

# Working a 12 Step Program: Perspectives from persons in long-term recovery

CODY: AGE 29, MALE, IN RECOVERY SINCE OCTOBER 5, 2018

KEVIN: AGE 51, MALE, IN RECOVERY SINCE JANUARY 7, 1990





# DISCLAIMER

INFORMATION SHARED IN THIS PRESENTATION REPRESENTS:

- THE LIVED EXPERIENCE OF TWO INDIVIDUALS WHO SUFFERED FROM ADDICTION, FOUND RECOVERY THROUGH A 12-STEP PROGRAM, AND PRACTICE AN ABSTINENCE-BASED LIFESTYLE.
- THE VIEWS ARE NOT INTENDED TO REPRESENT ANY SPECIFIC ORGANIZATION OR TREATMENT-RELATED ENTITY AND ARE NOT INTENDED TO DISCREDIT ANY FORM OF TREATMENT FOR SUBSTANCE USE DISORDERS



# INTENDED OUTCOMES

- FOR PARTICIPANTS TO LEARN FROM FIRST-HAND ACCOUNTS, THE STRUGGLES AND SUFFERING THAT AN ADDICT GOES THROUGH WHILE USING
- UNDERSTANDING THE VIEW THAT ADDICTION AS A SPIRITUAL, MENTAL, AND PHYSICAL “DISEASE” THAT IMPACTS EVERY AREA OF AN INDIVIDUAL’S LIFE
- HEARING ABOUT ATTEMPTS TO FIND RELIEF FROM ADDICTION PRIOR TO EMBRACING THE 12-STEP ABSTINENCE-BASED RECOVERY PROCESS
- HOW RECOVERY WORKS
- LIVING THE 12-STEP RECOVERY “WAY OF LIFE”







# SUFFERING WITH ADDICTION CODY'S STORY

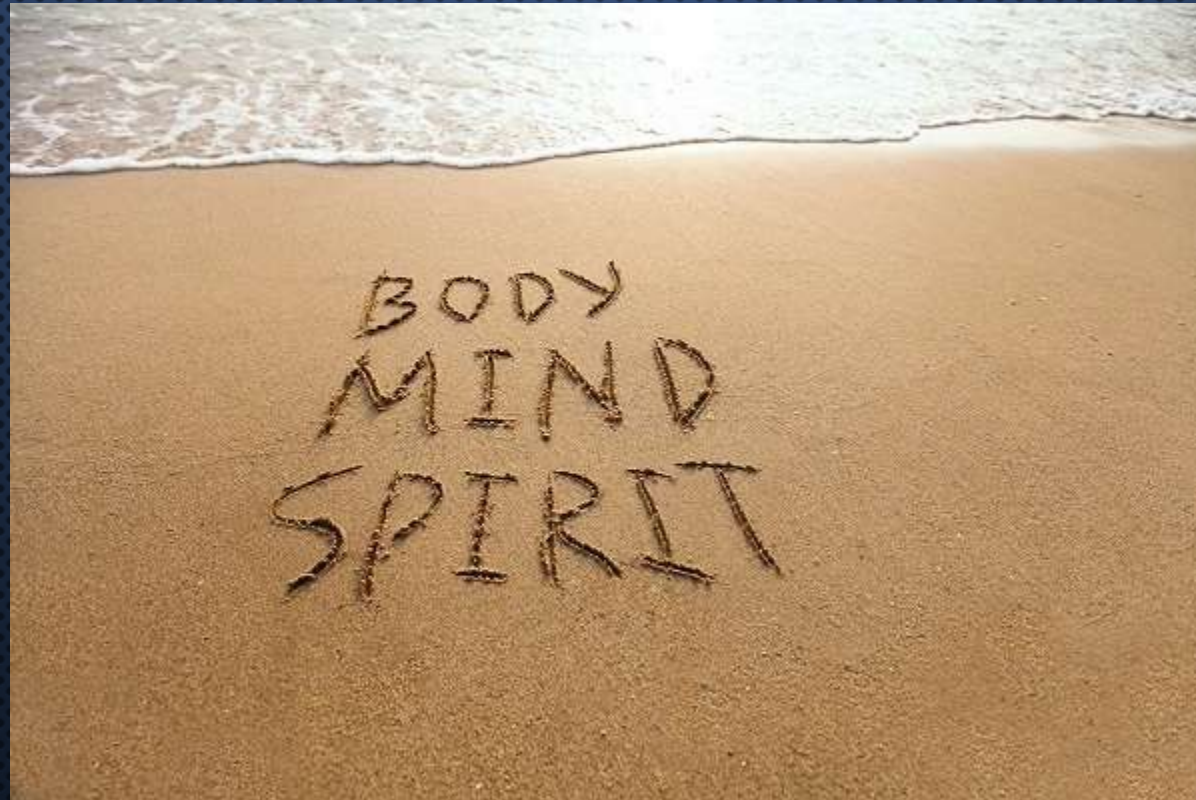




# SUFFERING WITH ADDICTION KEVIN'S STORY



# ADDICTION: A PHYSICAL, MENTAL, AND SPIRITUAL DISEASE





## Physical

---

- The physical aspect of our disease is the compulsive use of drugs: the inability to stop using once we have started.

## Mental

---

- The mental aspect of our disease is the obsession, or overpowering desire to use, even when we are destroying our lives.

## Spiritual

---

- The spiritual part of our disease is our total self-centeredness. We felt that we could stop whenever we wanted to, despite all evidence to the contrary.



