Chapter 5: The Steps (pages 86 – 103)

1. The Twelve Steps have long been the core of traditional treatment for ________________.

2. What is the only requirement for membership in AA?

3. When did Alcoholics Anonymous begin and who were the founders?

4. Read "How It Works" on pages 87 and 88. What three pertinent ideas are listed at the end of this section regarding how Alcoholics Anonymous works?

5. In what positive outcomes is Alcoholics Anonymous clearly associated with?

6. What methods of recovery are at the core of the AA programs?
7. How will you be able to tell whether patients are complying and when they are understanding and internalizing the steps?

8. What should you do when you are aware of the patient's inconsistent behavior?

The Committee
9. Patients are consistently torn between what two sides of themselves?

10. Perkinson notes that it is useful to label the three voices inside the patient's mind in the ____________, ____________, and the _____________. In treatment, those voices are called the ____________, ____________, and _____________.

11. What does the disease voice tell the patient?
12. What does the *God* voice tell the patient?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

13. What does the *self* voice tell the patient?

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________________________________________________________________________

________________________________________________________________________

14. True or false. It is OK to move on to the next step whether or not the patient has a solid foundation of the prior step.

**Step One**

15. What is Step One?

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16. What does Step One necessitate?

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________________________________________________________________________

17. Have you ever experienced total surrender? If so, how did that change your life? If not, do you believe you could or would?

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________________________________________________________________________
18. Why is it best to do step work in a group?

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________________________________________________________________________

19. True or false. Alcoholics must understand they cannot live normally as long as they use mood-altering substances.

________________________________________________________________________

________________________________________________________________________

20. Do patients get into trouble every time they drink or use drugs?

________________________________________________________________________

________________________________________________________________________

21. True or false. Alcoholics never do things when they are intoxicated that they would do when sober.

**Step Two**

22. What is Step Two?

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23. What is the essential ingredient of Step Two?

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________________________________________________________________________

24. What does the word sanity mean in the AA book?

________________________________________________________________________

________________________________________________________________________

25. To have a sound mind, a person must be able to see ________________.
26. Do alcoholics see reality accurately?

__________________________________________________________
__________________________________________________________
__________________________________________________________

27. What will happen if the alcoholic holds on to their old ways of thinking and behaving?

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__________________________________________________________
__________________________________________________________

28. Read the dialogue between the Professional and the Patient on pages 94 and 95 in your text. How do you think you would react to a patient who does not believe in a higher power that is like your higher power?

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__________________________________________________________
__________________________________________________________

29. True or false. Trust is a difficult issue for most chemically dependent persons.

30. What is the best way to have a patient learn to trust you and the group?

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__________________________________________________________
__________________________________________________________

31. What will happen to trust if you are aggressive and highly confrontive?

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__________________________________________________________
__________________________________________________________

32. Described the power of the group process.

__________________________________________________________
__________________________________________________________
__________________________________________________________
**Step Three**

33. What is Step Three?

34. Why is Step Three difficult for most patients?

35. How can the patient correct the self-centeredness?

36. True or false. You should push the patient as fast as he can to turn their life over to God?

37. What happens when the patient finally turns something over to God?

38. What is the key to Step Three?

39. What is the best way to have patients turn their will and their lives over to the care of God?
40. Read the meditation exercises on page 98 and 99 into a tape recorder and practice the exercise yourself. Reflect on the following questions:
   o How did you feel immediately following the meditation?
   o What do you believe God told you while meditating?
   o How can you use what God told you in your personal and professional life?

Step Four
41. What is Step Four?
42. What is the purpose of Step Four?

43. True or false. Detail is important to Step Four.

44. Since Step Four can be very painful for many patients; what must you do to keep them from collapsing into a negative attitude?

45. Why is it important to discuss the grace of the higher power/God in relation to forgiveness?

46. The patient is encouraged to share everything that he or she thinks is important, no matter how trivial it may seem. What happens to the patient who leaves things out?

47. True or false. Patients are often so used to being negative about themselves that they cannot come up with their assets.

48. What happens to the patient as he or she rates himself or herself of the pain of the past?
**Step Five**

49. What is Step Five?

50. What is your job in the fifth step?

51. What happens to the patient when the fifth step is done properly?

52. What inaccurate thought is at the core of the illness of chemical dependency?

53. What is the only way to prove to the patient that this inaccurate belief is wrong?

54. Do you have someone in your life who knows everything about you? Do you have anything in your life that is still secret? If so, how would you feel about having to tell it out loud to someone else?
55. Would a person working a good program of recovery relapse?

56. What happens to a person who leaves one part of the program out?