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The



Twelve Step



guide



maps



A BRIEF HISTORY OF THE *TWELVE STEPS*

Alcoholics Anonymous (AA) started in 1935 in Akron, Ohio, as a result of the meeting between a New York stockbroker and an Akron surgeon who were both hopeless alcoholics. They realized that alcoholism was a disease that could be treated by a system of applying spiritual values to daily living. Both men began working with themselves and with other alcoholics. In four years, there were three groups and 100 sober alcoholics. In 1939, based on their experiences (both the failures and the successes), the fellowship published its basic textbook, *Alcoholics Anonymous*¹, describing the AA philosophy and methods, and establishing the ***Twelve Steps***. This book has been in continuous publication since then. Although it has been revised and updated, the ***Twelve Steps*** have remained the core, touching the lives of a countless number of people around the world.

Shortly after the founding of AA, the families and friends of alcoholics banded together to form *AL-ANON*, an organization that teaches the ***Twelve Steps*** to individuals who are most affected by the alcoholics in their lives. Since then, other groups have adopted the AA philosophy and successfully applied it to many problems. There are, for example, ***Twelve Step*** groups addressing drug abuse (such as *Narcotics Anonymous*, *Cocaine Anonymous*, *Crystal Meth Anonymous*), support for substance abusers' family and friends (such as *AL-ANON*, *AL-ATEEN*, *NARC-ANON*, *Co-dependents Anonymous*), other addictive problems (such as *Debtors Anonymous*, *Gamblers Anonymous*, *Workaholics Anonymous*, *Eating Addictions Anonymous*, and *Overeaters Anonymous*), relationship issues (such as *Incest Survivors Anonymous*, *Relationships Anonymous*, and *Parents Anonymous*), as well as mental health issues (such as *Obsessive-Compulsive Anonymous*, and *Emotions Anonymous*).

¹Copyright © 1939, 1955, 1976 and published by Alcoholics Anonymous World Services, Inc., New York, NY.

The Twelve Steps

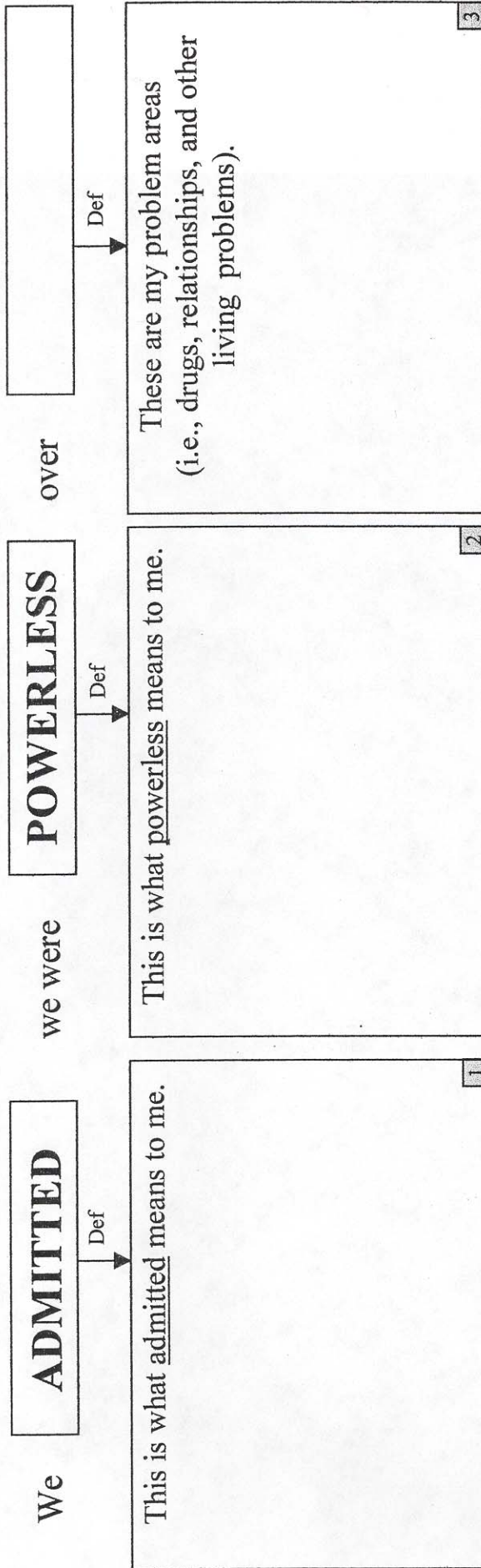
1. We admitted we were powerless over _____ -that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, 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 characters.
7. We humbly asked Him 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 Him, praying only for knowledge of His 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 fellow sufferers of _____, and to practice these principles in all our affairs.

Step 1 maps

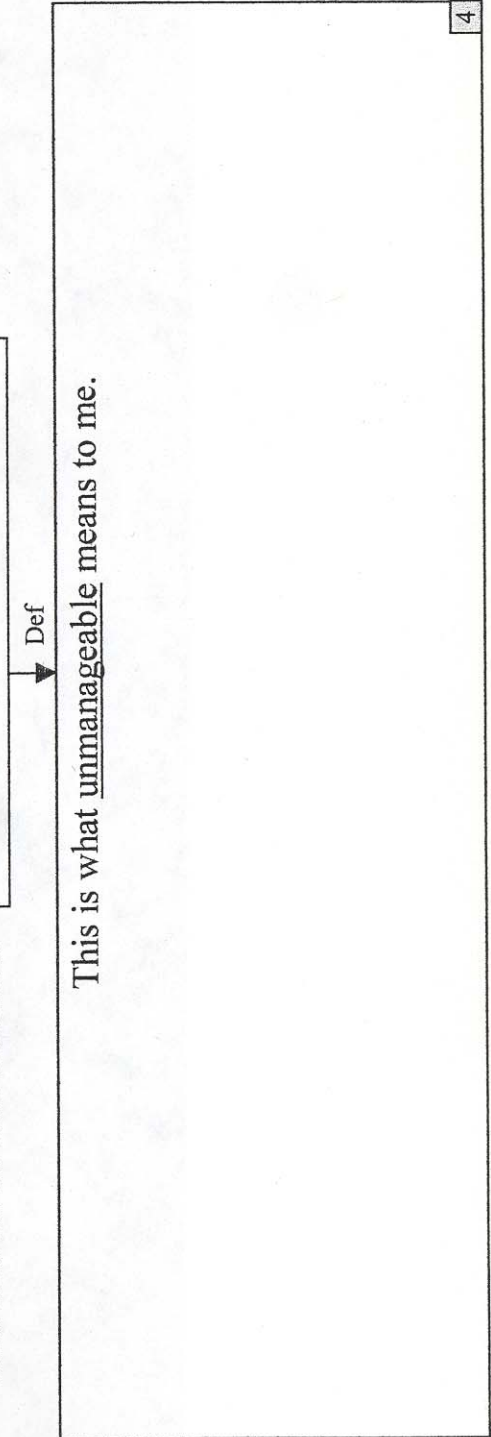
We admitted we were powerless
over _____ (our problem
area)- that our lives had become
unmanageable.



STEP 1. We admitted we were powerless over _____ -- that our lives had become unmanageable.



--that our lives had become UNMANAGEABLE



Def = Definition

Adapted from an original design by Marilyn Pugh, Ph.D
Department of Psychology
Texas Wesleyan University
Fort Worth, Texas, 1994

STEP 1. Map 2 of 4

STEP 1. We admitted we were powerless over _____ **-- that our lives had become**
unmanageable.

We were powerless over

These are my problem areas (i.e., drugs, relationships, and other living problems).

Def

This is what this phrase
means to me.

Ex

Here are some times that
let me know that I am
powerless.

C

This is how being powerless
makes me feel.

C

This is a picture that shows
how I feel about being
powerless. (Draw
or describe.)

Def = Definition Ex = Example C = Characteristic

STEP 1. We admitted we were powerless over _____ that our lives had become unmanageable.

Our lives had become unmanageable.

Def →

This is what this phrase means to me.

Ex

There are some ways in which my life is unmanageable.

C

This is how I feel when my life is unmanageable.

C

This is a picture that shows how I feel about having an unmanageable life. (Draw or describe.)

1

2

3

4

Def = Definition Ex = Example C = Characteristic

STEP 1. We admitted we were powerless over _____ -- that our lives had become unmanageable.

Def

This is how I would say this in my own words.

L

This is who I have admitted my powerlessness and unmanageability to.

C

This is how I do or will feel about admitting my powerlessness and unmanageability.

C

This is a picture that shows how admitting it feels or will feel to me. (Draw or describe.)

Def = Definition L = Leads to C = Characteristic

Step 2 maps

We came to believe that a power greater than ourselves could restore us to sanity.



STEP 2. We came to believe that a power greater than ourselves could restore us to sanity.

We came to **BELIEVE** that a power greater than ourselves

Def.

This is what believe means to me.

1

could

RESTORE

us to

Def.

This is what restore means to me.

2

SANITY.

Def.

This is what sanity means to me.

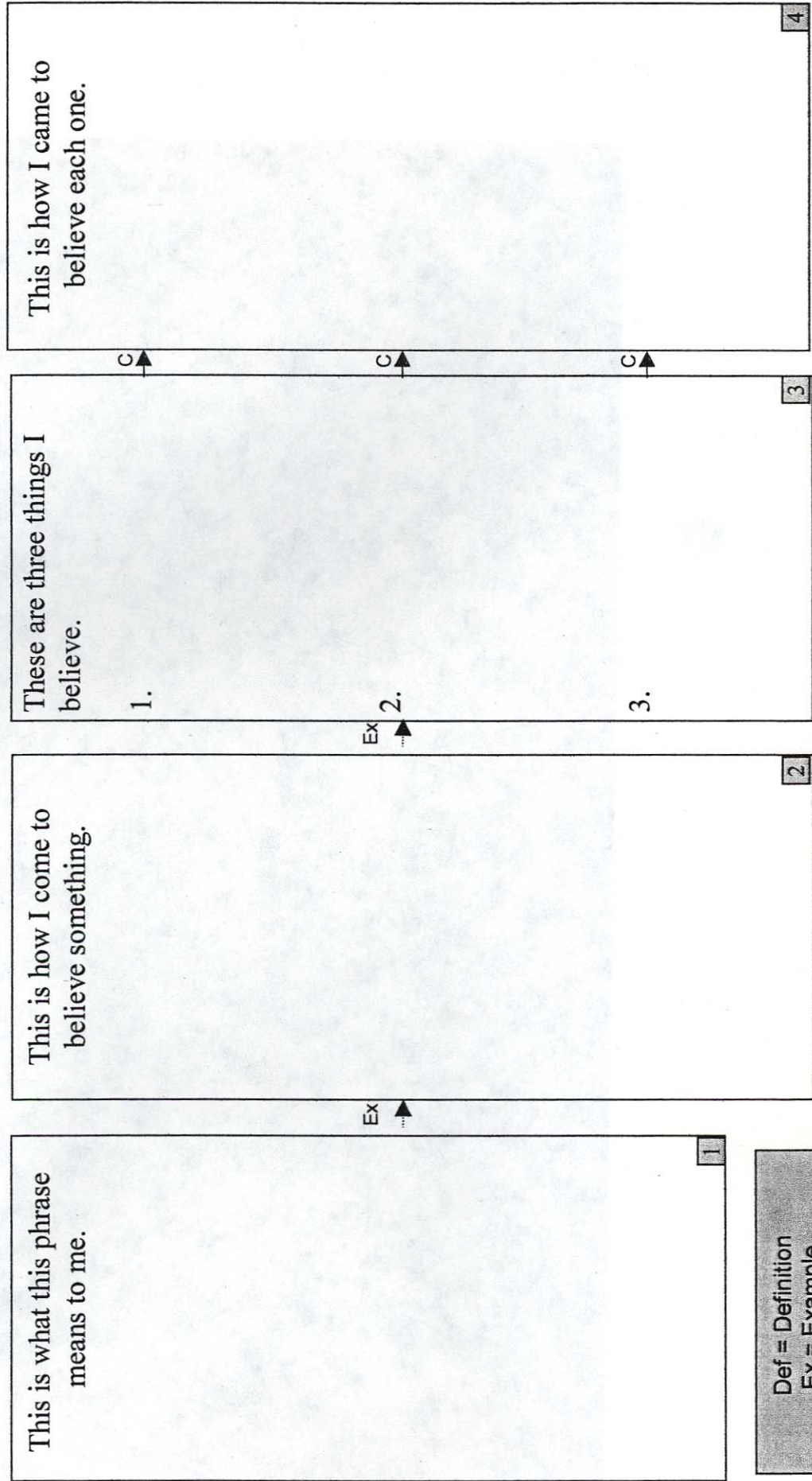
3

Def. = Definition

STEP 2. We came to believe that a power greater than ourselves could restore us to sanity.

