

**12-Step Workbook  
for Recovering  
Alcoholics, Including  
Powerful 4th-Step  
Worksheets, 2018  
Revised Edition**

# Alcoholics Anonymous Workbook

**Bruce H. and Laura L.**



## **Alcoholics Anonymous Workbook:**

Alcoholics Anonymous Big Book Workbook George B,2012-03 The basic workbook of the Alcoholics Anonymous which traces its roots explores its precepts and presents stories from participants that demonstrate the program's effectiveness

**The Alcoholics Anonymous Workbook** Rivka A. Edery,2026-08-18 Start the path to recovery and sobriety with this comprehensive easy to read workbook offering clear summaries of the Twelve Steps of Alcoholics Anonymous the A A Big Book effective strategies and insights into understanding alcoholism and addiction exercises and journal prompts **12**

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*Workbook for Recovering Alcoholics, Including Powerful 4Th-Step Worksheets* Iam Pastal,2015-08-07 This workbook for recovering alcoholics is a great resource for anyone who wants to quit drinking alcohol for good It follows a 12 step program that contains actionable advice helpful activities and useful prayers for recovery This quit lit book is also based on the author's experience recovering and working with Alcoholics Anonymous an organization devoted to abstinence based recovery from alcoholism **12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets, 2018**

**Revised Edition** Iam Pastal,2019-02 A great book for completing the 12 steps of Alcoholics Anonymous It includes four simple yet powerful worksheets for doing AA's 4th step and a very simple and powerful approach to Step 7 This revised addition also includes a new appendix describing how the author sponsors newcomers *Alcoholics Anonymous Comes of Age Workbook* George B,2014-04-17 The book contains a detailed history of the first twenty years of the existence of AA

*A Woman's Way through the Twelve Steps Workbook* Stephanie Covington,2024-03-05 Women's recovery can differ from men's and each person's recovery is in many ways unique That's why Stephanie Covington has designed the A Women's Way Through the Twelve Steps Workbook to help women and gender expansive people each find their own path and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships self sexuality and everyday life Deepening and extending the lessons of a book that has helped countless women and gender expansive people this workbook makes A Women's Way Through the Twelve Steps that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women this workbook begins with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative self assessment questions focused on women's definitions of terms such as powerlessness and letting go guided imagery exercises and physical grounding activities Designed to be used in conjunction with A Women's Way Through the Twelve Steps this workbook helps deepen and extend the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a person It is also designed to be used in conjunction with A Woman's Way through the Twelve Steps Facilitator Guide in facilitated groups in residential or outpatient treatment

programs for substance use disorder or other addictive disorders

**The Anonymous Press Workbook Edition of Alcoholics Anonymous** Bill W.,2000 [The Drunk Punk Workbook](#) Tim Spock,2021-02-26 This thick workbook zine is an adaptation of the Alcoholics Anonymous 12 step program for people who are turned off by the religious aspects of AA or who have only experienced the twelve steps through programs forced on them The author s experience of addiction and recovery in prison led him to develop this workbook for anyone who is ready to do the brutal self examination it takes to get and stay sober and he shares his personal experience in the explanation of each step followed by questions for you to reflect and write on at your own pace

[Hope And Recovery The Workbook](#) Anonymous,2011-06-15 This workbook guides readers through the life transforming move from self defeating and destructive sexual behavior to healthy affirming sexuality A remarkable work Hope and Recovery guides and supports the life transforming move from self defeating and destructive sexual behavior to healthy affirming sexuality This widely acclaimed contribution to addiction literature applies the Twelve Step Program of Alcoholics Anonymous to the complex problem of sex addiction

[A Program For You](#) Anonymous,2009-10-23 A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life A Program for You leads each of us newcomer or old timer to a deeper understanding of recovery as a way of life A Program for You clears our way for discovering positive powerful answers to these questions In the years since 1939 the Big Book Alcoholics Anonymous has guided millions in their search for a design for healthy living free of addictive behaviors Now two program old timers share their years of intensive study of the Big Book revealing the vitality of its message for those of us reading it today This celebration of the basic text of Twelve Step recovery breathes new life into the Big Book s timeless wisdom Thoroughly annotated line and page written with down to earth humor and simplicity and providing a contemporary context for understanding A Program for You helps us experience the same path of renewal that Bill W and the first on hundred AA members did

