



# 12 Steps

*Dell Miller*

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12 Steps Unlocked was written to give a fundamental, nuts and bolts understanding of how the Twelve Steps work for men and women in recovery. The book breaks out of the generalities about spirituality and gives specific and clear implementation of Twelve Step programs that anyone from the atheist to the believer can follow. It was written in part by a recovering alcoholic and addict, who also has been a clinician in the field of addictions for over thirty years. The manuscript was written by both a man and woman in Twelve Step recovery offering a perspective for both genders. This manuscript unveils 3 distinctive patterns of controller, victim and isolator in addictions that have been overlooked, which we will be reviewed in depth with a solid plan for recovery. This is one of the first books to describe, in detail, characteristics of the isolator binge alcoholic/addict. It gives clear insight into the two other patterns of addiction involving the victim and the controller. We will show how addictions deteriorate the fabric of our relationships and ourselves. The book explains how addictions grow into taking control of our lives and a simple understanding of how denial works and how it replaces self-awareness. We break down character defects into three categories. The stories of those who have had the courage to make the program part of their lives are used for illustrating how the program works. Another precedent shows how the program aids in being in charge of our health and physical recovery. You will see the program from the inside out and how the networking of the fellowship is an integral part of working the Steps. We have also contributed to a website: [www.treatmentguide4u.com](http://www.treatmentguide4u.com) for downloading Step worksheets to aid the reader in their recovery. The book provides an in-depth understanding of how the culture of recovery works outside of the Twelve Step meetings. It offers resources which are a “must know” to experience what recovery/sobriety can be. The material is insightful, and sometimes offers the true joy and humor that accompanies recovery. This book introduces a refreshing perspective offering answers to some of the hardest questions we approach in working our sobriety/recovery in the Twelve Steps. The simplicity of how the book is written gives the newcomer an easy understanding of how addictions progress and how the Steps aid in a concrete way to create a strong foundation for sobriety/recovery. This book would be an excellent resource for those having difficulty understanding the fundamentals of Twelve Step programs. Those who struggle in accepting the concept of a God of their understanding will be able to see how this approach can offer a tangible solution to their dilemma. Regular members of Twelve Step programs, who are continuing to grow in their recovery, will be offered a deeper understanding of the Twelve Steps. Professionals can use this resource for educating their clients in several different ways. One aspect is defining the characteristics of addictions that the addict/alcoholic can identify with. Another is the application of the Twelve Steps with measurable goals and outcomes. This literature gives a fresh breath with new insights into addictions and Twelve Step implementation.

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