Helping Men Recover

Trauma-Informed Treatment for Men

Dan Griffin, MA
www.dangriffin.com
We cannot just change what men think,
We have to change what we think about men.
breathe
The Water
WHAT THE HELL IS WATER?
SAFETY FIRST
Man Rules®

• Don’t Cry
• Don’t ask for help
• Don’t show emotion
• Don’t be vulnerable
• Be a sexual superman
• Don’t show weakness
• Always be in Control
• Integrity
• Responsibility

Therapy/Recovery

• Cry/Grieve
• Ask for help
• Express emotion
• Be vulnerable
• Learn intimacy
• Admit powerlessness
• Let go of control
• Integrity
• Responsibility
It Runs Deep
“It is not about doing it perfectly
It is about doing it consciously.”
Helping Men Recover

• Inspired by Dan Griffin’s masters research & Dr. Covington’s “Helping Women Recover”.
• Published by Jossey-Bass, January 2011.
• Authors: Dr. Stephanie Covington, Dan Griffin, Rick Dauer.
• Community and Criminal Justice versions.
• Four Modules:
  • Self
  • Relationships
  • Sexuality
  • Spirituality
Using the Facilitator Guide

- Chapter One – Theoretical Foundation
- Chapter Two – Guidelines for Facilitators
- Module Summary
- Session Summary and Structure
- Facilitator Notes
- Suggested Dialogue
Core Elements

Recovery Check-In and Check-Out
Small group discussions
Interactive lectures
Internal Structure
Grounding and self-soothing exercises
Kinesthetic activities
Creative activities
“A Man’s Workbook”
A Man’s Workbook

HELPING MEN RECOVER
A Program for Treating Addiction

Stephanie S. Covington
Dan Griffin
Rick Dauer
Module A: Self
Module A: Self

Session 1 - Defining Self
Session 2 - Men in Recovery
Session 3 - Sense of Self
Session 4 - Men: Inside and Out
Session 5 - Men and Feelings
Module A: Self

- To help men identify who they are and what they feel
- To begin to understand how they have become the men they are today
- To learn to communicate with one another openly, respectfully, and honestly
- To learn grounding and relaxation techniques
- To begin to understand that having feelings is a basic aspect of who they are
Module B: Relationships
Module B: Relationships

• To help men understand how childhood and adult relationships have affected their addiction and recovery

• To understand the difference between healthy and unhealthy relationships

• To understand the critical importance of developing healthy relationships
Relationships

Session 6 - Family of Origin

Session 7 – Barriers to Relationships

Session 8 – Fathers

Session 9 – Mothers

Session 10 – Creating Healthy Relationships and Support Systems

Session 11 – Effective Communication and Intimacyy
Module C: Sexuality
Sexuality

• To become comfortable discussing sexuality
• To develop a positive approach to sexuality
• To examine how addiction has impacted their sexuality
• To begin to identify and overcome barriers to healthy sexuality
Sexuality

Session 12 – Sexuality and Addiction
Session 13 – Sexual Identity
Session 14 – Barriers to Sexual Health
Session 15 – Healthy Sexuality
Module D:

Spirituality
Spirituality

- To introduce the concept of spirituality
- To begin a personal spiritual journey
- To recognize inherent advantages and disadvantages of being male
- To learn that grief is a healthy emotional process
- To begin envisioning a sober and healthy future
- To bring closure to group experience
Spirituality

Session 16 – What Is Spirituality?
Session 17 – Real Men
Session 18 – Creating a Vision
Overview of Principles of HMR/MIT

- Facilitator self-awareness and personal work
Men are not the problem – how men have been raised is the problem
Trauma is a gendered experience
Overview of Principles of HMR/MIT

- Co-facilitation is highly recommended
• Traditional treatment was not created with men’s unique issues and needs in mind – therefore, both men and women have not been trained to work most effectively with men
Overview of Principles of HMR/MIT

- We (clinicians, facilitators) do not know who a man should be – our only job is to help facilitate that self-discovery
Overview of Principles of HMR/MIT

- Confrontation as a primary mechanism for treating men is not effective yet that philosophy remains in the field
Overview of Principles of HMR/MIT

• Creating a healthy relationship to power and control
Overview of Principles of HMR/MIT

• Compassion & Non-judgment
Overview of Principles of HMR/MIT

• Reframe behavior through the context of the Man Rules & Safety
Overview of Principles of HMR/MIT

• Sexuality is essential subject matter for men’s treatment. Men will hide fear, discomfort and confusion behind bravado and humor.
Key Fidelity Elements

