

A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter

## The Twelve Steps Program Overview

The Twelve Steps, originated by Alcoholics Anonymous, is the spiritual foundation for personal recovery from the effects of alcoholism, not only for the alcoholic, but also for their friends and family in Al-Anon Family Groups.

### Special points of interest:

- PCC Has a Website That Provides Key Information on Services and Contacts at the Facility
- PCC is one of the Few Facilities in the State with Specialized Women and Children Services

Many members of 12-step recovery programs have found that these steps were not merely a way to stop drinking, but they became a guide toward a new way of life.

Over a six-month period, visitors to the Alcoholism site participated in a study of the 12 steps and 12 traditions by sharing their experience, strength, and hope on the Alcoholism / Substance Abuse Forum. Their stories provide great insight into how they have applied the principles in their lives. Below are links to their study of the 12 steps. The index for the study of the 12 traditions is on [this page](#).

### Step 1: Honesty

After many years of denial, recovery can begin when with one simple admission of being powerless over alcohol -- for alcoholics and their friends and family.

### Step 2: Faith

It seems to be a spiritual truth, that before a higher power can begin to operate, you must first believe that it can.

### Step 3: Surrender

A lifetime of self-will run riot can come to a screeching halt, and change forever, by making a simple decision to turn it all over to a higher power.

### Step 4: Soul Searching

There is a saying in the 12-step programs that recovery is a process, not an event. The same can be said for this step -- more will surely be revealed.

### Step 5: Integrity

Probably the most difficult of all the steps to face, Step 5 is also the one that provides the greatest opportunity for growth.

### Step 6: Acceptance

The key to Step 6 is acceptance -- accepting character defects exactly as they are and becoming entirely willing to let them go.

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# The Twelve Steps Program Overview (continued)

## Step 7: Humility

The spiritual focus of Step 7 is humility, asking a higher power to do something that cannot be done by self-will or mere determination.

## Step 8: Willingness

Making a list of those harmed before coming into recovery may sound simple. Becoming willing to actually make those amends is the difficult part.

## Step 9: Forgiveness

Making amends may seem like a bitter pill to swallow, but for those serious about recovery it can be great medicine for the spirit and soul.

## Step 10: Maintenance

Nobody likes to admit to being wrong. But it is absolutely necessary to maintain spiritual progress in recovery.

## Step 11: Making Contact

The purpose of Step 11 is to discover the plan God as you understand Him has for your life.

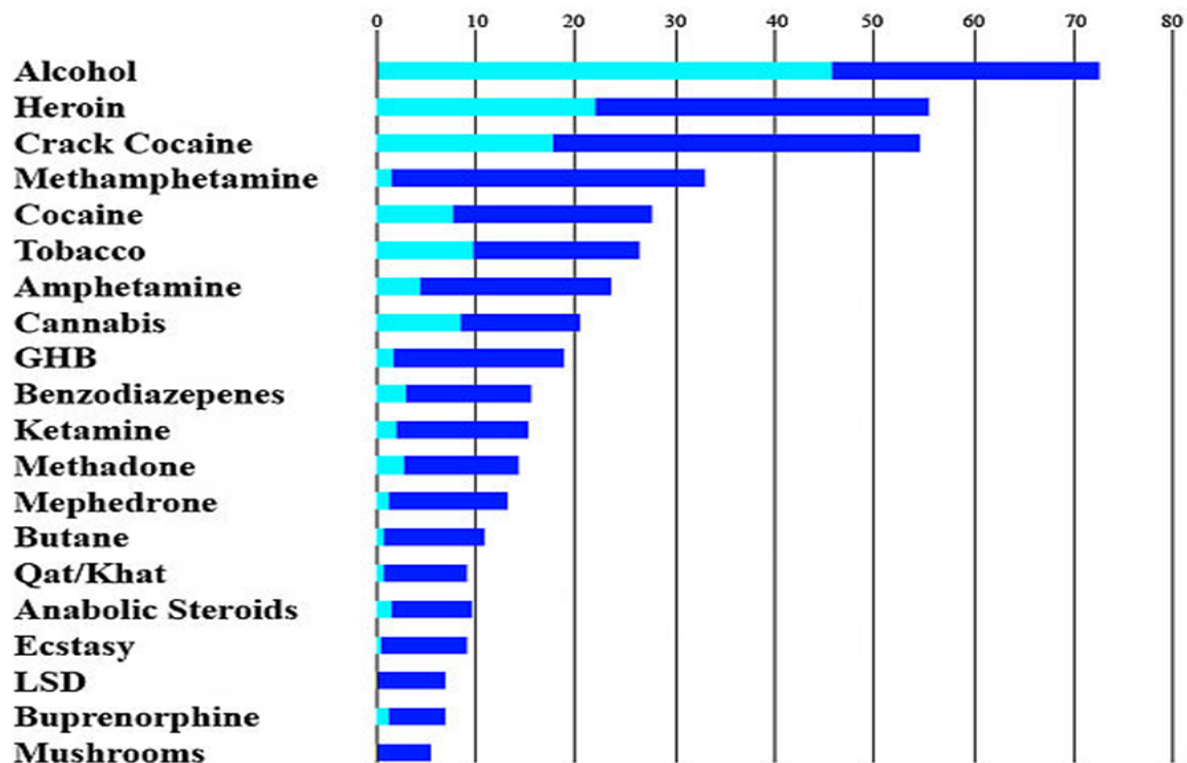
## Step 12: Service

For those in recovery programs, practicing Step 12 is simply "how it works."

# Harmful Impact of Drugs (Legal and Illegal)

## Harm Caused by Drugs

■ Harm to others    
 ■ Harm to users    
 \*With a maximum possible harm rating of 100



Adapted from "Drug harms in the UK: a multi-criteria decision analysis", by David Nutt, Leslie King and Lawrence Phillips, on behalf of the Independent Scientific Committee on Drugs. The Lancet.