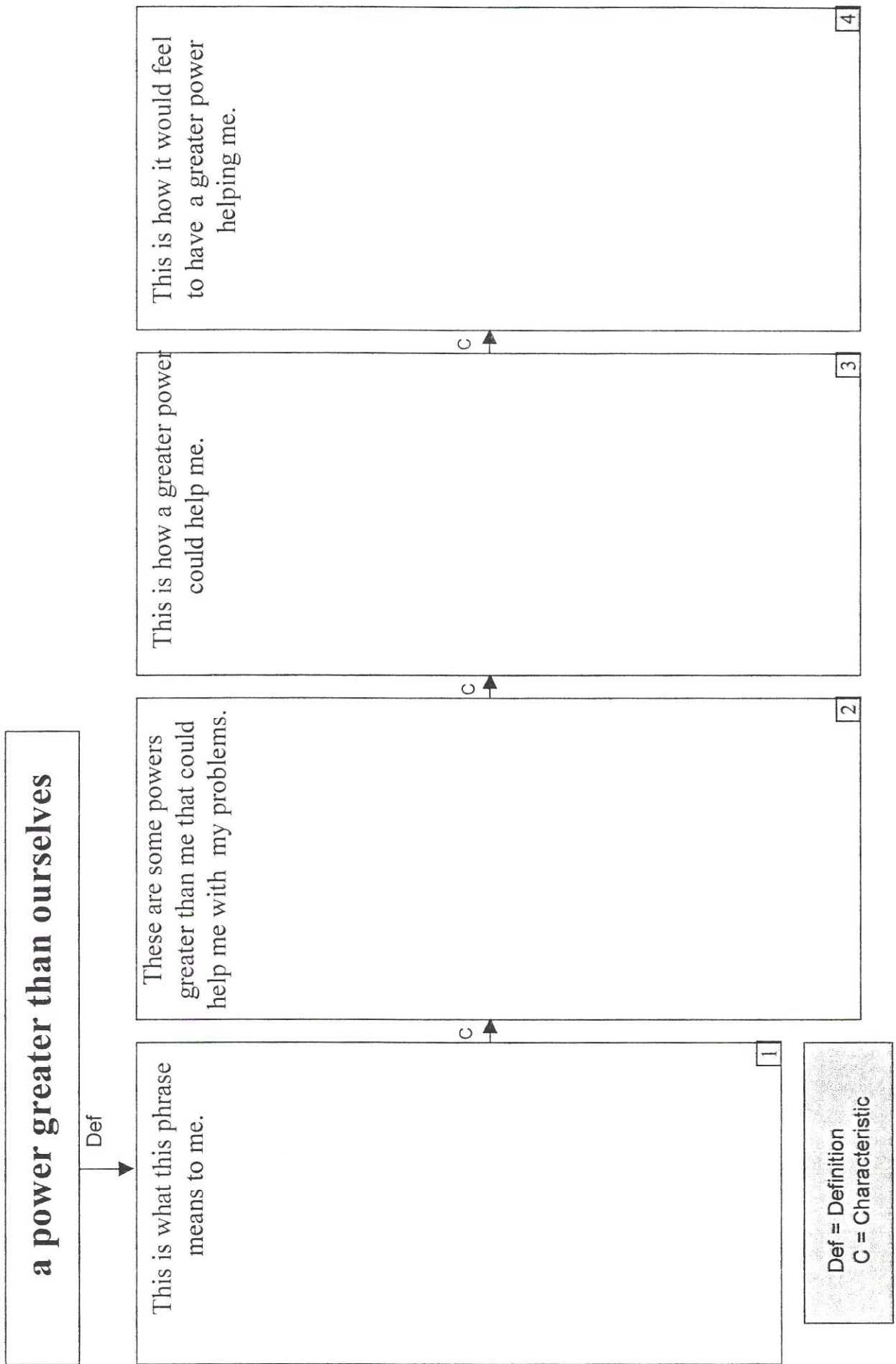
We came to believe

↓ Def

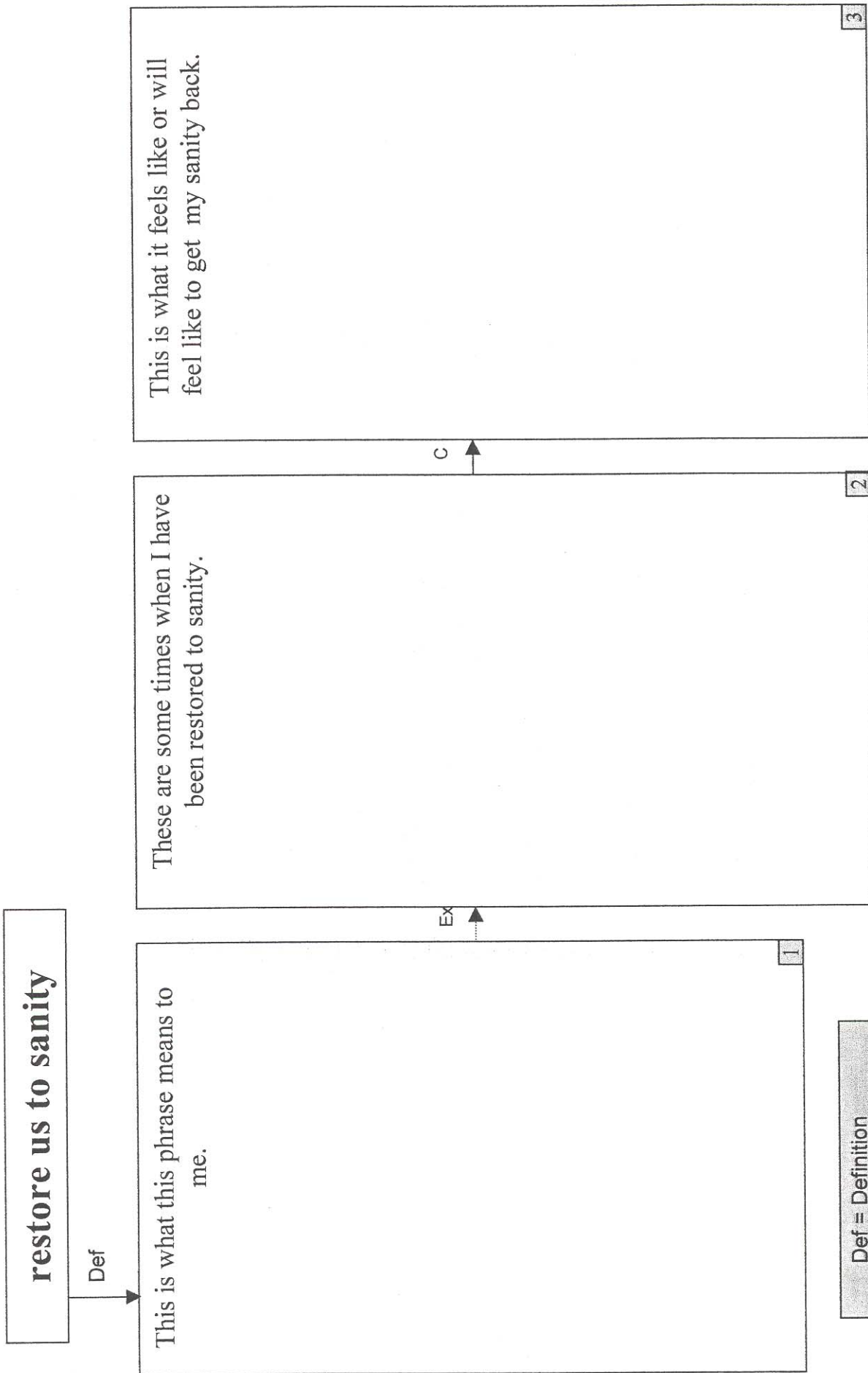


Def = Definition
Ex = Example
C = Characteristic

STEP 2. We came to believe that a power greater than ourselves could restore us to sanity.



STEP 2. We came to believe that a power greater than ourselves could restore us to sanity.



STEP 2. We came to believe that a power greater than ourselves could restore us to sanity.

Def

This is how I would say
this step in my own words.

C

1

These are the parts of the
step I accept.

C

2

This is how it feels or will
feel to accept this step.

C

3

This is a picture that shows
how accepting this step
feels or will feel to me.
(Draw or describe.)

4

Def = Definition
C = Characteristic

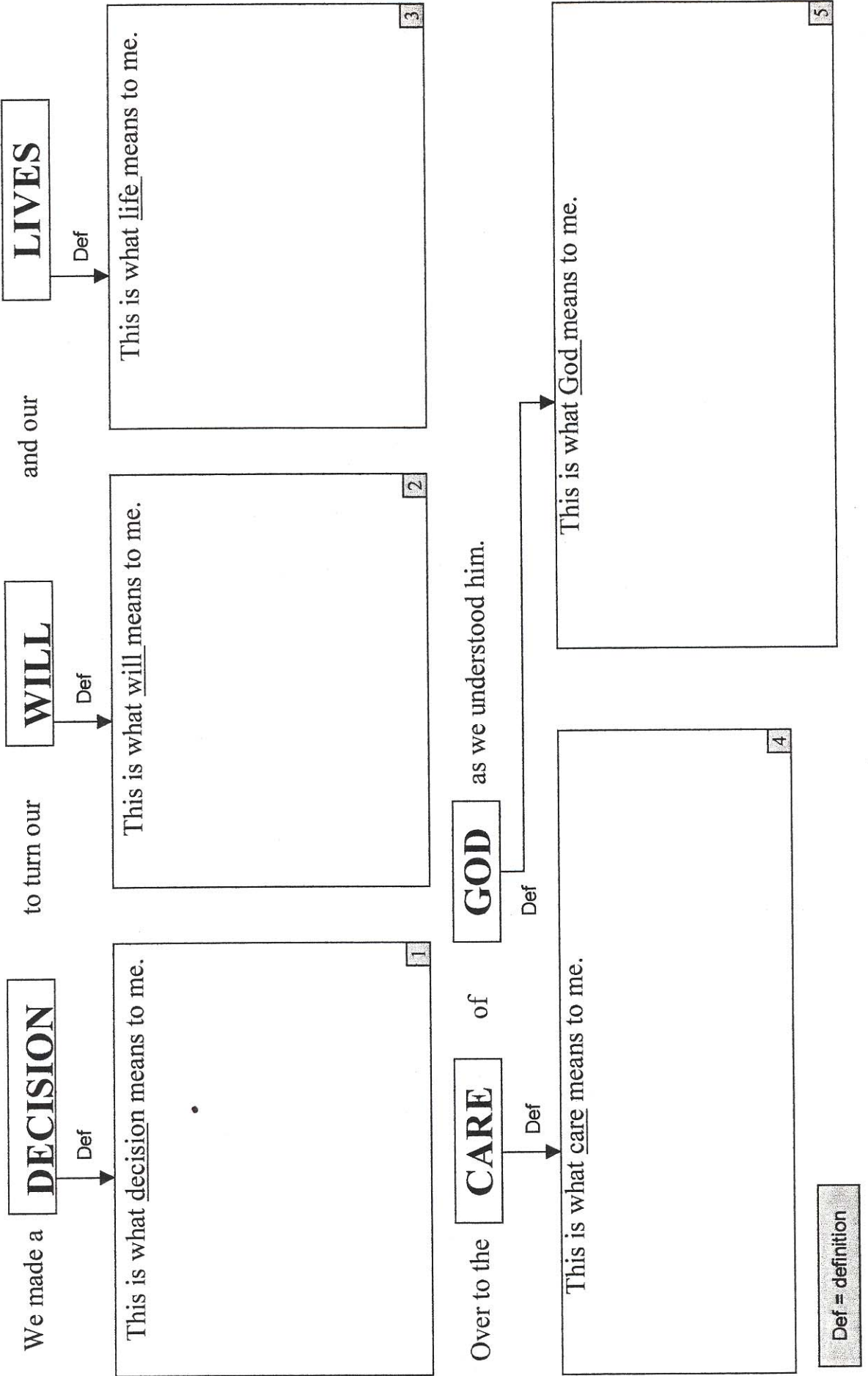
Step 3 maps

We made a decision to turn our will and our lives over to the care of God as we understood him.

