THE 12 STEPS: A PATHWAY TO RECOVERY

STEPS 1-3

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HISTORY OF THE 12 STEPS

- The Program was originally developed in 1935 by the fellowship of Alcoholics Anonymous (A.A.) as a guide for recovery from alcoholism.

- The Twelve Steps were first laid out in the "Big Book" entitled Alcoholics Anonymous, and has since been incorporated into 12-Step Programs by many other groups.
STEP 1

We admitted we were powerless over alcohol, that our lives had become unmanageable.
All alcoholics “have one symptom in common: they cannot start drinking without developing the phenomenon of craving. This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is entire abstinence.”

William D. Silkworth, MD


SUBSTANCE USE DISORDER IS A THREE-FOLD ILLNESS.

1. Physical
2. Mental – Emotional
3. Spiritual

It is chronic, progressive and fatal.
SUBSTANCE USE DISORDER IS A PRIMARY ILLNESS, NOT A SYMPTOM OF AN UNDERLYING DISORDER.

Substance Use Disorder is characterized by:

1. Tolerance
2. Progression
3. Loss of Control
4. Denial
5. Chronic – Fatal
6. Family Illness
SUBSTANCE USE DISORDER HAS FOUR (4) BASIC CHARACTERISTICS, ALL RELATED TO POWERLESSNESS.

1. An overwhelming recurrent urge to repeat the experience of intoxication.
2. The strength of this urge transcends innate needs. It becomes #1.
3. The urge to repeat this experience becomes autonomous.
4. Once an individual has become dependent, there is no so-called “cure”.
STEP 2

Came to believe that a Power Greater than ourselves could restore us to sanity.
HIGHER POWER

- The 12 Step Program does not define God for its members. It is left up to each individual’s interpretation.

- A.A. suggests that members identify a “Power Greater than Ourselves” or a “Higher Power”.

- A.A. is not a religious program, but rather a spiritual program.
INSANITY

Insanity – Unsound thinking of which a person is not aware.

The nature of addiction is to take the drug until you are dead. Whether you want to or not, has nothing to do with it.

It’s called OBSESSION!
STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.
STEP 3

Do what you are supposed to do (the next right thing) and God will take care of the rest.

By taking this Step, we are making the decision to continue with the rest of the Steps.

Step 1: I can’t.

Step 2: He can.

Step 3: I think I’ll let Him.