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This Twelve Step Workbook Guide substitutes terms and phrases related to alcoholism to include ANY acting-out or

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obsessive-compulsive addiction patterns such as, drugs and all mind altering substances, sugar/food/overeating, nicotine, gambling, sex / love / pornography, electronic media, self-harm / mutilation, anorexia, bulimia, over-spending / debting, cluttering / hoarding, emotions, codependency—and anyone can certainly increase this list

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and all are welcome.

The Twelve Step Program - Big Book Guide

All 12 Steps (English) These documents have questions for all of the steps (they do not go into as much detail as the Step 4 worksheets, however). These worksheets can be viewed, edited and

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extended as you have need using any one of many available word processors or spreadsheet applications. These worksheets are primarily a list of questions for each step where you can write out your own personal answers to the questions for a given step.

Worksheets from 12Step.org for All

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Steps

In addition to doing these worksheets, read: • Alcoholics Anonymous (the "Big Book"), Chapter 1 (16 pages) • Twelve Steps & Twelve Traditions (the "12 & 12"), Step 1 (4 pages) • Hazelden Step 1 Guide , first 14 pages. Do not answer the questions in the rest of the book; these worksheets replace those in the

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Hazelden guide. You can buy the

FIRST STEP WORKSHEETS

The idea for this piece of literature came from the Narcotics Anonymous Fellowship itself. Beginning in the early 1980s, we began receiving Twelve Step guides and step worksheets along with requests that we develop a standard set

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of guides for the NA Fellowship to use in working through the Twelve Steps.

The Narcotics Anonymous Step Working Guide

The 12 Steps With The Promises 12
Steps Of Insanity Big Book Goals Step 1
Emotional Sobriety Step 2 Proposition
Exercise Step 2: A Sober Vision Of Sanity

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Step 3 Prayer 3rd Step "Vision For Your Life" Exercise "12 Reasons We Slip" by Bill W. Bedevilmments versus The Promises Spontaneous "Wisdom" of AA Members Step 4 - Some Helpful Thoughts 4th Step Inventory

Handouts - 12-Step Study Workshop

Step 8 Worksheets. There is no Step 9

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worksheet, as this is a step that needs to be made to the person(s) we have harmed. I find that it's VERY important to go over your Step 8 list with a sponsor or other 12 Step member that has worked all the steps - someone whom you trust for direction.

Worksheets - 12 Step Work

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TWELVE STEP WORKBOOK. Al Kohallek Goes 12 Stepping This Workbook includes all Twelve Steps, Which may be applied to any area of our life. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, if practiced as a way of life can expel" (Twelve Steps and Twelve Traditions). Something spiritual will expand with its use.

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create these workbooks to facilitate our spiritual development.

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12 Step Workbook: Step workbook with writing prompts and questions for each step, space for a gratitude list and journal paper. by Podenco Press | Feb 12, 2019.

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Amazon.com: aa 12 step workbook
literature discussion, speaker meeting,
or the Twelve Steps/Twelve
Traditions/Twelve Concepts studies. Only
Narcotics Anonymous Conference or
Fellowship-approved literature and tapes
are used in NA meetings. This is to
ensure a clear, consistent, and focused

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message of recovery. Meetings usually last an hour or an hour-and-a-half, and

Twelve Steps of Narcotics Anonymous

12 Step Workbook: Step Workbook with questions and prompts, space for gratitude list and journaling; Reaching for Personal Freedom: Living the

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Legacies by Al-Anon Family Groups
(2013) Spiral-bound; Paths to Recovery
Workbook; Blueprint for Progress: Al-
Anon's Fourth Step Inventory

Amazon.com: alanon 12 step workbook

This is a list of questions for working the
12 Step program for recovery from

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addictive behavior. You are invited to pick those questions that seem most relevant to your recovery and answer them to the best of your ability. In this way, you can better keep track of truly working your 12 Step program. And in truly working the program, then you can gain the benefits of 12 Step recovery.

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working working the program - 12 STEP

TWELVE STEP WORKBOOK. Al Kohallek Goes 12 Stepping This Workbook includes all Twelve Steps, Which may be applied to any area of our life. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, if practiced as a way of life can expel" (Twelve

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Steps and Twelve Traditions). Something spiritual will expand with its use.

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