

# What Does It Mean to ‘Work Your Program’ in NA or AA

by Evolve Indy | Nov 19, 2021 | Blog | 0 comments



When you have realized that your addiction is taking over your life, you might have decided to take the steps necessary to turn your life around. You might have completed a rehabilitation program and are now attending either Alcoholics Anonymous or Narcotics Anonymous. These are great places to help support you after you have completed a [rehab program](#). But how do you get the most out of these places, and how do you work your program?

## What Are the Anonymous Groups?

Alcoholics and Narcotics Anonymous are two separate organizations that are available to help men and women who are dealing with an addiction. Alcoholics Anonymous was founded in 1935 in Ohio. It was two alcoholics named Bill and Bob who are responsible for the organization that we know today. After the success of the group, Narcotics Anonymous was founded in Los Angeles in 1953 as a way to help people deal with their drug addictions.

At this moment in time, there are over 2 million people who are using their local AA or NA group as a source of support on their road to recovery. There is no fee or subscription to pay, you just need to support others as you are supported. The groups have been so successful, they are regularly recommended as part of the many [rehabilitation programs](#).

## What Is the 12-Step Program?

If you have heard of Alcoholics Anonymous or Narcotics Anonymous, you have probably heard of the 12-Step Program. This program is designed to help recovering addicts stay clean and sober. Each step has a task that allows a person to remove themselves from their addiction and move forward with their life. Instead of just treating each step as an exercise, some people try to take it to the next level and incorporate the steps into every aspect of their life.

There is a lot of anecdotal evidence that shows that fully immersing yourself in steps and applying them to every area of your life can massively [help with your recovery](#). And, the better your recovery is, the more likely you can help people recover too. This is an important step in your own recovery that allows you to take on the responsibility of caring for another person in the program.



## Work Your Program

If you need to use the 12-Step Program to help you with [your addiction](#), you will not just be changing your life by getting rid of your addiction. As you work through the steps, you will experience emotional and spiritual growth. You can work through the program as quickly or slowly as you need to. If you need to go back a step or two, you can. The steps are always there to help you move forward. And even if you work hard at them and never seem to make it to the last few steps, you will still be on a journey of self-discovery and sobriety.

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