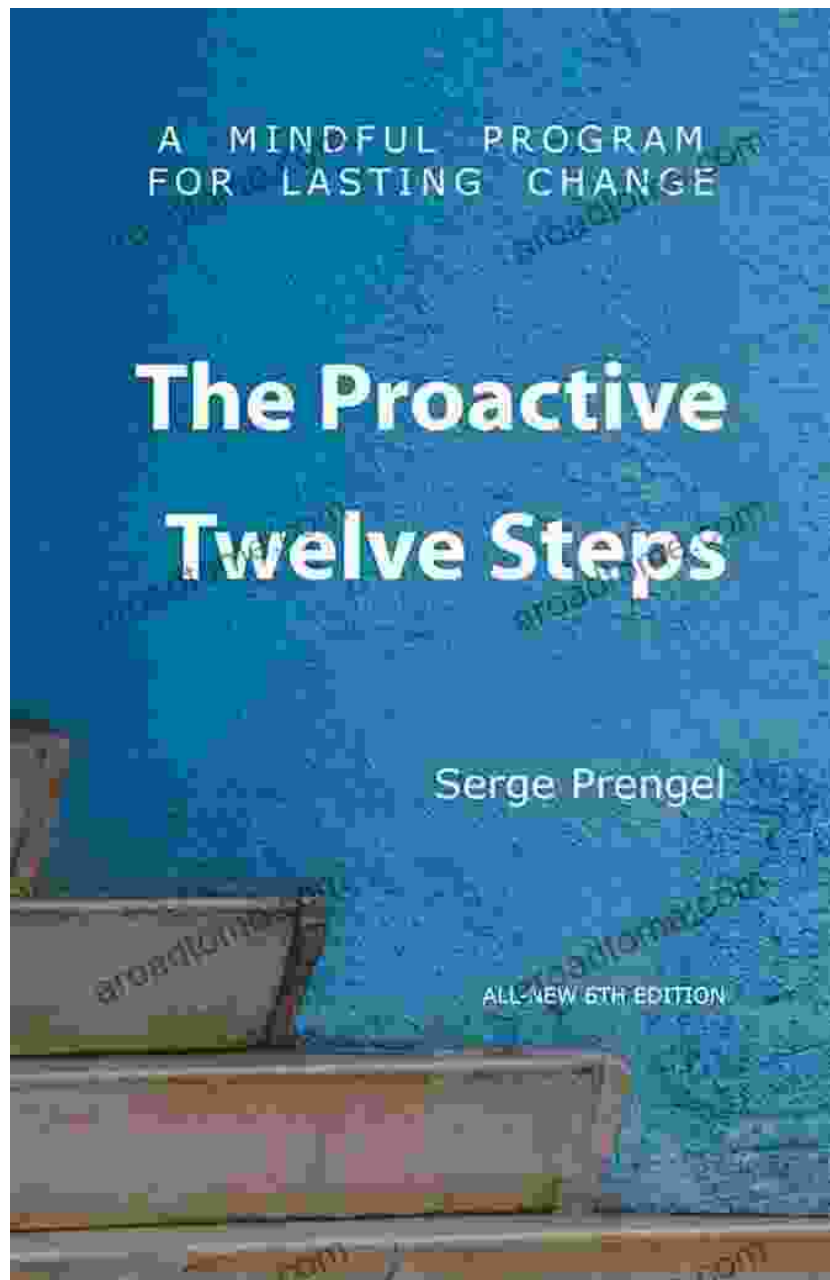


# The Proactive Twelve Steps: A Revolutionary Journey to Recovery



**The Proactive Twelve Steps: A Mindful Program For Lasting Change** by Serge Prengel

★★★★★ 4.7 out of 5

Language : English



Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
File size	: 2898 KB
Screen Reader	: Supported



For those struggling with addiction, the road to recovery can often feel overwhelming and insurmountable. Traditional addiction treatment programs, while valuable, can sometimes fall short in providing the necessary tools and support for individuals to achieve lasting sobriety.

The Proactive Twelve Steps is a revolutionary new program that offers a transformative approach to addiction recovery. This groundbreaking book empowers individuals to take control of their lives and embark on a proactive journey towards sustained sobriety.

## The Principles of Proactive Recovery

The Proactive Twelve Steps program is based on the following key principles:

- **Self-Empowerment:** Individuals must take ownership of their recovery and actively participate in the process.
- **Proactivity:** Recovery is not a passive process; it requires active effort and a willingness to work through challenges.
- **Holistic Approach:** Recovery involves addressing all aspects of an individual's life, including physical, emotional, and spiritual well-being.

- **Community Support:** Connection with others who understand the challenges of addiction can provide invaluable support and accountability.

## **The Twelve Proactive Steps**

The Proactive Twelve Steps are a set of guidelines that provide a structured framework for recovery:

1. We admitted we were powerless over addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood God.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked God to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.

10. We continued to take personal inventory and when we were wrong, promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

## **The Benefits of Proactive Recovery**

The Proactive Twelve Steps program offers numerous benefits for individuals seeking recovery:

- **Increased Self-Awareness:** Recovery involves a deep exploration of oneself, leading to a greater understanding of one's strengths, weaknesses, and triggers.
- **Empowerment and Control:** By taking an active role in their recovery, individuals gain a sense of power and control over their lives.
- **Improved Relationships:** Addiction can damage relationships with family, friends, and loved ones. Recovery provides an opportunity to repair these relationships and build healthy connections.
- **Increased Well-Being:** Addiction can take a toll on physical, emotional, and spiritual well-being. Recovery offers a path to improved health and overall well-being.
- **Sustained Sobriety:** The proactive approach of this program empowers individuals to develop the coping mechanisms and resili



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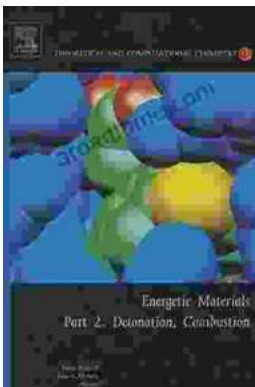
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