

The Twelve Steps

1. We admitted we were powerless over [_____] --that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for our lives 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 others, and to practice these principles in our affairs.

RECOVERY

Often work is a substitute for the spiritual hunger that only "recovery" can satisfy.

Remember that in a rat race, the rat always wins.

Steps To Personal Recovery

- * Slow down your pace
- * Learn to Relax
- * Work in Moderation
- * Improve Family/Significant Other Climate
- * Celebrate Life's Rituals
- * Live in the Now
- * Build Social Network's Outside of Work
- * Pamper Yourself
- * Eat Properly, Rest and Exercise
- * Mourn the Loss of Your Childhood
- * Seek Spiritual Healing
- * Attend Workaholics Anonymous or Apply the Steps of AA