- Small Groups
Small Groups

• 3 is the magic number!
• Expectations must be very clear
• Visit each group early (and often if necessary) without appearing to eavesdrop
• Allow small groups to exceed time allotments
• If the men are struggling, manipulate the composition of the small groups
Key Fidelity Elements

• Interactive lectures
Interactive Lectures

• The most difficult skill
• Be prepared for anything and everything
• Allow the experience to be organic
• Know that there will be huge disparities from one group to the next
• If the men are not contributing, there is a good reason
• Trust the process
Key Fidelity Elements

• Constant reference to Man Rules dichotomy
Key Fidelity Elements

• Allow the men to talk
Key Fidelity Elements

• Common Ground – How many of you have ever?
Key Fidelity Elements

- Non-shaming and non-confrontational: “How does that fit with the man you want to be?”
Continuous Assessment

• Very few men will acknowledge physical or sexual abuse during an initial interview

• Avoid close-ended questions (or employ open-ended questions to augment)

• Re-assess for abuse/trauma histories after a man has been in programming for multiple sessions and has demonstrated that he feels a level of safety
Abuse 100% unacceptable
Zero tolerance for abuse

- Whatever happened to you as a child was not your fault.
- Whatever you do as an adult you are 100% responsible for

Accountability & compassion
The mission of 1in6 is to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives.

www.1in6.org

www.1BlueString.org
Helping Men Recover
A Man’s Way through Relationships
Central Recovery Press (August 2014)

First trauma-informed focused solely on helping men navigate the joy and pain of relationships in the face of their internalized ideas about masculinity and what it means to be a man.

*Into Action* exercises at the end of each chapter give reader the opportunity to immediately practice the ideas in each chapter.
“When I grew up I learned two things about what it takes to be a man. Number one, I learned to fight. And number two, I learned to drink”
- Jo, *A Man’s Way Through the Twelve Steps*
WHAT WOULD MEN TELL YOU IF THEY WEREN'T TOO BUSY WATCHING TV

Allen Berger, Ph.D.

Dan Griffin, M.A.
Treatment Improvement Protocol 56 - SAMHSA

http://store.samhsa.gov/shin/content//SMA14-4736/SMA14-4736.pdf

• Published by SAMHSA - May 2014
• Addresses the specific treatment needs of adult men with substance use disorders
• Reviews gender-specific research and best practices, such as common patterns of initiation of substance use among men
We cannot just change what men think,
We have to change what we think about men.
Yo! I'm working on my issues. Stay in touch.

I promise all your dreams will come true if you do

Text

THEMANRULES

to 22828 to get started.
Don't Let The Rules Rule You.

THE MAN RULES PODCAST

April 2017

www.themanrules.com
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What Can GRE Do For You?

- Program Assessment
- Half and Full Day Workshops
- Men’s Retreats
- Implementation Training on HMR
  - Three Day
  - Four Day
- Consulting for Improving Services for Men
  - Trauma-Informed
  - Gender-Responsive
  - General Improvement for Engaging Men
1. While progress has been made in the understanding of trauma, there remains a myth that trauma is not a major issue for males.

2. Trauma is a significant issue for males with substance and/or process addictive disorders.

3. Males are biologically and culturally influenced to minimize or deny traumatic life experiences.

4. Addiction treatment has been negatively influenced by cultural myths about males.

5. Males are often assumed to be the perpetrator, which has negatively biased our concepts of trauma and models for addiction treatment, and often results in the re-traumatization of males.

6. Male trauma must be assessed and treated throughout the continuum of addiction services.

7. Male-responsive services will improve addiction treatment outcomes.

8. Effective treatment of male trauma will help to interrupt cycles of violence, abuse, neglect, and addiction.

The following individuals arrived at consensus on the Eight Agreements as part of a summit on males, trauma, and addiction in May 2013:

Miles Adcox, Onsite
Mike Barnes, Ph.D., CeDAR
Richard Bebout, Ph.D., Community Connections
Allen Berger, Ph.D.
Lou Cox, Ph.D.
Judy Crane, The Refuge-A Healing Place
Richard Dauer, River Ridge Treatment Center
Tian Dayton, Ph.D.
Teresa Descilo, Trauma Resolution Center
Eduardo Duran, Ph.D.
Norma Finkelstein, Ph.D., Institute for Health and Recovery
William Ford, Ph.D., C+ Recovery Solutions
Rawly Glass, The Bridge to Recovery
Dan Griffin, Griffin Recovery Enterprises, Inc. & Males for Trauma Recovery
William Pollack, Ph.D., Harvard Medical School
David Powell, Ph.D., International Center for Health Concerns
Pat Risser, Males for Trauma Recovery
Jaime Romo, Ed.D., Males for Trauma Recovery
Cheryl Sharp, The National Council for Behavioral Health
Dr. Brian Sims, M.D., Psychiatrist, Correctional Mental Health Services
David Washington, Males for Trauma Recovery
Rob Weiss, Elements Behavioral Health
Jacquie Wheeler, Jaywalker Lodge
IS YOUR DRUG COURT FIT FOR RECOVERY?
A RECOVERY CHECK-UP