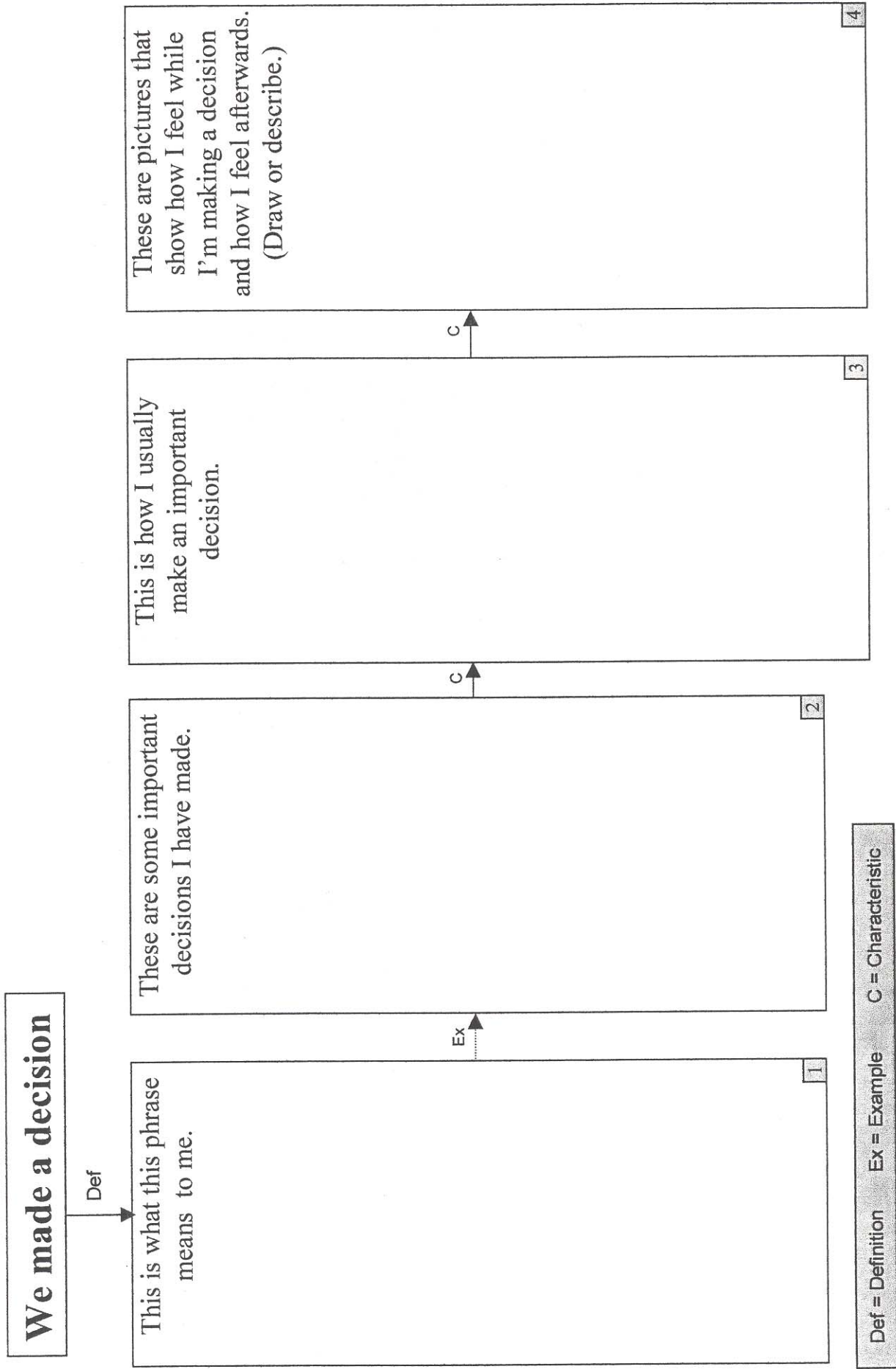


STEP 3. Map **1** of 5

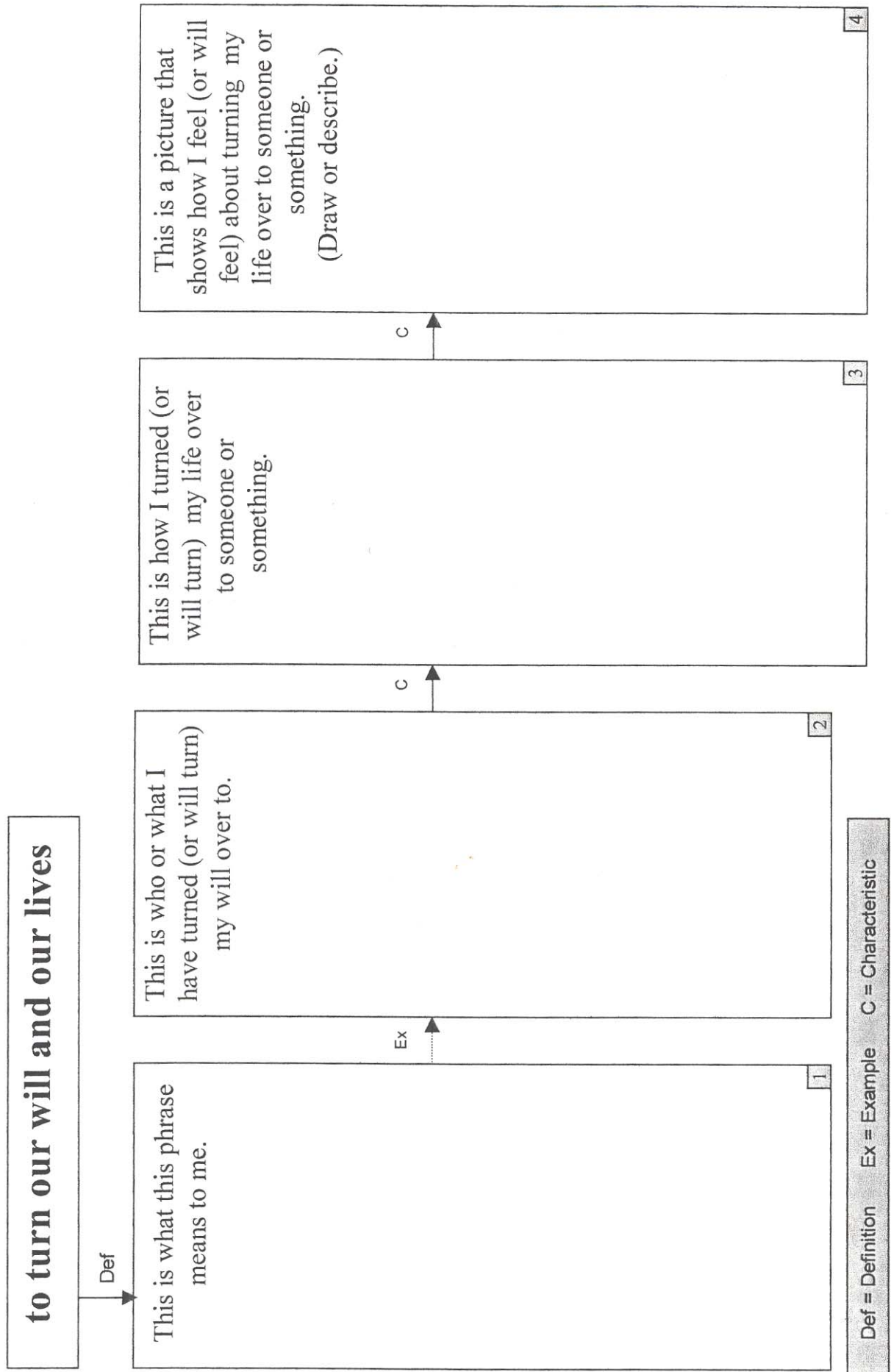
STEP 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.



STEP 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.



STEP 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.



STEP 3. We made a decision to turn our will and our lives over to **the care of God as we understood Him.**

the care of God as we understood Him.

Def

This is what this phrase means to me.

This is what I think God is like.

This is how God takes care of me (or could take care of me).

This is a picture that shows how I feel (or would feel) while being taken care of by God. (Draw or describe.)

Ex

C

C

Def = Definition Ex = Example C = Characteristic

STEP 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.

Def

This is how I would say this step in my own words.

1

L

This is how I have made (or will make) the decision to turn over my will and life.

2

C

This is when I made (or will make) this decision.

3

C

This is a picture that shows how I will feel having made this decision. (Draw or describe.)

4

Def = Definition L = Leads to C = Characteristic

Step 4 maps

We made a searching and fearless moral inventory of ourselves.



STEP 4. We made a searching and fearless moral inventory of ourselves.

We made a

SEARCHING

and

FEARLESS

Def

This is what searching means to me.

1

Def

This is what fearless means to me.

2

MORAL

Def

This is what moral means to me.

3

INVENTORY

of ourselves

Def

This is what inventory means to me.

Def = Definition

4

STEP 4 .We made a searching and fearless moral inventory of ourselves.

We made a searching and fearlessinventory

Def

This is what this phrase
means to me.

1

L

These are some times
when I have worked hard
and long at trying to
figure out something
about myself.

2

L

These are some times
when I have been fearless
in thinking
about who I am.

3

L

This is a picture that
shows how I feel when I
am fearlessly looking at
my good and bad points.
(Draw or describe.)

4

Def = Definition L = Leads to

STEP 4. We made a searching and fearless moral inventory of ourselves.

moral inventory of ourselves.

Def

This is how I would say
this in my own words.

1

These are the steps I will
take to make a moral
inventory.

2

These are some of the
things I will have to
overcome to make a moral
inventory.

3

These are pictures of how
I will feel about myself
while I'm making a moral
inventory and after I have
completed it.
(Draw or describe.)

4

L

L

L

Def = Definition L = Leads to

STEP 4. We made a searching and fearless moral inventory of ourselves.

Def

This is how I would say
this in my own words.

1

L

These are some of the good
things about me.

2

L

These are some of the bad
things about me.

3

L

This is a picture of how
I am feeling about myself
right now.
(Draw or describe.)

