# Appendix A STEP 4 WORKSHEETS

### Fourth Step Inventory - Resentments: My Grudge List

"On our grudge list we set opposite each name our injuries." (BB 65:1)

I Resent(BB 65:2)	The Cause (88 65:2)	What part of "self" was injured or threatened?(BB 65:1)							
People, institutions, or principles with whom I am angry (BB 64:3)	Why am 1 angry? (88 64:3)	Self-Esteem	Pleasold Security	Physical Security	Pyramad Raintions	Sex Relatives	Ambilians	Pride	Tool, hop me show [to believe, phy, and pulse
									"God, help me stow (person, institution, or principle) the same tolerance, pity, and patience that (f) would cheerfully grant a sick thereto, pity, and patience that (f) would cheerfully grant a sick thereto." (\$86.67.6)
									excite) the same extury grant a sick

## **Narcotics Anonymous Printable Step Work Guide**

**Fellowship of Narcotics Anonymous** 

#### **Narcotics Anonymous Printable Step Work Guide:**

The NA Step Working Guides Fellowship of Narcotics Anonymous, The Narcotics Anonymous Step Working **Guide** William King, 2021-09-22 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery whether it s the first time through the steps or whether they have been a guiding force for many years This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper The Narcotics Anonymous Step Working Guides ,2016 Narcotics Anonymous Step understanding of the Twelve Steps Working Guides are meant to be used by NA members at any stage of recovery whether it s the first time through the steps or whether they have been a guiding force for many years This book is intentionally written to be relevant to newcomers and to help more experienced memebers develop a deeper understanding of the Twelve Steps **Integrating the 12 Steps** into Addiction Therapy James R. Finley, 2004-10-20 All the resources needed to fully integrate a 12 step approach aspart of your overall treatment program Millions of Americans have at some time in their lives participated in a 12 step program for treatment of a chemical or non chemicaladdiction Clinicians recognize that these grass roots efforts have avery high cure rate However little has been written on how to integrate these programs into a traditional therapy setting Integrating the 12 Steps into Addiction Therapy serves as an indispensable resource for clinicians treating addiction patients who are simultaneously enrolled in 12 step programs This valuabletext Contains eight lesson plans and twenty seven assignments Integrates in depth discussion of 12 step programs with hands onresources like homework assignments treatment plan examples and patient handouts Will also benefit 12 step program peer counselors Includes companion CD ROM with fully customizable homeworkssignments lesson plans and presentations Treating addictions whether chemical or non chemical can be one ofthe most difficult challenges faced by mental health professionals For many people 12 step programs have played a critical role inhelping them to manage their addictive behaviors Integrating the 12 Steps into Addiction Therapy gives psychologists therapists counselors social workers and clinicians the tools and resourcesthey need to fully utilize these peer therapy program techniques intreating a wide variety of addictions It Works, how and why :the Twelve Steps and Twelve Traditions of Narcotics Anonymous, 2006 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery whether it s the first time through the steps or whether they have been a guiding force for many years This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps **Sponsorship** Fellowship of Narcotics Anonymous, *Narcotics Anonymous,* it Works: A guide to the twelve steps and twelve traditions of Narcotics Anonymous, 1986-01-01 Nar-Anon 36 (Steps 1-12) Nar-Anon FGH, Inc., A workbook to guide members through Steps 1 12 Narcotics Anonymous Narcotics Anonymous, 1988 Spoken word recording of the book Narcotics Anonymous pages 1 103 It Works: How and Why Fellowship of Narcotics Anonymous, THE 12 STEP INTRO GUIDE (Recovery wisdom for everyday life) James