The Recovery Check-Up is a tool that you can use to think about the ways that your program is building bridges to the recovery community and providing opportunities for individuals to achieve and sustain their recovery from addiction. A recovery focus will increase your ability to be successful in getting individuals the support they need while they are in your program and as they transition into the community.

LEADERSHIP
___ A vision of long-term recovery for participants is expressed in the Drug Court’s mission
___ Your Advisory Board includes former participants who are in long-term recovery and community-based representatives of the recovery community
___ Your staff and volunteers include people in long-term recovery and their family members
___ Your staff are involved in activities that address the social stigma and other forms of discrimination faced by people in recovery with criminal records
___ Your staff receive ongoing specific training on addiction and recovery policies and practices including updates on research, support services, community organizations, resources and attend open 12-Step meetings

FAMILY AND SUPPORTER INVOLVEMENT
___ Provided an information packet about Drug Court and resources for help
___ Involved in putting together the recovery plan
___ Provided added incentives for individuals who attend family counseling
___ Referred to Al-Anon, recovery community organizations and other supports
___ Encouraged to attend Drug Court sessions, meetings and outings and are consulted throughout the individual’s participation in Drug Court
___ Consulted before the individual graduates about the participant’s progress and what they’re seeing at home.
SERVICE PHILOSOPHY
___ Your Drug Court educates all participants, family members and supporters about the recovery community
___ Your Drug Court embraces the importance of individual choice in planning a program for long-term recovery:
   ___ Choice of goals
   ___ Choice of treatment methods
   ___ Choice of service workers
___ Your Drug Court embraces the importance of matching and understanding individual participants’ characteristics with the methods and services that will best help them get and sustain their recovery

COMMUNITY LINKAGES
___ Have a volunteer program that includes people in long-term recovery
___ Have an Alumni program that includes participants and their families because families are intimately involved in supporting participants’ recoveries.
___ Provide and maintain a listing of Twelve Step meetings and other self-help groups
___ Provide and maintain linkages with faith-based recovery support resources
___ Provide and maintain linkages to secular and other recovery support resources
___ Provide and maintain linkages to safe, sober and structured housing opportunities.
___ Provide and maintain linkages to “recovery-friendly” jobs, employers and training
___ Recovery-oriented questions are included in the Exit Questionnaire and all program evaluation for graduates
___ Monitor and assess the percentage of participants who are linked to the recovery community prior to graduation

Faces & Voices of Recovery, 1010 Vermont Ave. NW #708, Washington, DC 20005 202.737.0690 (t) info@facesandvoicesofrecovery.org
The Recovery Factory

Additional Resources
A presentation at the National Association of Drug Court Professionals
       June 2007

Books
• Pathways from the Culture of Addiction to the Culture of Recovery: A Travel Guide for Addiction Professionals, by William L. White, Hazelden www.amazon.com
• Partners in Change: The 12-Step Referral Handbook for Probation, Parole and Community Corrections, by Edward M. Read, Hazelden www.hazelden.org

Web Resources
• Faces & Voices of Recovery www.facesandvoicesofrecovery.org
  o Guide to Mutual Support Resources
  o Directory of Recovery Community Organizations
• Join Together (www.jointogether.org)
• National Addiction Technology Transfer Centers (www.nattc.org)

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July 2007
# Helping Men Recover: A Program for Treating Addiction

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By Dr. Stephanie Covington, Dan Griffin, and Rick Dauer

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Background and Rationale
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References

Additional Resource Materials
### Trauma-Informed Responses & Criminal Justice Interventions

The following table illustrates some of the tensions between trauma-informed practices and the criminal justice system. Note that the first three principles of both philosophies are the same. Drug courts, more than any other criminal justice intervention, should be able to balance the two philosophies.

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Partners in Change:  
How to Facilitate Change through Twelve Steps  
Handouts

The Twelve Steps

Developing your Twelve-Step literacy is a great place to start in learning how to help your drug court clients find and sustain recovery through participation in mutual support groups. Most drug courts have participation in a Twelve Step group as a core part of their participants’ case plans.