# CODY'S SEARCH FOR HELP





# KEVIN'S SEARCH FOR HELP





# COMPONENTS 12-STEP RECOVERY

- MEETING ATTENDANCE (SUGGESTED 90 MEETINGS IN 90 DAYS TO START)
- JOINING A “HOME GROUP” (BELONGING)
- SPONSORSHIP “SOMEONE WHO BELIEVES IN ME AND WANTS TO HELP ME”
- DEVELOPING A “WE” BY FACE TO FACE/PHONE/TEXT/SOCIAL MEDIA CONTACT WITH OTHER RECOVERING ADDICTS, WHILE ALSO AVOIDING PEOPLE/PLACES/THINGS ASSOCIATED WITH OUR DRUG USING LIFE
- DAILY “PRAYER” ASKING FOR HELP AND THANKING YOUR “HIGHER POWER” (CAN BE SECULAR) FOR STAYING CLEAN
- READING RECOVERY LITERATURE
- BECOME OF SERVICE TO THE PROGRAM AND OTHERS IN RECOVERY (CARRY THE MESSAGE)



# HOW IT WORKS

## How It Works

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We 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.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

(over)



# Just for Today

Tell yourself:

*Just for today*, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

*Just for today*, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

*Just for today*, I will have a program. I will try to follow it to the best of my ability.

*Just for today*, through NA, I will try to get a better perspective on my life.

*Just for today*, I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.



# SPIRITUAL PRINCIPLES

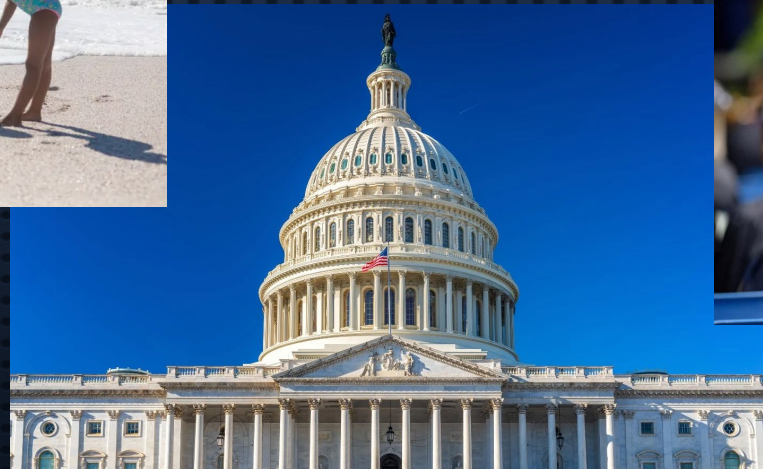
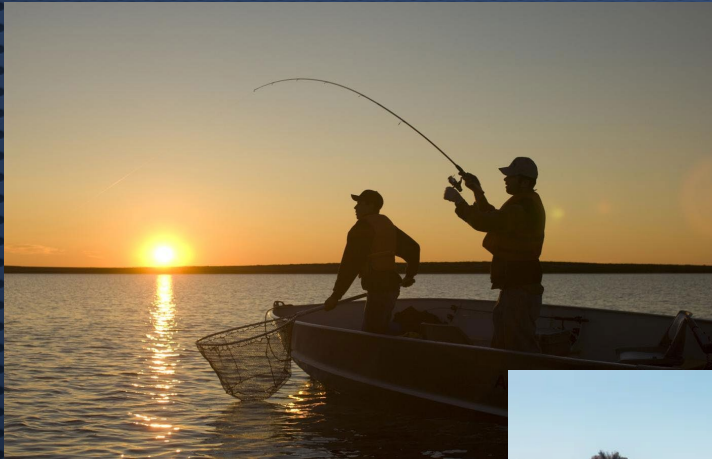
BY STAYING CLEAN, WE BEGIN TO PRACTICE SPIRITUAL PRINCIPLES SUCH:

- HOPE
- SURRENDER
- ACCEPTANCE
- HONESTY
- OPEN-MINDEDNESS
- WILLINGNESS
- FAITH
- TOLERANCE
- PATIENCE
- HUMILITY
- UNCONDITIONAL LOVE
- SHARING AND CARING

*As our recovery progresses, spiritual principles touch every area of our lives, because we simply try to live this program in the here and now. We find joy as we start to learn how to live by the principles of recovery*



# LIVING THE 12-STEP RECOVERY "WAY OF LIFE"





# LIVING THE 12-STEP RECOVERY “WAY OF LIFE”







## 8 DIMENSIONS OF WELLNESS

### EMOTIONAL

Coping effectively with life and creating satisfying relationships.

### ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

### FINANCIAL

Satisfaction with current and future financial situations.

### INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

### SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

### PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.

### SPIRITUAL

Expanding our sense of purpose and meaning in life.

### OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

**SAMHSA**

Substance Abuse and Mental Health  
Services Administration



COMPLETE SURRENDER IS THE KEY TO  
RECOVERY, AND TOTAL ABSTINENCE IS  
THE ONLY THING THAT HAS EVER  
WORKED FOR US.

IN OUR EXPERIENCE, NO ADDICT WHO  
HAS COMPLETELY SURRENDERED TO  
THIS PROGRAM HAS EVER FAILED TO  
FIND RECOVERY.







## Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Wanda Russell – 800.274.7603 x342063

Kari Mack – 800.274.7603 x1034994

Jordan Nielsen – 800.274.7603 x382620