R.,2015-08-10 An extensive dictionary of 12 step terms and sayings and a collection of over 500 slogans and phrases along with their meanings Includes brief simple explanations of what the 12 Step program is its structure and how it works Filled with years of insight wisdom and humor the 12 Step Intro Guide is perfect for newcomers old timers or family and friends of Narcotics Anonymous Fellowship of Narcotics Anonymous, Basic recovery text for addicts that explains NA's principles and includes members personal experiences finding NA and living clean Naws, Anonymous Narcotics Anonymous, 2007-10 Narcotics Anonymous White Booklet One of NA's earliest publications became the heart of N A meetings and the basis for all subsequent N A literature This booklet contains the twelve steps or principles to recovery the twelve traditions of NA and an inspiring selection of personal stories written by men and women who are recovering from an addiction to drugs Recommended for anyone embarking on the road to recovery and for all who want to help themselves or someone else stay clean **Big Book Study Guides for AA** Alcoholics Anonymous, 2014-11-07 Two Study Guides For the Big Book of Alcoholics Anonymous The first study guide has a summary of each book and then hundreds of follow up questions to answer and add sobriety notes Can be used alone and in group meetings The Dr s Opinion More About Alcoholism A Vision for You and all the rest are included The second study guide is a smaller week by week exercise guide that is suited for group meetings Can also be used for Narcotics Anonymous Overeaters Anonymous and other Twelve Step Groups Understanding the Twelve Steps Terence T. Gorski, 1991 Offers information on understanding and applying the steps in everyday life and interprets the principles behind the AA program **Women in Narcotics Anonymous: Overcoming Stigma and Shame** J. Sanders, 2014-03-05 This book looks at a sample of female drug addicts seeking recovery in Narcotics Anonymous NA Through working the Twelve Steps and by attending women only groups these women are able to confront the double standard that makes recovery from addiction especially difficult Na: It Works Ed Na World Services.1993-01-01 The Twelve-Step Journal Claudette Wassil-Grimm, 1996 This exciting revolutionary workbook designed for anyone on a Twelve Step oriented recovery program adapts beautifully to nearly all recovery programs It presents the twelve steps in their original form as well as in alternative secular version and offers exercises and suggestions for journal entries that include topics such as storytelling dreams confessions and conflicts and resolutions

Peoples Anonymous Lane W.,2017-01-18 Welcome to Peoples Anonymous Herein lies one of the most profound spiritual healing recipes ever entrusted to the human race This Twelve Step technology has the capacity to heal your life beyond anything you may have previously imagined By applying the Twelve Steps to your life you will Rediscover your authentic self Clear away the wreckage of your past Enjoy a new sense of freedom and purpose Begin to live more fully in the present Awaken to a life of joy service and moments of bliss Millions are currently living happy joyous and free by simply applying this program to their daily lives We consider the twelve step recipe outlined in this book to be the spiritual alchemy of the 21st Century It transforms the lives of those who are willing to follow the directions precisely into gold Finally a users

manual for the human race Peoples Anonymous provides a 12 Step approach to life and recovery from all kinds of conditions that is accessible to everyone In fact its better to use the Peoples Anonymous Big Book if youve never had an addiction What you will discover is a deeper understanding of how to connect your authentic values with your actions Which makes for a healthier life Pick it up and start reading it Now Dr Bruce F Singer Psy D Peoples Anonymous has finally brought the beautiful 12 Step way of life and healing Power to the rest of the world Father Mike Falls **Understand and Complete** The 12 Steps of Alcoholics Anonymous Anonymous Guest, 2020-03-05 Here's a 12 step guide to get you through the Big Book of Alcoholics Anonymous Many great reviews have been left like Penned as a study guide but a truly enlightening walk through the big book Reviewed in the United Kingdom on May 25 2018 Format Verified Purchase Succinct to the point and funny This AA guest is a gifted writer and easily explains the 12 steps in the Big book with integrity and just a few though not irreverent manifestations I used this guide and needed it When the big book was just too heavy going this guide got me through to the end Much gratitude Change your attitude and you can change your life Reviewed in the United Kingdom on July 13 2015 Format Verified Purchase A book all could live by regardless if they are alcoholic or not Plain English Made sense Thank you for a great read Reviewed in the United Kingdom on August 4 2018 Format Verified Purchase Anyone beginning or struggling with the 12 steps will find this invaluable I have Hope you do too Thank you Hope you use it to help with the 12 Steps

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