4

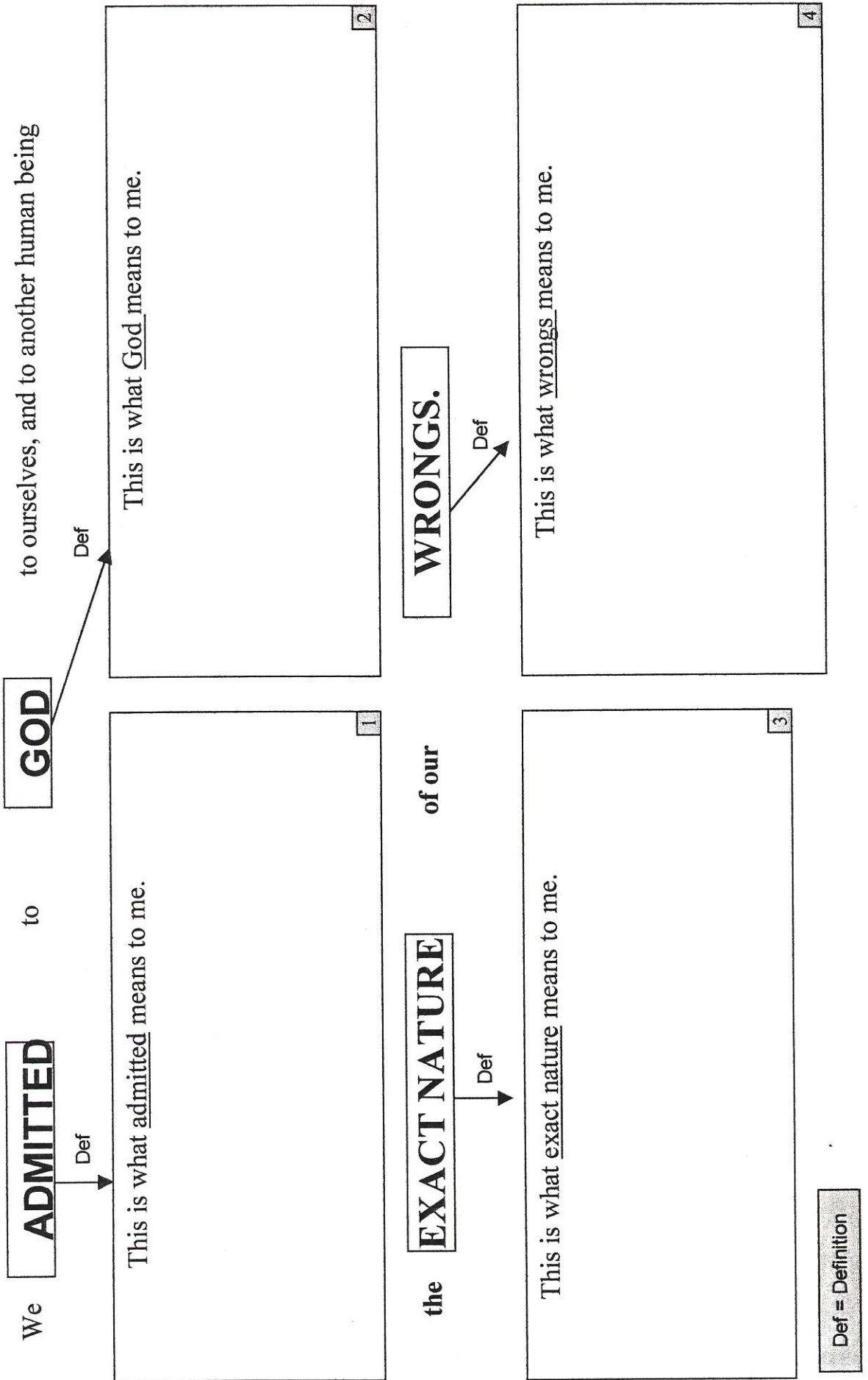
Def = Definition L = Leads to

Step 5 maps

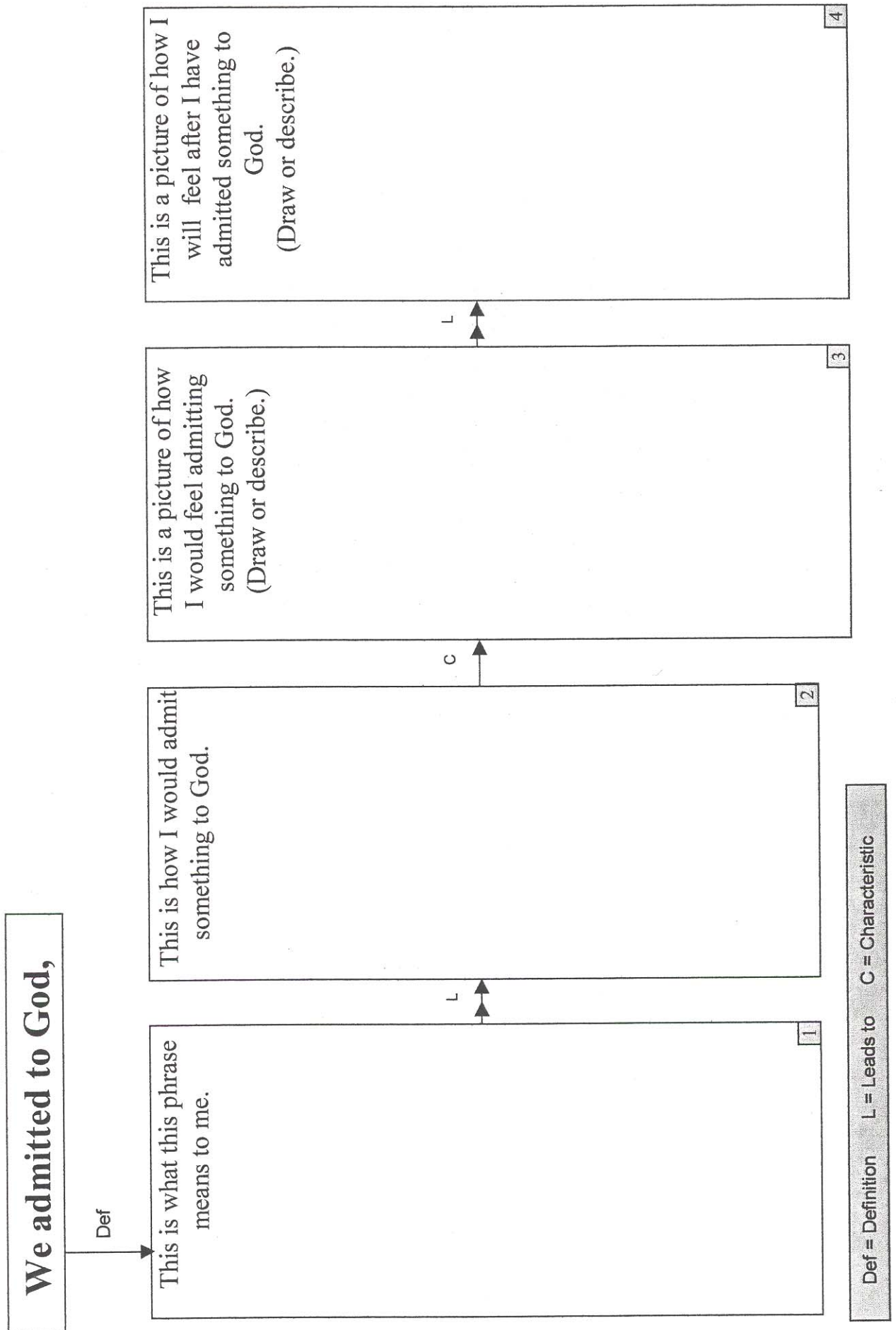
We admitted to God, ourselves,
and to another human being the
exact nature of our wrongs.



STEP 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.



STEP 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.



STEP 5. Map **3** of 6

STEP 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

We admitted.... to ourselves,

Def

This is what this phrase means to me.

1

This is how I would admit something to myself.

2

This is a picture of how I would feel admitting something to myself. (Draw or describe.)

3

This is a picture of how I will feel after I have admitted something to myself. (Draw or describe.)

4

Def = Definition L = Leads to C = Characteristic

STEP 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

We admitted.... to another human being

Def

This is what this phrase means to me.

L

This is how I would admit something to another human being.

C

This is a picture of how I would feel admitting something to another human being. (Draw or describe.)

L

This is a picture of how I will feel after I have admitted something to another human being. (Draw or describe.)

Def = Definition L = Leads to C = Characteristic

STEP 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

the exact nature of our wrongs.		
<p>Def</p> <p>This is what this phrase means to me.</p> <p>1</p>	<p>Ex</p> <p>These are some of my specific <u>wrongs.</u></p> <p>2</p>	<p>C</p> <p>This is a picture of how I feel about my wrongs. (Draw or describe.)</p> <p>3</p>

Def = Definition Ex = Example C = Characteristic

STEP 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Def

This is how I would say this in my own words.

L

These are the steps I will take to admit my wrongs.

C

This is a picture of how I will feel after admitting my wrongs.
(Draw or describe.)

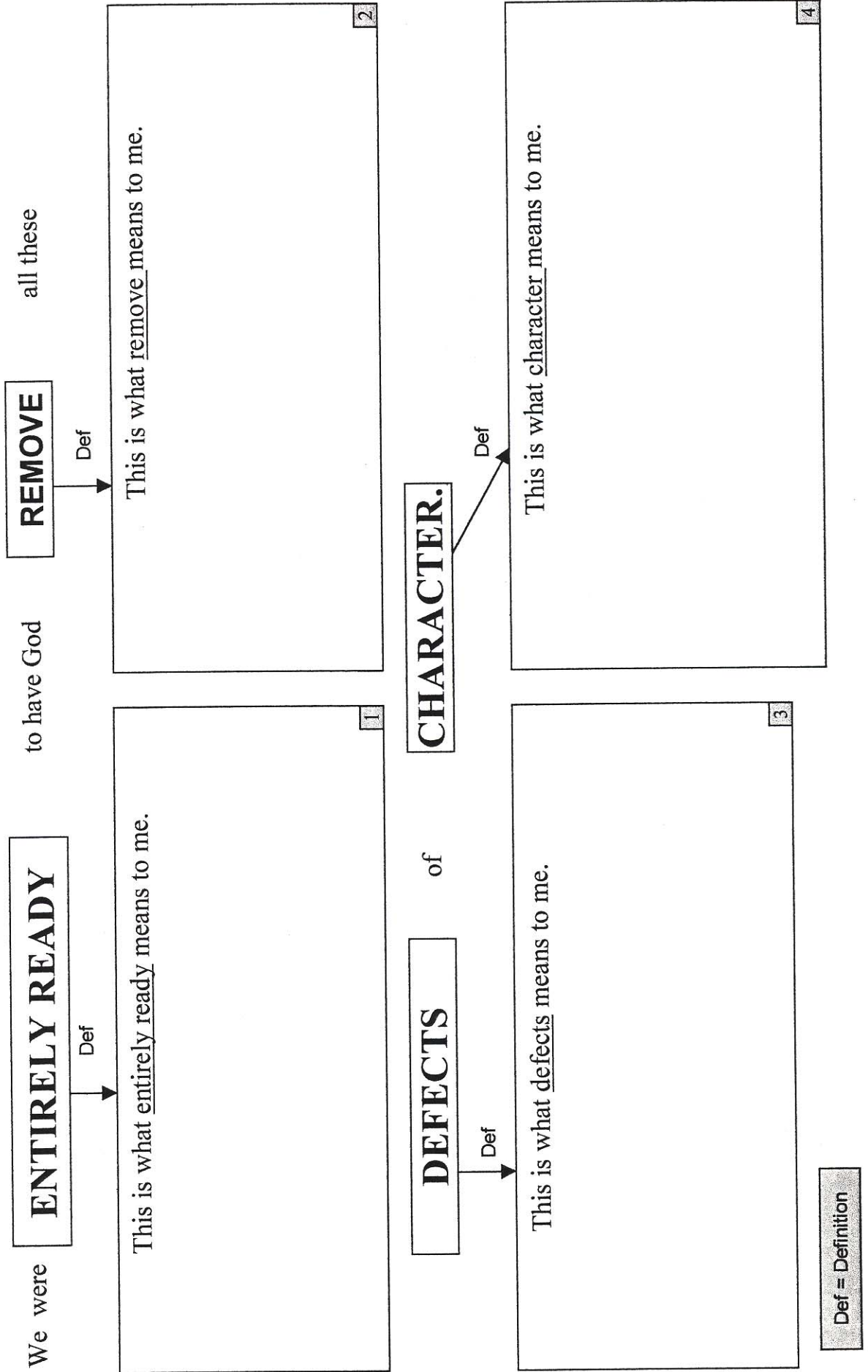
Def = Definition L = Leads to C = Characteristic

Step 6 maps

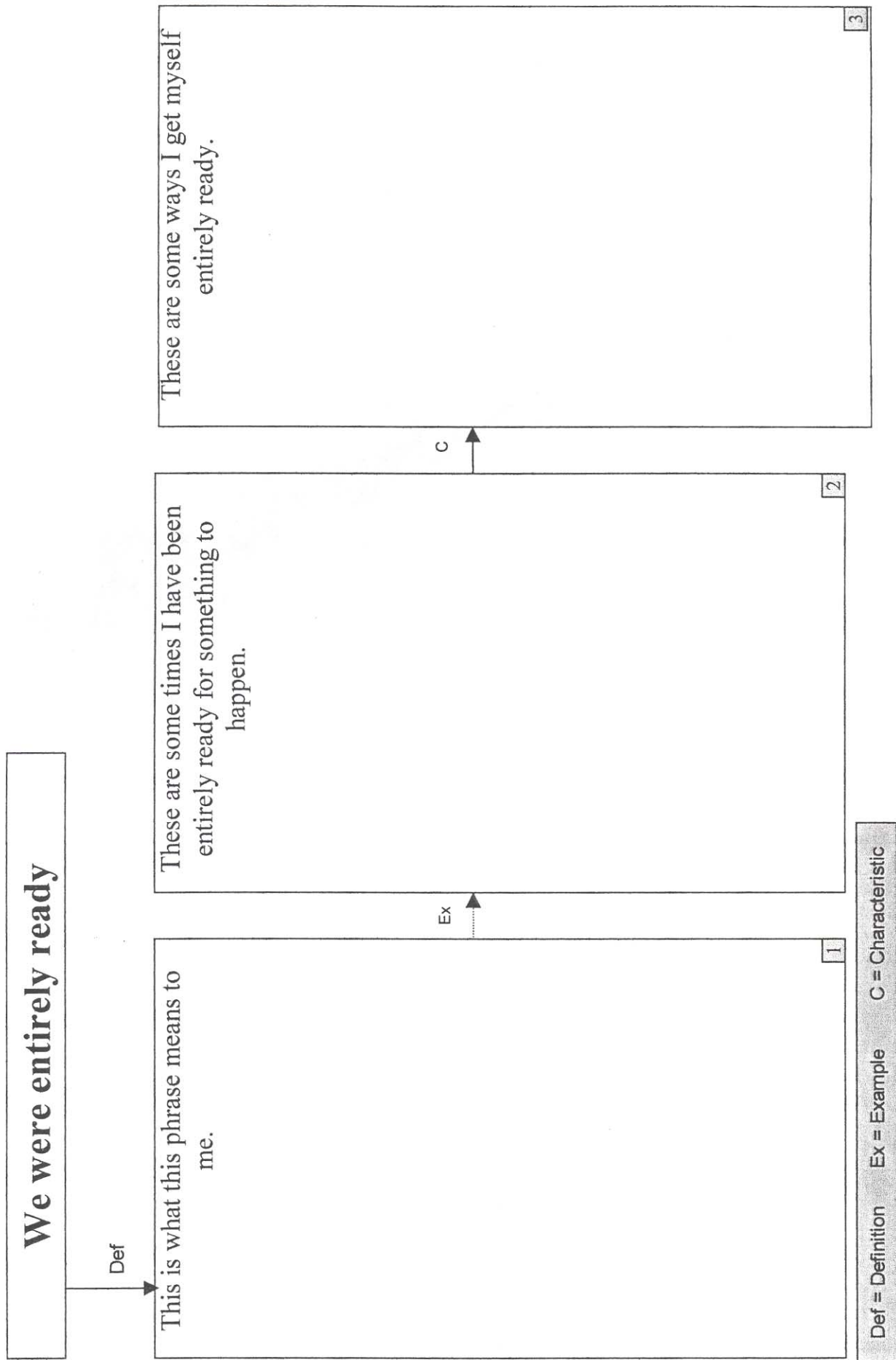
We were entirely ready to have
God remove all these defects of
character.



