

DTR

Double Trouble in Recovery

The 12 Steps

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Step One

“We admitted we were powerless over our mental disorders and substance use- that our lives have become unmanageable...”

- This is the ground work for acceptance.
- This creates a new beginning for the gentle process of recovery from both illnesses.
- This helps us recognize our behavior and beliefs can change.
- This helps us understand we have a no fault disease.

Step Two

“Came to believe that a Higher Power of our understanding could restore us to sanity...”

- This is the turning point; identifying the problem and a new source of help.
- The Higher Power concept takes time.
- This allows us to find new courage for a vision of recovery.
- This teaches us that powerless does not mean hopelessness.
- This helps us find tools as a power to decide and trust in something bigger than ourselves.
- This helps us learn to practice trust in our own inner wisdom.

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understand him...”

- This is an opportunity to look at your life from a new point of view.
- In **DTR** we examine our assets first because we need extra strength to be honest with ourselves.
- This allows us to examine both internal and external assets: beliefs and attitudes and outside supports of medication, treatment, and fellowship.
- This allows us to learn how to work with our Higher Power as we would a winning coach.

Step Four

“Made a searching and fearless inventory of ourselves...”

- This is a simple opportunity to study ones life from a new point of view.
- This allows us to identify the assets and barriers of our lives.
- In DTR we identify our assets first to build confidence because we the need extra strength to be honest about ourselves.
- We learn what puts us at risk for relapse.
- We learn new tools to assist in our recovery.

Step Five

“Admitted to God, to ourselves, and another human being the exact nature of our wrongs...”

- This is a big step towards joining the human race.
- Writing an inventory brings clarity and honesty.
- Taking an inventory with another person helps us see blind spots and the whole picture of who we are.
- This helps promote trust and acceptance of others.
- This helps us eliminate isolation.

Step Six

“Were entirely ready to have God remove all the defects of character...”

- This is a commitment to use our chosen source of help to aid us in letting go of what is hurting us.
- Step six is a moment of decision.
- We step out and steady ourselves and go forward.
- The Serenity Prayer gives clear vision and defines the help we need.
- This helps end confusion and defines a new freedom for us.

Step Seven

“Humbly asked him to remove our shortcomings...”

- This allows us to take action with a willing spirit and let go of our liabilities.
- This clarifies changes that need to be made.
- Step seven asks us to approach change with humility and take action.
- This step helps us define assets and liabilities.
- We gain spiritual insight from feeling ashamed and then seeing a possibility for healing.

Step Eight

“Made a list of all persons we have harmed and became willing to make amends to them all...”

- This allows a starting place for rebuilding relationships.
- This helps confirm that we are not bad people.
- This gives us a renewed sense of morals and values.

Step Nine

“Made direct amends to such people whenever possible, except when to do so would injure others...”

- This allows us to mend our relationships in a direct meaningful way.
- This gives us a fresh start by relieving heavy burdens and guilt of past mistakes.
- This is an opportunity to exercise our inner strengths.

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it...”

- We learn how to maintain gains in recovery.
- We begin to leave behind liabilities.
- This helps us prevent slipping into complacency.
- This becomes a natural way of life.
- This helps strengthen recovery.

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge for his will for us and the power to carry that out...”

- This will keep you on the path to recovery.
- This allows us to set aside a time of quiet reflection.
- This keeps us connected with our humanity.
- This helps us maintain structure.

Step Twelve

“Having had a spiritual awakening as a result of these steps, we tried to carry the message...”

- This reminds us of our growth.
- This invites us to share and enjoy benefits of recovery with other people.
- We have a brighter outlook and solid inner strength.
- We accept others where they are.
- This deepens and strengthens our recovery.

12 STEPPING

Carrying the Message

Prayer & Meditation

Daily Inventory

Made Amends

Made a List

Humbly Asked

Character Defects

Admitted Wrongs

Moral Inventory

Made a Decision

Came to Believe

Powerless & Unmanageable

God grant me the serenity to accept
the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.