

Heal The Cause And Prevent Relapse With 12 Steps That Really Work

Alcohol and drug addiction are devastating conditions that can impact individuals and their loved ones. Breaking free from addiction requires a multi-faceted approach that addresses both the physical and emotional aspects of the problem. One effective approach that has helped millions of people worldwide is the Twelve Steps program.

The Power of the Twelve Steps

The Twelve Steps program is a set of guiding principles that originated in the Alcoholics Anonymous (AA) program but has been adapted by various support groups to address different types of addiction. It provides a framework for self-reflection, personal growth, and long-term recovery.

While the Twelve Steps program is often associated with alcohol addiction, it has been widely recognized as a transformative tool for all types of substance abuse problems, including drug addiction.

Addiction Is the Symptom: Heal the Cause and Prevent Relapse with 12 Steps That Really Work

by Sarah Stewart (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 2746 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 172 pages

Lending : Enabled





Identifying the Root Cause

One of the core principles of the Twelve Steps program is a thorough self-evaluation to identify the root cause of addiction. It encourages individuals to explore their character weaknesses, emotional traumas, and unresolved conflicts that may have contributed to their addictive behaviors.

By identifying and addressing the underlying cause of addiction, individuals can break free from the cycle of relapse and work towards long-term recovery.

The 12 Steps That Really Work

1. Admitting powerlessness over addiction and recognizing the unmanageability of life.
2. Coming to believe in a higher power or an external force that can restore sanity.
3. Making a decision to turn one's will and life over to the care of a higher power.
4. Taking a fearless and searching moral inventory of oneself.
5. Admitting to a higher power, oneself, and another person the exact nature of the wrongs committed.
6. Being entirely ready to have a higher power remove all character defects.
7. Humbly asking a higher power to remove shortcomings.
8. Making a list of individuals harmed and becoming willing to make amends.

9. Making direct amends to those harmed, except when doing so would harm them or others.

10. Continuing to take personal inventory and promptly admitting when wrong.

11. Seeking through prayer and meditation to improve conscious contact with a higher power.

12. Having had a spiritual awakening as a result of these steps, carrying the message to others and practicing the principles in all aspects of life.

How the Twelve Steps Help Prevent Relapse

The Twelve Steps program offers a roadmap to recovery and provides individuals with the tools they need to prevent relapse. By working through the steps, individuals gain self-awareness, accountability, and a deeper understanding of the causes and consequences of their addiction.

The supportive nature of the program, which encourages individuals to connect with others who have gone through similar struggles, helps build a strong network of support that can be instrumental in maintaining long-term sobriety.

Healing the cause of addiction and preventing relapse is a challenging journey, but the Twelve Steps program provides a proven roadmap for individuals seeking recovery. By addressing the root causes of addiction, individuals can gain both physical and emotional freedom, leading to a fulfilling and sober life.

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There's a better way to work the Twelve Steps.

Drugs, food, money, sex, relationships, work . . . Any addiction darkens and potentially threatens our lives. In *Addiction Is the Symptom*, Dr. Rosemary Ellsworth Brown offers a deeper approach to the Twelve Steps that prevents relapse by digging beyond our addictions--our symptoms--to heal the real problem: emotional dependency. It worked for Dr. Brown herself, and it's been working for her clients and sponsees for 30 years.

Do you have 20 minutes a day to change your life? At the heart of this new approach is Step Four. Precise instructions eliminate trial and error--and self-judgment. There's nothing wrong with you. What's wrong is all the garbage piled on top of you. Here is a way to get your authentic self out from under the lifetime of conditioning that is fueling your addictive behaviors.

This book is for both Program people and "independents." Fans of AA and the steps will find Dr. Brown's approach different, yet familiar and respectful. If you've never taken to the steps, you will likely find Dr. Brown's modifications more appealing. With the Brown Method, you never have to set foot in step meeting if

you don't care to--that's your decision. Nor do you need to read the Big Book: Addiction Is the Symptom is complete.

We're all addicted. It's about more than substance abuse. It's about near-universal control issues that profoundly affect our everyday lives and relationships. But self-transformation is possible. Wherever you live on the addiction spectrum, healing emotional dependency means becoming powerful in your own right and reaching your full potential as a human being.

Originally released in May 2015!



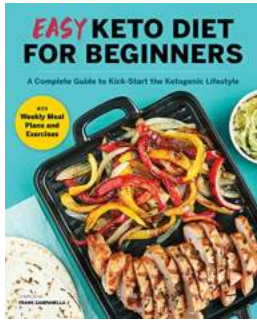
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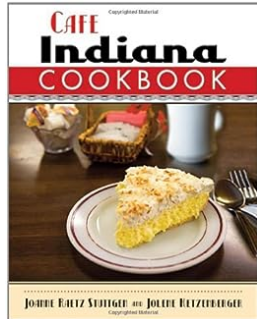
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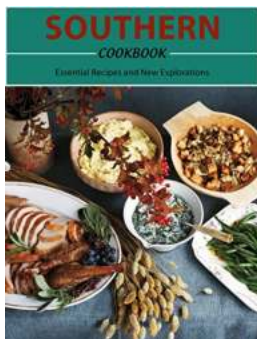
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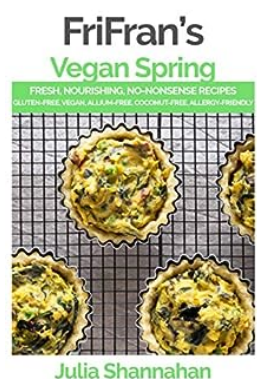
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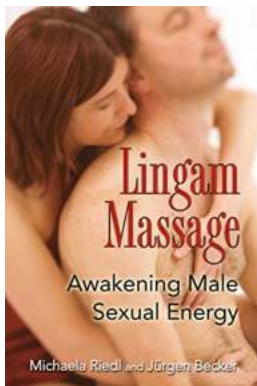
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