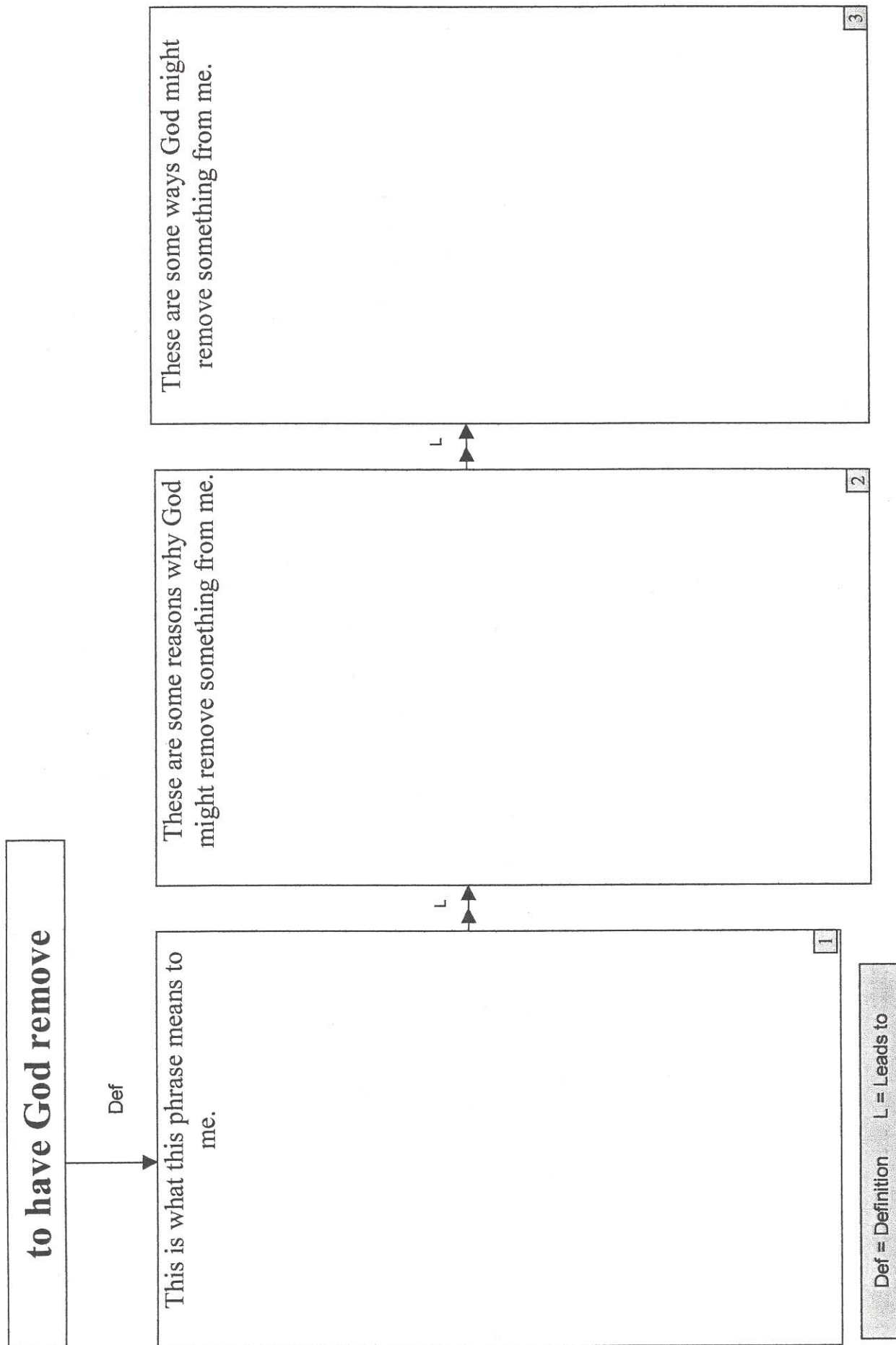
STEP 6. We were entirely ready to have God remove all these defects of character.



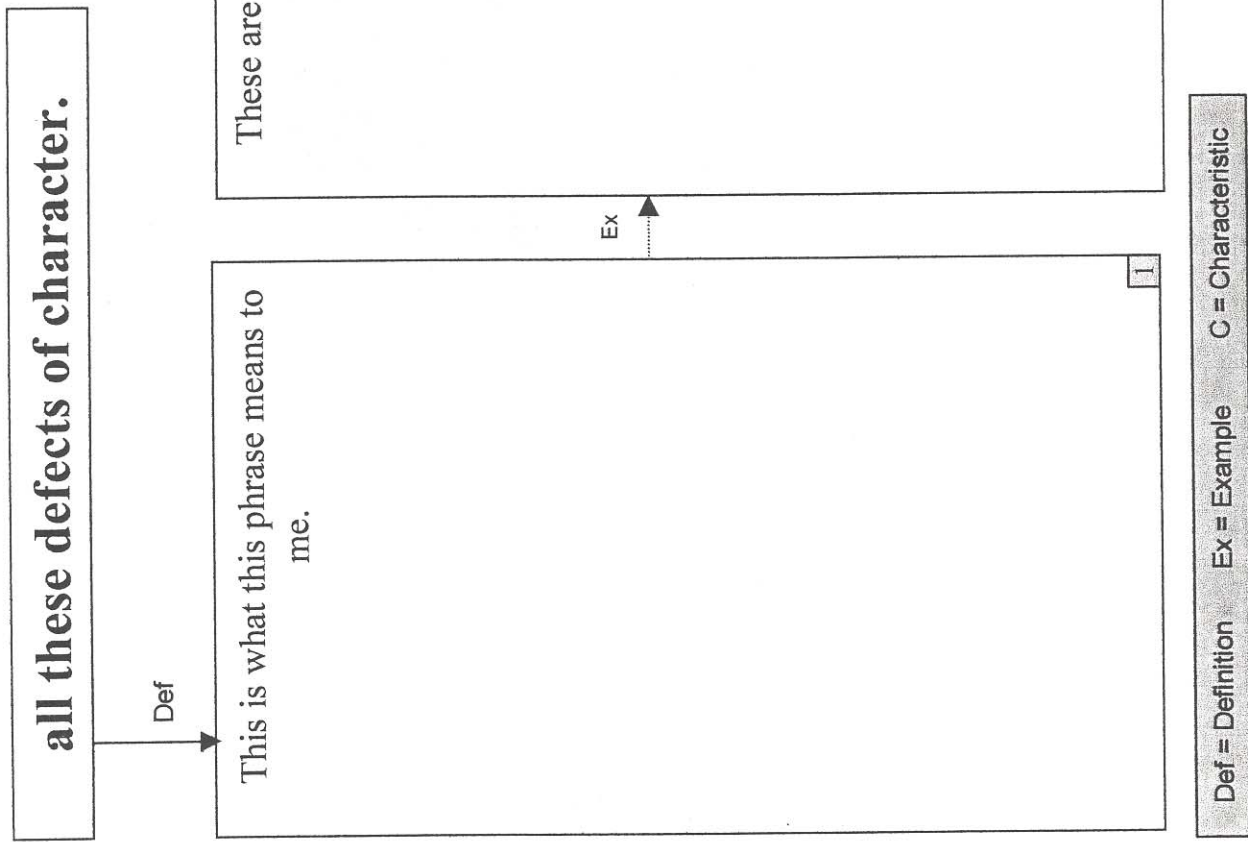
STEP 6. We were entirely ready to have God remove all these defects of character.



STEP 6. We were entirely ready to have God remove all these defects of character.



STEP 6. We were entirely ready to have God remove all these defects of character.



STEP 6. We were entirely ready to have God remove all these defects of character.

Def

This is how I would say this step
in my own words.

These are the steps I have taken or
will take to get ready to have God
remove all my defects of
character.

This is a picture of how I will feel
after God has removed all my
defects of character.
(Draw or describe.)

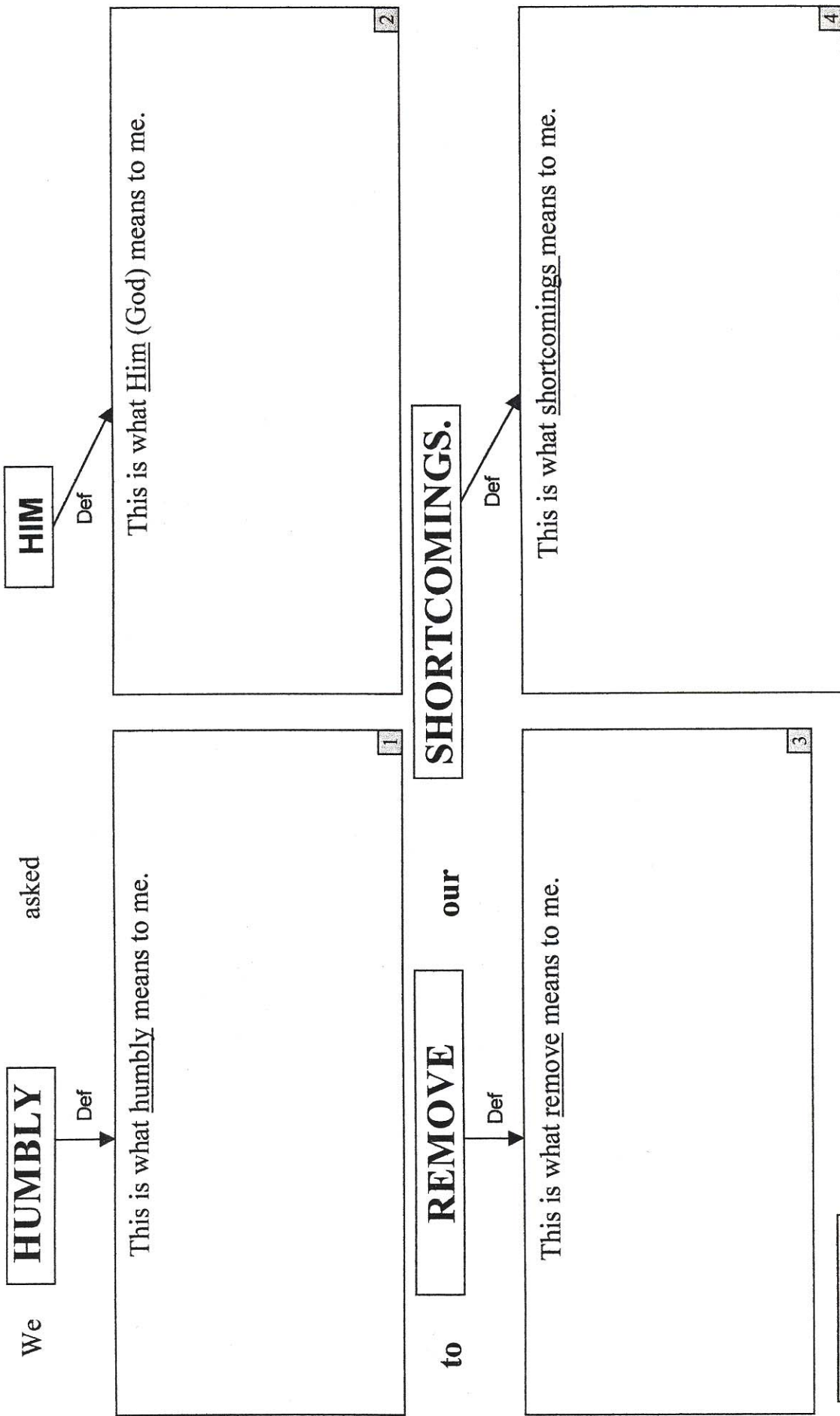
Def = Definition L = Leads to

Step 7 maps

We humbly asked him to
remove our shortcomings.

