The 12 Steps of Recovery From Addiction Infographic

What is a 12-Step Program?

The 12-Step recovery model was pioneered by Alcoholics Anonymous in 1939 and is now widely used in a majority of treatment centers worldwide to help people recover from a wide range of conditions and most famously, drug or alcohol addiction.

Learning and practicing the 12 steps also serves as a major guide towards helping those in recovery learn a new way of life free from dependence on these substances.

The basic premise of the 12-Step model is that individuals can help each other achieve and maintain abstinence from the behaviors or substances to which they are addicted. The two main features of the 12-Step recovery program include:

- **A group setting** –During these group meetings, the 12 steps are discussed and applied in a recovery group. The emphasis here is placed on people sharing their experiences with others who have suffered similar problems and finding support as they seek to change their lives.
- **A sponsor**– Many of those involved in the program find another member (who is also a recovering addict further along in the recovery process) to serve as a sponsor. This person acts as a mentor, providing guidance and help in times of crisis when the temptation to relapse becomes overwhelming.

The 12-Step model gives people a framework from which to surrender their addiction, process what they have been and are going through, and move forward into a new way of living.

12 Step Recovery is a design for living. It's where we teach how to start your day, live your day and enjoy your day without using drugs or alcohol.

We say, you don't get ready. You stay ready.

12 Step Recovery is here to help struggling addicts with all vices.

This is a lifelong process, no chemical, no pill, no vitamin, anything you take, will teach you how to change your behavior.

We can teach you how to start your day, live your day and enjoy your day without the need for drugs and alcohol.

What Is A 12-Step Program?

In the 1930s, a man commonly known as **Bill W.** was seeking help with his own addiction dependency problem. Becoming a member of a fellowship helped him achieve and maintain his own sobriety. But another alcohol dependent known as **Dr. Bob S.** was not as successful.

When the two men met, they found that as fellow sufferers of dependency, they shared a **unique bond** that helped them support each other in their effort to achieve sobriety. **Alcoholics Anonymous (AA) was born.**

AA is where the concept of the 12-step program was conceived. Originally faith-based, the 12 steps are principles that help guide the addict through a process known as recovery.

The 12 Steps of AA have changed so much for addicts all over the world.

It has allowed them to fully embrace the concept of recovering from addictions. What's more, it has given them a supportive group of peers all working toward the same goal.

Why Addicts Need A 12-Step Program?

12-Step programs have benefited thousands, if not millions of people.

Other groups have been established that follow similar methods with similar success rates. Even within an organization such as AA, there can be meetings available that operate in some unique way that might be suited to your needs.

Contact Evolve Indy so we can help you determine if our 12 step-based program can benefit your recovery from addiction.

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