve Step recovery to explain what worked for him so you can figure out what works you. In Michael's experience, if you follow the Steps, and focus on the three simple rules, you'll be changed by the process.

The Little Book Roger Paul Couvrette, 2013-02-20 A celebration of the varieties of recovery experience. From the foreword by William L. White, author, Slaying the Dragon: The History of Addiction Treatment and Recovery in America. There are many versions of the 12-Step program of recovery. In fact, there are about as many versions as there are alcoholics in AA who use the program to get sober and to maintain their sobriety. Thus begins The Little Book: A Collection of Alternative 12 Steps. Inside: * Twenty alternative versions of the 12 Steps reflecting a wide range of philosophical, professional, religious, and cultural perspectives and traditions. * Four interpretations of each of the Steps by well-known authors Stephanie Covington (A Woman's Way through the Twelve Steps), Therese Jacobs-Stewart (Mindfulness and the 12 Steps), Allen Berger (The Therapeutic Value of the 12 Steps) and Gabor Mate (In the Realm of Hungry Ghosts). * Templates so the reader can write her or his own personal alternative 12 Steps as well as record insights into - and interpretations of - each of the Steps. * An essay that accurately and insightfully traces the origins of the AA 12-Step recovery program. The Little Book is a celebration of the many ways people are today adapting and interpreting the original 12 Steps of Alcoholics Anonymous in order to achieve a personality change sufficient to bring about recovery from alcoholism. A beautiful testimony to AA's living history. Ernest Kurtz, author, Not God: A History of Alcoholics Anonymous.

Immerse yourself in the artistry of words with Crafted by is expressive creation, Immerse Yourself in **The 12 Step Sober Set**. This ebook, presented in a PDF format (*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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