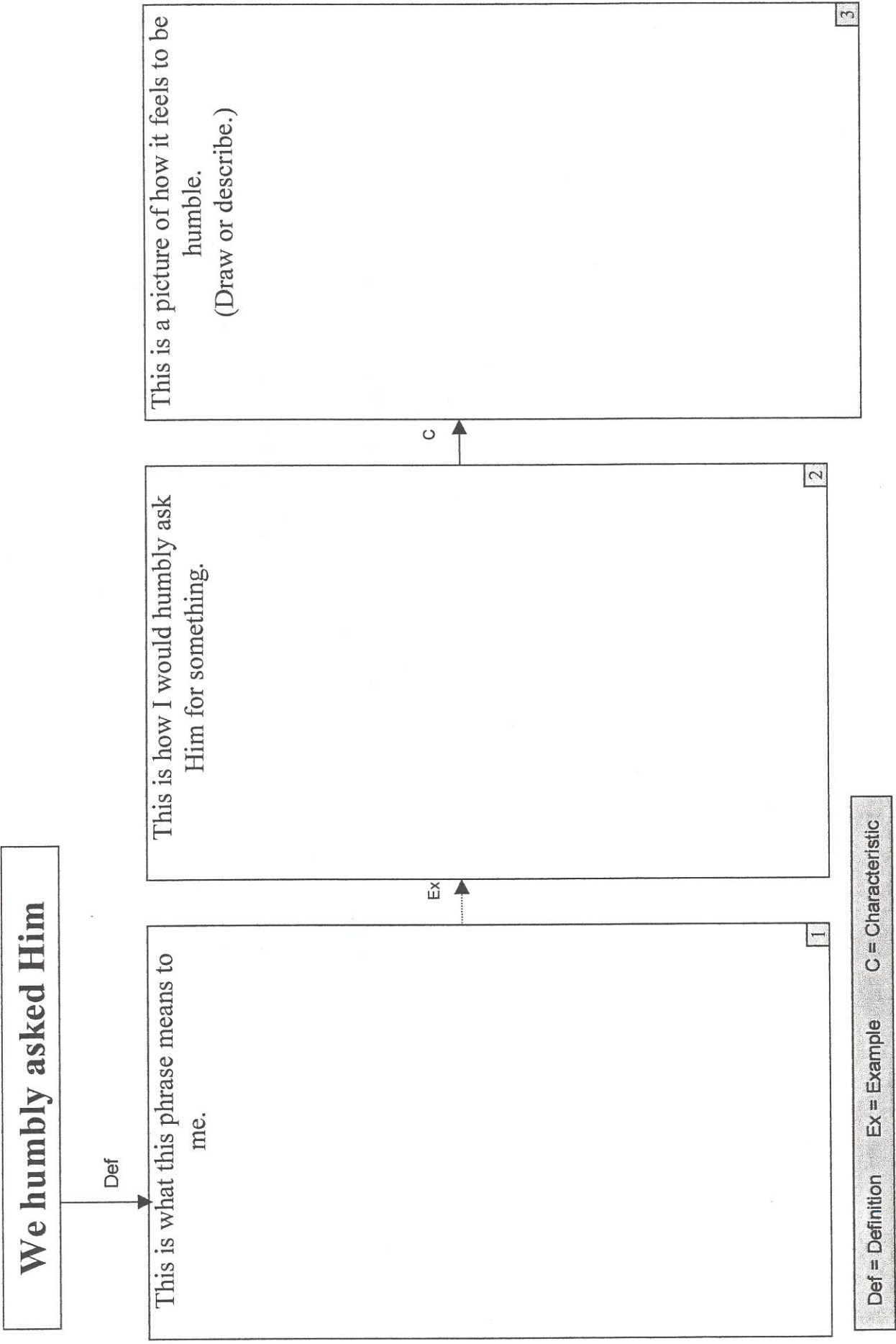


STEP 7. We humbly asked Him to remove our shortcomings.

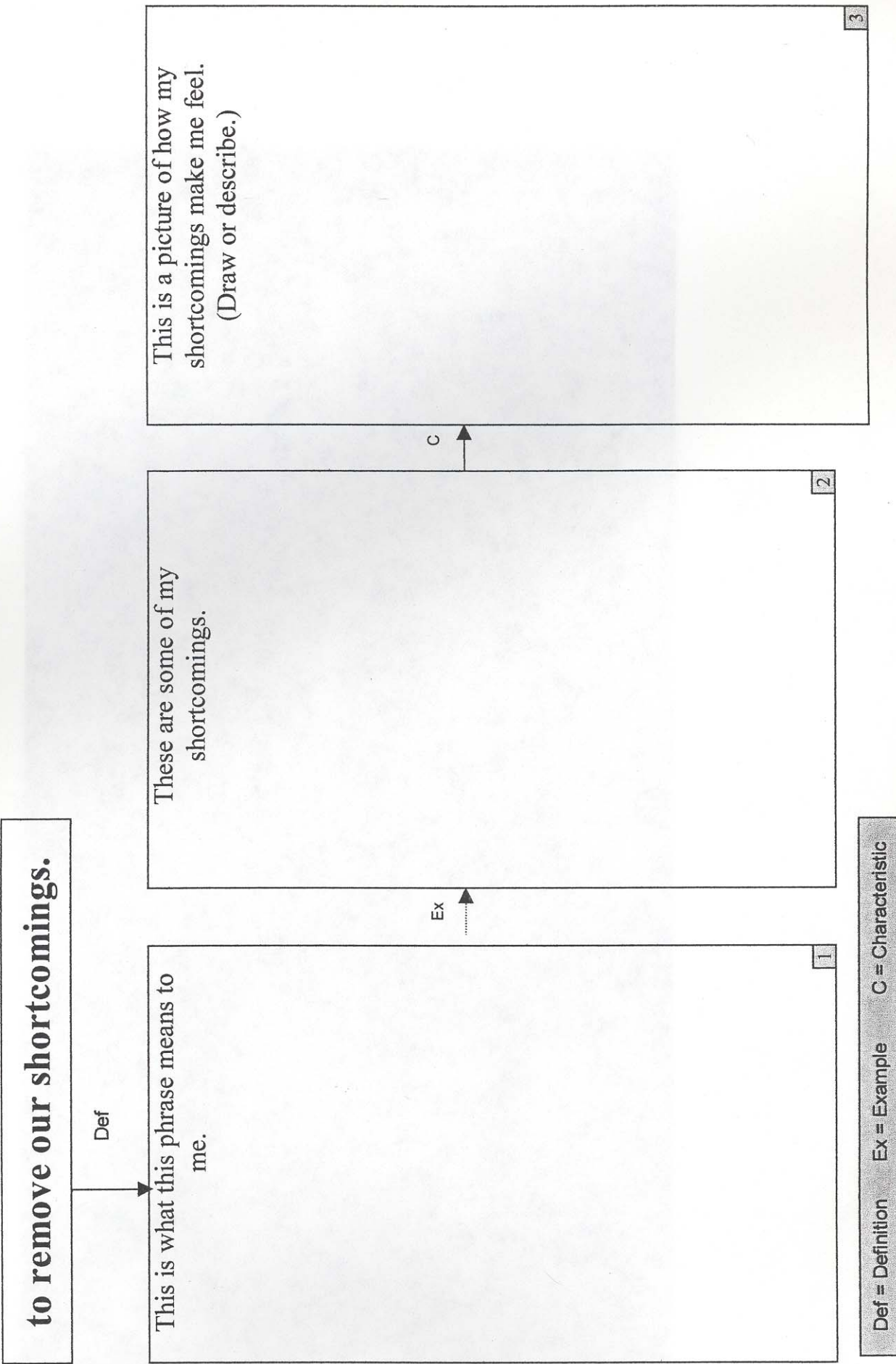


Def = Definition

STEP 7. We humbly asked Him to remove our shortcomings.



STEP 7. We humbly asked Him to remove our shortcomings.



STEP 7. We humbly asked Him to remove our shortcomings.

Def

This is how I would say this step
in my own words.

1

These are the ways I will ask Him
to remove my shortcomings.

2

This is a picture of how I will feel
after my shortcomings have been
removed.
(Draw or describe.)

3

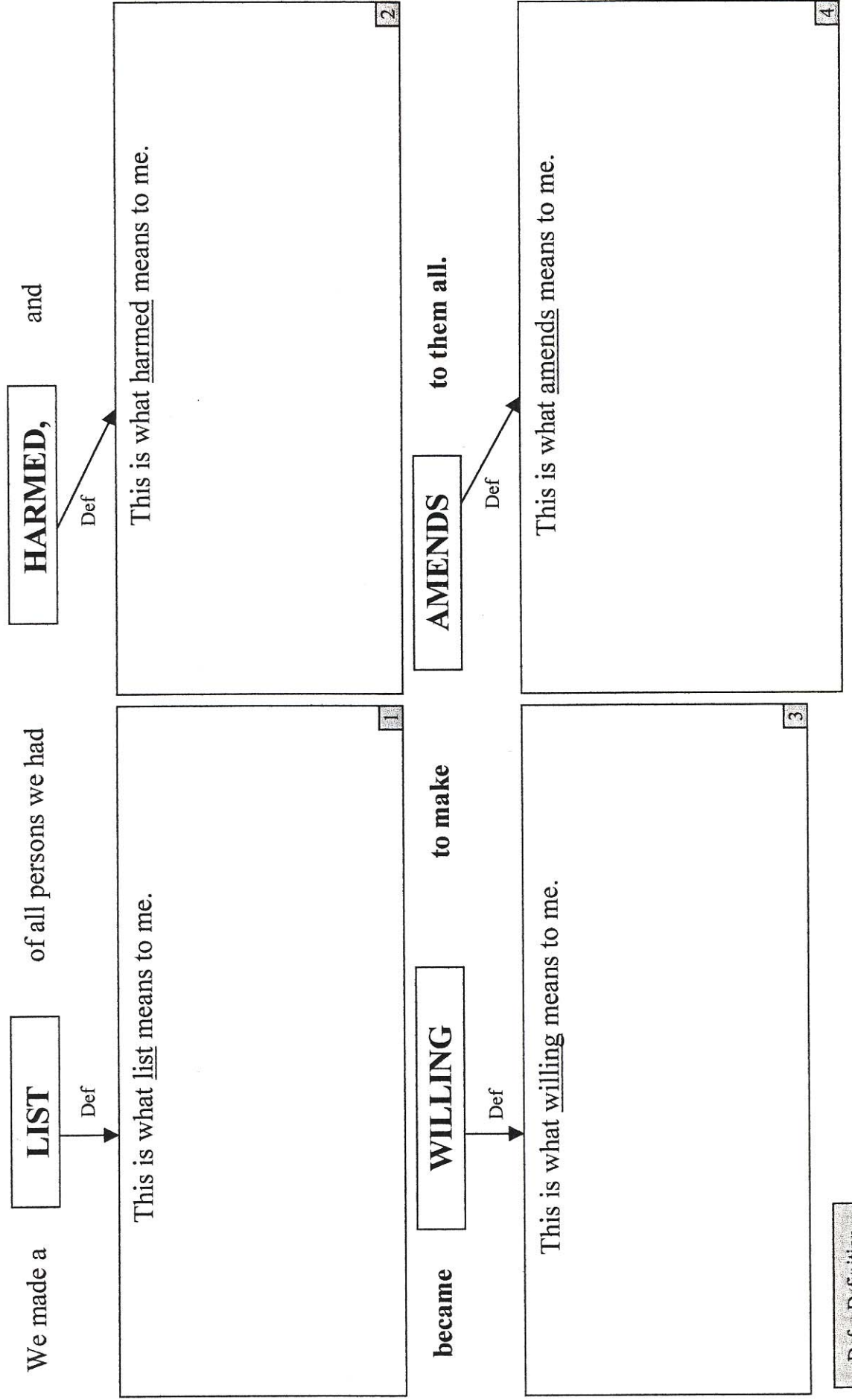
Def = Definition L = Leads to

Step 8 maps

We made a list of all persons we had harmed, and became willing to make amends to them all.