There are many opportunities to visit meetings in your community, an important step to finding a referral that will work for your clients. The Twelve Steps below are from Alcoholics Anonymous; many other mutual support groups have taken and adapted these steps for their members.

When you ask drug court participants about meetings, their sponsors, the Steps, and their experience working the steps you show that you care about this part of their recovery. It will also help you to determine how connected they are to the meetings and the people in the meetings. Don’t ask “Yes/No” questions. The following Step Work Pointers below are meant to be used as a summary of the practical points involved in working the Twelve Steps. This will enable you to have a better understanding of the culture to which you are sending the drug court participants. It will also enable you to talk to them a bit more in-depth and with more understanding of each Step.

Twelve Step Pointers

- “Working the steps” means making the best effort in applying the simple concepts of the Steps to one’s life.
- Steps are numbered sequentially and it’s suggested that they are “worked” in order
- Steps are meant to be “worked” more than once and without a time table

Step One: We admitted we were powerless over alcohol; that our lives had become unmanageable;

Layman’s Terms: I can’t stop alone

- The foundation step in admitting defeat and positioning oneself for outside help

1 The following ideas have been adapted from the book Partners for Change by Edward Read
• “Surrender to win” i.e. staying away from a drink one day at a time

**STEP ONE WORK POINTERS:**

Completing this step requires an admission of four things:

- Alcohol or other drug (AOD) use has caused major problems
- One is powerless to control one’s AOD use
- Life has become unmanageable as a result of using
- One remains powerless to manage life if use continues

The using is causing the addict’s problems, *not* external events

**Step Two:** We came to believe that a power greater than ourselves could restore us to sanity

**Layman’s Terms: we can stop together.**

- Suggested use of a Higher Power (HP) – most important that it be a power greater than self does not have to be a religious entity; to help remove the compulsion to use/drink
- Sanity means soundness of mind
- A Higher Power can be anything other than the individual, alone; many use the 12-step group when they first begin attending meetings.
- Acceptance and hope are key

**STEP TWO WORK POINTERS**

- Talk with your clients about what it means to find a Higher Power, or point out to them that relying on themselves has not worked; their best thinking got them where they are.
- Encourage them to turn to the “experts” like a Higher Power or the group itself
- Progress is observed when a person can accept they are suffering from “addiction- induced insanity” and that accepting that insanity can only be removed with outside help

**Step Three:** We made a decision to turn our will and our lives over to the care of God as we understood Him

**Layman’s Terms: making a commitment to the program**

- Willingness to let go and let God, i.e. turn it over
• Allow a higher power to guide and direct
• It’s a process not an event
• Abstinence alone is not recovery!

STEP THREE WORK POINTERS

• Accepting help from an outside source is key
• Evidence of working this Step also means
  o Following the rules and guidance of the drug court
  o Using professional help for problems other than addiction
  o Using spiritual principles to guide other aspects of one's life
  o Starting to recognize when one’s own ideas start to conflict with those of the program
  o Making the recovery experience a real part of one’s daily living

Step Four: We made a searching and fearless moral inventory of ourselves;

Layman’s Terms: taking an honest look at myself

• Completed a written inventory/self-evaluation
• Addresses the emotional pains, secrets, fears, and embarrassments of the past
• Three key areas: resentments, fears, and sex conduct
• Signifies an important commitment to sobriety and to move on in the program
• There are many different methods for completing the Fourth Step
• A stumbling block for many newcomers

STEP FOUR WORK POINTERS

• Recovery demands change
• Recognizing a person supposedly in recovery who has not completed her Fourth Step may exhibit symptoms of the “dry drunk” syndrome; and would remain irritable, excessively critical and difficult to live with even if she is drug free
• Completing the Fourth Step is one of the most reliable indicators that a person is serious about his program of recovery
• Anger and resentment are the two most frequently talked about emotions
**Step Five:** We admitted to God, to ourselves, and to another human being the exact nature of our wrongs;

**Layman’s Terms: sharing the human condition**

- Often feel like part of the program once they complete this Step, it is a significant milestone – very important to support drug court participants in getting to this step with their sponsor
- This step
- Share their Fifth Step with a sponsor or spiritual advisor
- Only as sick as your secrets
- It requires a giant leap of faith to trust that an individual’s information is to be kept strictly confidential
- Consider legal privilege when selecting who can hear your Fifth Step

**STEP FIVE WORK POINTERS**

- Sponsors gain a greater understanding of a sponsee who share their 5th step
- The person completing the Fifth Step can usually be trusted to have made a sincere commitment to the recovery process.
- Ask them to talk about this experience – not with any detail – but how it felt for them.
- Best reason to do a Fifth Step: if you don’t, you’re likely to use again
- Very powerful experience