[12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets](#) Iam Pastal,2025-12-04 This is the most recent edition of this book which I first authored about 20 years ago It is clearly the best of all It s sole purpose is to provide a simple workbook tool to allow members of Alcoholics Anonymous with the help of their sponsors to navigate the 12 Steps to recovery in an efficient and Keep it Simple way There are 2 main reasons why this edition is better than ever before 1 This is the 1st time I ve retained a publishing company Bookside Press to help reach more AA members and to help me write a better workbook and 2 This is the first time I ve asked other members of AA to review my manuscript and suggest changes specifically my sponsor with 48 years sober and one of my sponsees who has 7 years sober I am sure this workbook will help increase the number of sober alcoholics in the world thereby making the world a better place

*Big Book of AA* Anonymous Guest,2014 This book has all Twelve Steps of Recovery in Alcoholics Anonymous fully explained in today s language With the book being written in 1936 their way of writing is a bit different than today s way of communicating With each step explained in an easy way to understand the process of doing the 12 steps become that much

easier The 12 Steps of Recovery with Alcoholics Anonymous are responsible for the restoration of families jobs homes and relationships Not to mention the ability for a person with the disease of alcoholism to easily stay sober one day at a time Just like the saying The longest journey begins with the first step this process opens the door to the man or woman looking to begin their journey to freedom from alcoholism through recovery *Working the 12 Steps* Hazelden,1988-10 The Twelve Steps of A A are vital life saving tools But how do we use them effectively Keep It Simple Working The 12 Steps is a easy to read and understand workbook we discover the core issues of the 12 Steps and how to work toward making them a daily part of our lives Awol John D.,2017-01-29 A 12 Step Recovery Guide and Workbook inspired by the Big Book of Alcoholics Anonymous and it s profound impact on the world of Recovery This Guide and Workbook has been adapted for Food Addicts working on through their 12 Step Recovery in AWOL Groups Not for use in public distribution Personal and private usage only Dr. Bob and the Good Oldtimers Workbook George B,2014-04-17 The textbook Dr Bob and the Good Oldtimers is a detailed biography of this co founder of Alcoholics Anonymous This workbook is intended to help the reader make a thorough study of his life *A Good First Step* Richard A. Hamel,1994-04-19 A Good First Step **Awol** Bruce H. and Laura L.,2016-11-25 A 12 Step Recovery Guide and Workbook inspired by the Big Book of Alcoholics Anonymous Adapted for FA Food Addicts in AWOL Groups **Deep Soul Cleansing-12 Step Workbook** Jamie M,2008-04-01 If you have been looking for the perfect inventory workbook here it is This is the companion to Deep Soul Cleansing contains room for some 300 resentments Several sex problems money and work issues and harm done to others This workbook has suggested readings and writing for all 12 Steps It is also used with our sponsees to move quickly and efficiently though what is the cycle of the Steps **The Circle of Life** K. J. Nivin,2009-12 The Circle Of Life Alcoholic Recovery Workbook Revised July 2011 is a guide for recovery from alcoholism In our workbook we discuss and work through the 12 Step recovery process Alcoholism is a disease of the body mind and spirit This is the experience of many of us who are in recovery from alcoholism our strength is the result of being sponsored through the 12 Steps and our hope is in recovery from this addiction by emulating the success of those who have gone before us Those seasoned in recovery The Circle Of Life was developed to help with the basics of recovery A strong emphasis is placed on obtaining and utilizing a 12 Step program sponsor We stress attendance of alcohol addiction support meetings and developing a support system The intention of this workbook is to aid recovering alcoholics in working through the 12 Steps with a sponsor This workbook does not address formal religion or dogma This process of recovery we believe through our own experience is spiritual in nature and change through guidance of a Power greater than ourselves becomes the key to recovery The first three chapters give information on our addiction seeking help for recovery from alcoholism the feelings that are associated with coming into sobriety and withdrawal from active drinking Chapters four through twelve are dedicated to working the 12 Steps By utilizing the tools and by working the 12 Steps in this workbook with a sponsor we believe that it is possible to get and stay sober from drinking by applying the steps we have worked and by

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