STEP 8. We made a list of all persons we had harmed and became willing to make amends to them all.



STEP 8 .We made a list of all persons we had harmed, and became willing to make amends to them all.

We made a list of all persons we had harmed,

Def

This is what this phrase means to me.

1

Ex

These are some of the people I have harmed.

2

C

This is a picture of how thinking about people I have harmed makes me feel.
(Draw or describe.)

3

Def = Definition Ex = Example C = Characteristic

STEP 8. We made a list of all persons we had harmed and became willing to make amends to them all.

became willing to make amends to them all.

Def

This is what this phrase means to me.

1

Ex

This is how I will become willing to make amends.

2

C

This is a picture of how I feel about making amends.
(Draw or describe.)

3

Def = Definition Ex = Example C = Characteristic

STEP 8 .We made a list of all persons we had harmed, and became willing to make amends to them all.

Def

This is how I would say this step
in my own words.

1

L

This is how I will make a
complete list of people I have
harmed.

2

L

This is how I will get myself ready
to make amends.

3

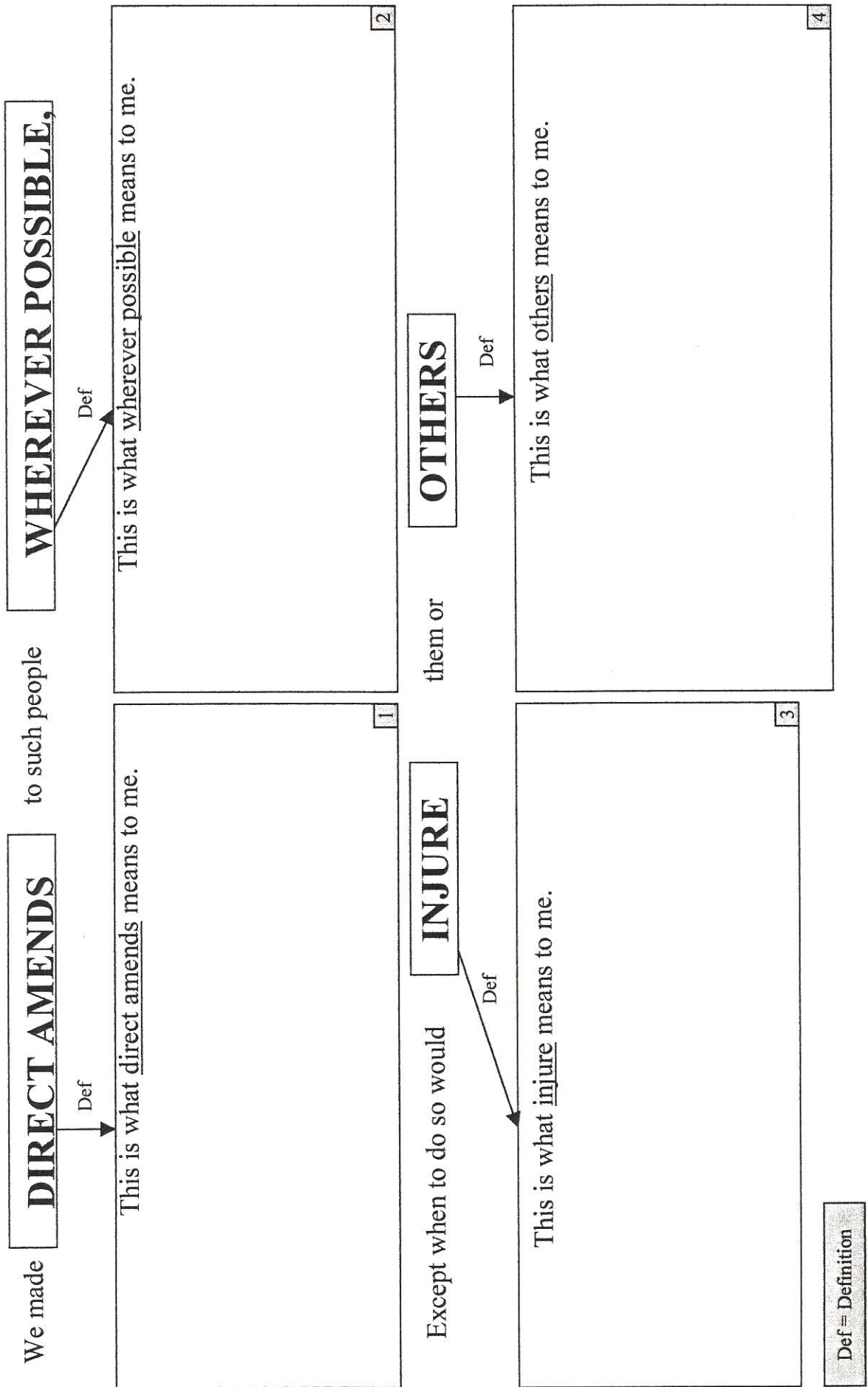
Def = Definition L = Leads to

Step 9 maps

We made direct amends to such people wherever possible, except when to do so would injure them or others.



STEP 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.



STEP 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.

We made direct amends to such people wherever possible

Def

This is what this phrase means to me.

1

Ex

These are some ways I can make amends to the people I have wronged.

2

C

This is a picture of how I will feel after making amends to them.
(Draw or describe.)

3

Def = Definition Ex = Example C = Characteristic

STEP 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.

except when to do so would injure them or others.

Def

This is what this phrase means to me.

1

Ex

This is an example of how I could injure someone while trying to make amends.

2

Ex

This is another example of how I could injure someone while trying to make amends.

3

Def = Definition Ex = Example

STEP 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.

Def

This is how I would say this step
in my own words.

This is how I plan to carry out this
step.

This is a picture of how I will feel
after I have made amends to
everyone.
(Draw or describe.)

L

L

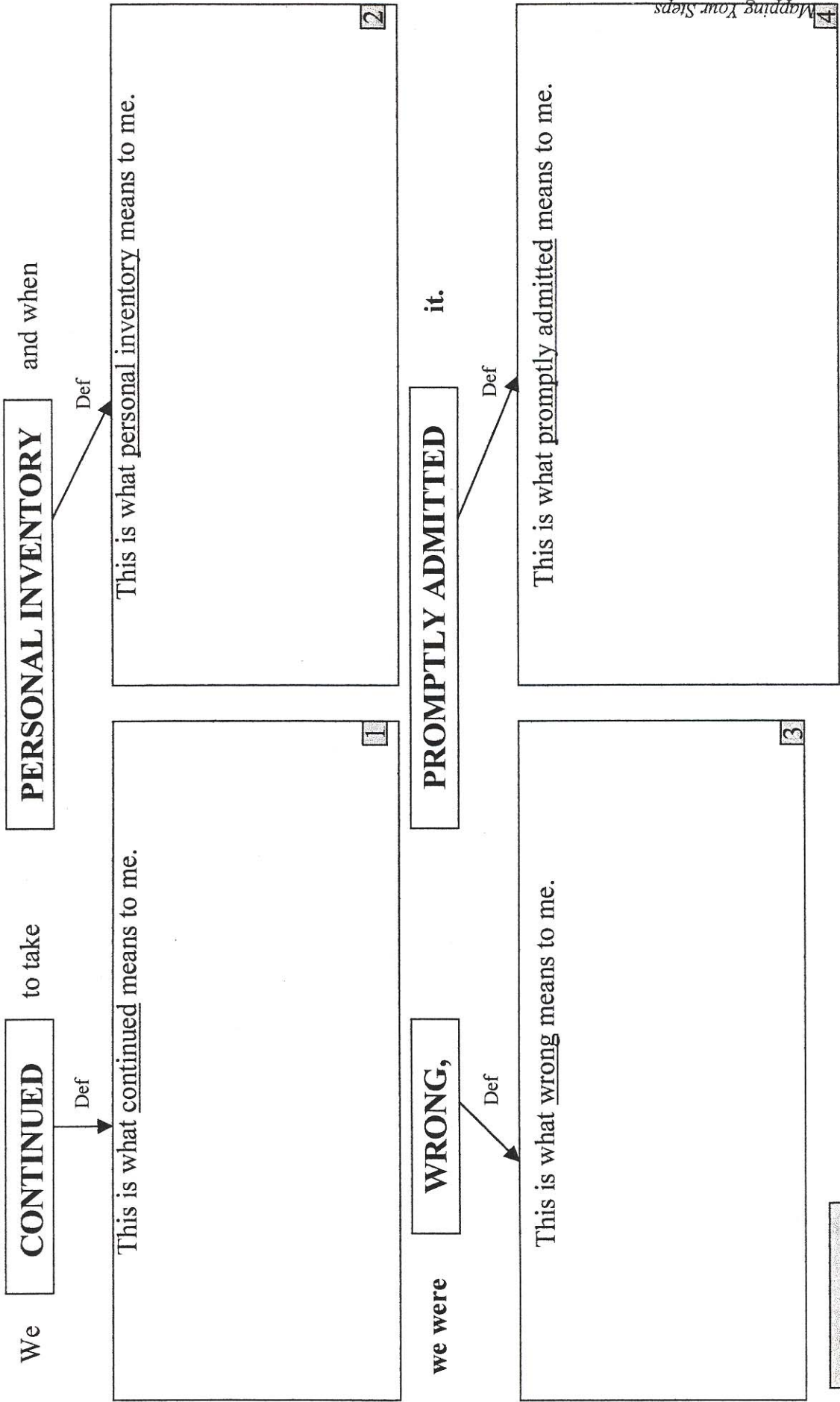
Def = Definition L = Leads to

Step 10 maps

We continued to take personal inventory and when we were wrong promptly admitted it.



STEP 10. We continued to take personal inventory and when we were wrong promptly admitted it.



STEP 10. We continued to take personal inventory and when we were wrong promptly admitted it.

We continued to take personal inventory

Def

This is what this phrase means to me.

L

This is how I plan to continue taking my personal inventory.

C

This is a picture of how I will feel about continuing to take my personal inventory.
(Draw or describe.)

Def = Definition L = Leads to C = Characteristic

STEP 10. We continued to take personal inventory and when we were wrong promptly admitted it.

when we were wrong promptly admitted it.

Def

This is what this phrase means to me.

These are examples of some things I would promptly admit.

This is who I would admit it to.

Ex

L

Def = Definition Ex = Example L = Leads to

STEP 10. We continued to take personal inventory and when we were wrong promptly admitted it.

Def

This is how I would say this step
in my own words.

This is how I will do this step.

This is a picture of how I will feel
doing this step.
(Draw or describe.)