**Step Six:** We were entirely ready to have God remove all these defects of character;

**Layman’s Terms: getting ready to move on in sobriety**

- Defects are simply parts of the person’s personality and behavior that are counter-productive and self-defeating
- A constant process of self-awareness and looking at growing areas
- Although appearing easy, this Step requires a valuable amount of courage and willingness to change negative behaviors
• Mental and spiritual preparation is necessary to achieve character improvement or behavioral change

STEP SIX WORK POINTERS

• “Twelve and Twelve” indicates that this Step separates the boys from the men (or girls from the women). It is spiritually demanding.
• Must continue to work at it throughout their lives and remain committed it is not a one-time deal.

Step Seven: We humbly asked Him to remove our shortcomings;

Layman’s Terms: asking for help again

• Another opportunity for drug court participants to show their willingness to ask for help

STEP SEVEN WORK POINTERS

• Spiritual in nature which demands a comfortable acceptance of a power greater than self
• Referents must be reminded of the importance of getting help and support for their problems
• Milestones of working this step:
  • Value of humility must be recognized
  • Faith must be developed
  • Accepting the challenge to work on character building behavioral change and continual examination of one’s goals in life to work toward greater spiritual values
• Self centered fear defined as “primarily fear that we would lose something we already possessed or would fail to get something we demanded” is said to be the real culprit behind most defects of character

Step Eight: We made a list of all persons we had harmed, and became willing to make amends to them all;

Layman’s Terms: identifying the victims

• Similar to the Fourth Step
• Making this list and talking about it with others shows that they are ready to rejoin the community
• Making this list also shows that the drug court participant recognizes the impact of their behavior on others
• Very important step for drug court participants – this holds them accountable and prepares them to face those they have harmed in the community

STEP EIGHT WORK POINTERS

• Make a written list
• Doing the Eighth Step is a good Fourth Step review
• Forgiveness is the spiritual goal as well as stumbling block

Step Nine: We made direct amends to such people wherever possible, except when to do so would injure them or others

Layman’s Terms: into action on the amends

• Making an effort to “right the wrongs of the past” is the hallmark
• Opportunity for drug court participants to be able to face the victims of their crimes and help them feel a part of the community again.
• If done with sensitivity, the drug court team can work with the participant and even the sponsor to help the participant feel more comfortable rebuilding his life in the community.
• It is much more than a simple apology; it is about serious behavioral change
• The “Promises” begin to become true (from pages 83 -84 of the Big Book of Alcoholics anonymous). This is a vision for how a person’s life can change and improve as a result of working the Steps in the Twelve Step culture.

STEP NINE WORK POINTERS

• Restraint is usually cautioned
• Sometimes the best possible amend is simply to stay out of a person’s life altogether
• Important to work with a sponsor to develop a plan
• Sometimes the only amend that can be made is to live a sober life while practicing these principals in all our affairs
Step Ten: We continued to take personal inventory and when we were wrong promptly admitted it;

Layman’s Terms: self-examination while “sober”

STEP TEN WORK POINTERS

- This Step demands attention every day
- It is a continuous self reflection process
- Abstinence alone is not recovery
- Daily attempts to identify and address selfishness, dishonesty, resentment, and fear

Step Eleven: 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;

Layman’s Terms: learning to grow through meditation

STEP ELEVEN WORK POINTERS

- Morning meditation is a trademark program activity
- First time a real attempt at practicing prayer and meditation
- Prayer is an appeal to a HP and meditation is listening for a response
- Further development of a personal relationship with a power greater than self

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs

Layman’s Terms: beginning to help others

- This is what it’s all about, i.e. the “joy of living”
- Love that has no price tag
- Service work for 12-step groups and participants
- Passing the message on to others who are suffering
- Sponsorship
- Spiritual growth
- Applying these principles of living to all their daily affairs
• Having gratitude for blessings received
• It is a spiritual awakening

**STEP TWELVE WORK POINTERS**

• Service work
• This is where drug court participants start giving back sometimes even to the drug court through mentoring and other voluntary efforts.
• Being able to tell all three parts of one’s story (what it was like, what happened and what it is like now)
• Sponsorship
• Twelve-step work, passing it on
• They are likely to say the easiest thing they do each day is not take a drink (they don’t even think about drinking/using), the problem has been removed
• Tough part is learning to live balanced and purposeful lives by practicing the Twelve Step principles in all their affairs.