

# Finding The Way To Recovery

## Program Pointers

### I Have A Problem

- How to identify if we have a problem
- Prayer of serenity
- How to escape the vicious cycle

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### Welcome, You Are One Of Us

- Story of Mr. and Ms. M first time in AA
- What is the true meaning of surrender and how do we do it ?
- Making a choice: difficult question we must ask

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### Freedom Through Honesty

- Definition of honesty
- The fisherman's story: overcoming doubt and fear
- One day at a time

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### The Excuses

- The excuses we tell ourselves
- Identifying why we use
- Weaknesses and fears

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### Freedom Through Hope

- Definition of hope
- The road to hope: asking for a sign
- Facing reality: questions we need to ask ourselves

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### Are You Willing To Do Something?

- The serious mistake of trying to do it on our own
- Finding support
- Suggestions to take into account

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### No More Excuses

- The Challenges of being present
- Words of encouragement from fellow residents
- Liberation: freedom through Accountability and community

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### Choosing The Right Path

- The freedom of choice
- A vision for you
- The two "speakers" in our heads: which one do we listen to

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### On The Move

- Where it all began
- The importance of having the right tools
- AA daily reflections

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### What Is Our Addiction

- What does it mean to have an addiction?
- Who is an addict and self-reflection?
- Motivation for remaining sober and how to achieve it

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### God As You Understand Him

- Change our attitude, change our lives
- One day at a time
- Opening our minds to believe

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### Suggestion Only

- The value of taking suggestions
- How it works
- The Twelve Steps of AA (Alcoholics Anonymous)

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### Step One From AA

- What meaning of defeat?
- Bedrock for purposeful and happy lives
- Introduction to the Twelve Steps

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### Step Two From AA

- Definition of insanity
- Being restored to sanity
- Asking the right questions

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### Step Three From AA

- Opening of a door
- The cautionary tale of "No one will know"
- The definition of action

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### Step Four From AA

- Personal and moral inventory
- Resentment is the #1 offender
- Cleaning up our house

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### Step Five From AA

- The power of confessing
- Recognizing our faults
- Trusting and seeing the goodness of our higher power through others

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### Step Six From AA

- What are character defects ?
- "Gutter Bravado" story
- We admit we were powerless over alcohol

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### Step Seven From AA

- What is the meaning of humility ?
- The excuses
- What are shortcomings

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### Step Eight From AA

- Making a list of people we have harmed
- Being willing to make amends
- Learning to forgive ourselves

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### Step Nine From AA

- Timing, courage, and prudence
- Examples of courage
- Taking responsibility and the promises it brings

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### Step Ten From AA

- Continually taking of our personal moral inventory
- True repentance through admitting our wrongs
- Inventory journal, a daily practice

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### Step Eleven From AA

- The power of prayer and meditation
- Different forms of prayer
- Different forms of meditation

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### Step Twelve From AA

- Spiritual awakening
- Reviewing the Twelve Steps
- A closing "vision for you"

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