L

L

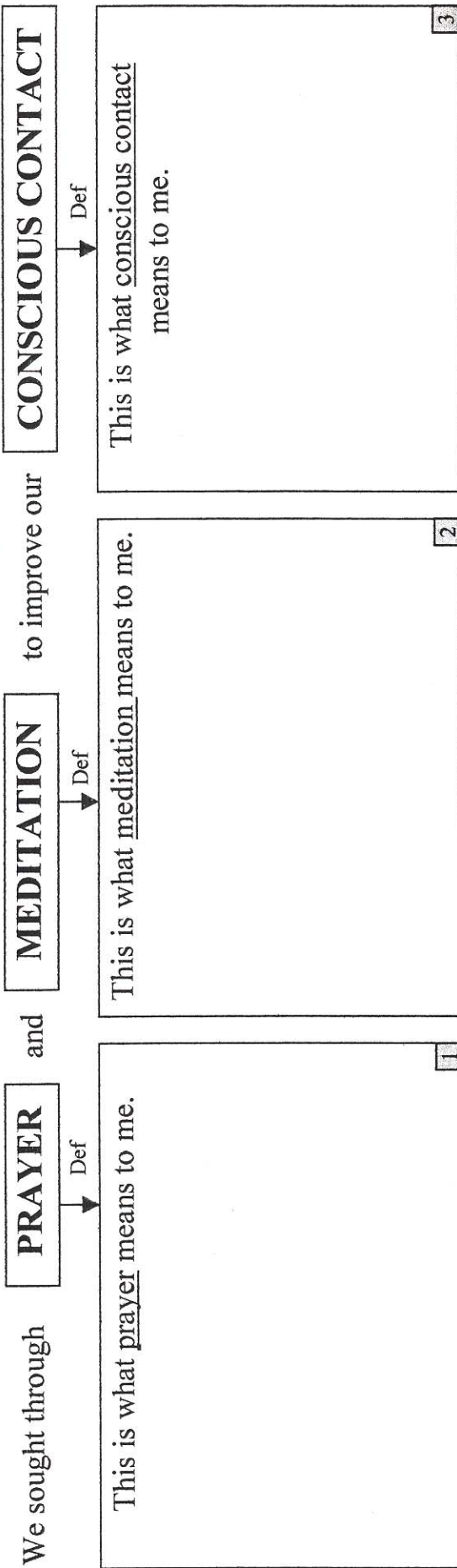
Def = Definition L = Leads to

Step 11 maps

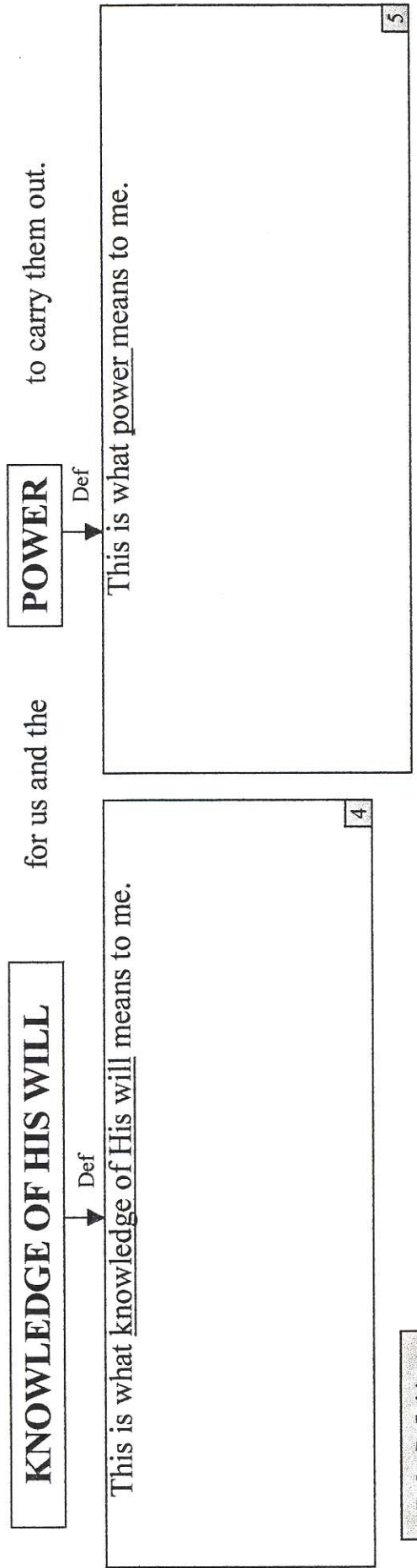
We sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.



STEP 11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



with God as we understood Him, praying only for



Def = Definition

STEP 11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.

**We sought through prayer and meditation to improve our conscious contact with God
was we understood Him,**

Def

This is what this phrase means to
me.

L

This is an example of a prayer or
meditation.

C

This is a picture of how it feels to
pray or meditate.
(Draw or describe.)

STEP 11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

praying only for knowledge of His will for us and the power to carry that out.

Def

This is what this phrase means to me.

Ex

This is an example of something God wants me to do.

L

This is the power I will need to carry it out.

Def = Definition Ex = Example L = Leads to

STEP 11. We sought through prayer and meditation to improve our conscious contact with God and we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Def

This is how I would say this step
in my own words.

This is how I will do this step.

This is a picture of how I will feel
doing this step.
(Draw or describe.)

L

L

Step 12 maps

Having had a spiritual awakening
as the result of these steps, we
tried to carry this message to
fellow sufferers of

_____ (the problem area),
and to practice these principles in
all our affairs.



STEP 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to fellow sufferers of _____ and to practice these principles in all our affairs.

Having had

SPIRITUAL AWAKENING

↓ Def

as the result of these steps, we tried to

This is what spiritual awakening means to me.

1

CARRY THIS MESSAGE

↓ Def

to fellow sufferers of

_____ (my problem area)

Def



This is what carry this message means to me.

This is what fellow sufferers of _____ means to me.

2

3

and to

PRACTICE THESE PRINCIPLES

↓ Def

in

ALL OUR AFFAIRS.

Def



This is what practice these principles means to me.

This is what all our affairs means to me.

4

5

Def = Definition

STEP 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to fellow sufferers of _____, and to practice these principles in all our affairs.
(my problem area)

Having had a spiritual awakening as the result of these steps,

Def

This is what this phrase means to me.

1

Ex

These are parts of a spiritual awakening.

2

Ex

This is a picture of how it feels to be spiritually awakened.
(Draw or describe.)

3

Def = Definition Ex = Example

STEP 12. Having had a spiritual awakening as the result of these steps, **we tried to carry this message to fellow sufferers of** _____, and to practice these principles in all our affairs.

(my problem area)

We tried to carry this message to fellow sufferers of _____.

(This is my problem area)

Def

This is what this phrase means to me.

This is an example of how I can carry the message to fellow sufferers of _____.

Ex

Ex

This is a picture of how it feels to carry the message to fellow sufferers of _____
(Draw or describe.)

Def = Definition Ex = Example

STEP 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to fellow sufferers of _____, **and to practice these principles in all our affairs.**

problem area)

to practice these principles in all our affairs.

Def

This is what this phrase means to me.

1

Ex

These are examples of how I can practice these principles in all my affairs.

2

Ex

This is a picture of how it will feel to practice these principles in all my affairs.
(Draw or describe.)

3

Def = Definition Ex = Example

STEP 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to fellow sufferers of _____, and to practice these principles in all our affairs.

(my problem area)

Def

This is how I would say this step
in my own words.

1

This is how I will do this step.

2

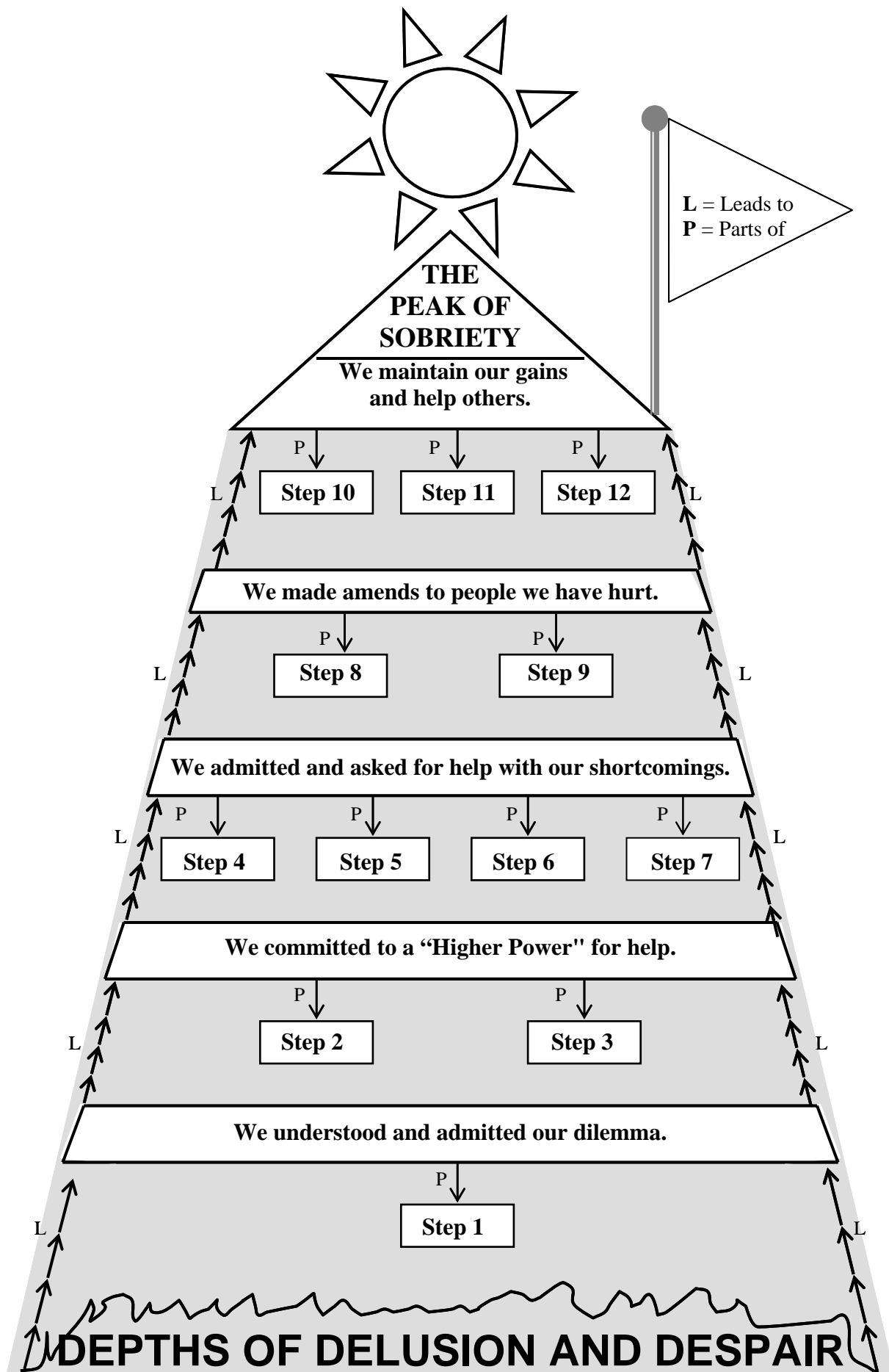
This is a picture of how I will feel
doing this step.
(Draw or describe.)

3

L

L

Def = Definition L = Leads to



Discussion Topics for the *Twelve Steps* Maps

Discussions about completed maps can consolidate the information and insights gained from this process. We have included here some general questions that could follow each set of Step maps, as well as some specific questions about each of the *Twelve Steps*. The format of the discussion is up to you; these are just a few ideas.

General Questions:

- How did doing these maps make you feel?
- Does doing the maps help you accomplish the Step? What do you need to do in addition to accomplish the Step?
- Share any new insights you have gained on the meaning or use of this Step or the *Twelve Steps*, in general.
- How can I use what I have learned to work on the Steps?

Specific Questions about the *Twelve Steps*:

Step 1 Questions:

- What are other situations in your life that have made you feel powerless?
- What have you done to deal with them?
- Would the *Twelve Steps* help in these situations?

Specific Questions about the *Twelve Steps* (cont.):

Step 2 Questions:

- Does a “power greater than ourselves” have to mean the same thing to you as it does to the person sitting next to you?
- Does this mean you are not responsible for your own sanity? Or are you responsible for your own sanity?

Step 3 Questions:

- Since this is a big decision, think of other big decisions in your life and how you dealt with them. How is this decision similar? How is this decision different?
- How are you going to know when you have really made this decision?
- What will you do differently?

Step 4 Questions:

- How has the word “moral” been used in your life up to now?
- Is it hard to think of the bad things about yourself? How about the good things?
- How will I know when my moral inventory is done? How will I know if it is accurate?

Step 5 Questions:

- What things are you worried about if you admit things? To yourself? To God? To another person?
- Who is it more difficult to admit things to? Why?

Specific Questions about the *Twelve Steps* (cont.):

Step 6 Questions:

- Why do you need God to remove your defects?
- Are you entirely ready to have all your defects removed?

Step 7 Questions:

- Why do you need to ask “humbly”? How does this make you feel?

Step 8 Questions:

- Do you really feel like you have harmed others? Or do you feel it was not your fault?
- Can you become willing to make amends to people you have harmed even if you don't like them or they have treated you badly?

Step 9 Questions:

- Does making amends mean you have to be forgiven? What if some of the people you make amends to won't forgive you?
- How can you tell if making amends will harm someone?

Step 10 Questions:

- Does this mean you have to monitor yourself all the time? Is this going to take the fun out of life?
- Who should you admit it to when you are wrong? Yourself? God? The person involved?

Specific Questions about the *Twelve Steps* (cont.):

Step 11 Questions:

- Do you know how to pray? Do you know how to meditate? If not, how can you learn?
- How can you separate His will from your will?

Step 12 Questions:

- How can I carry the message to fellow sufferers?
- Can you see yourself as a sponsor for somebody else? What kind of sponsor would you be? What kind of sponsor would you like to be?