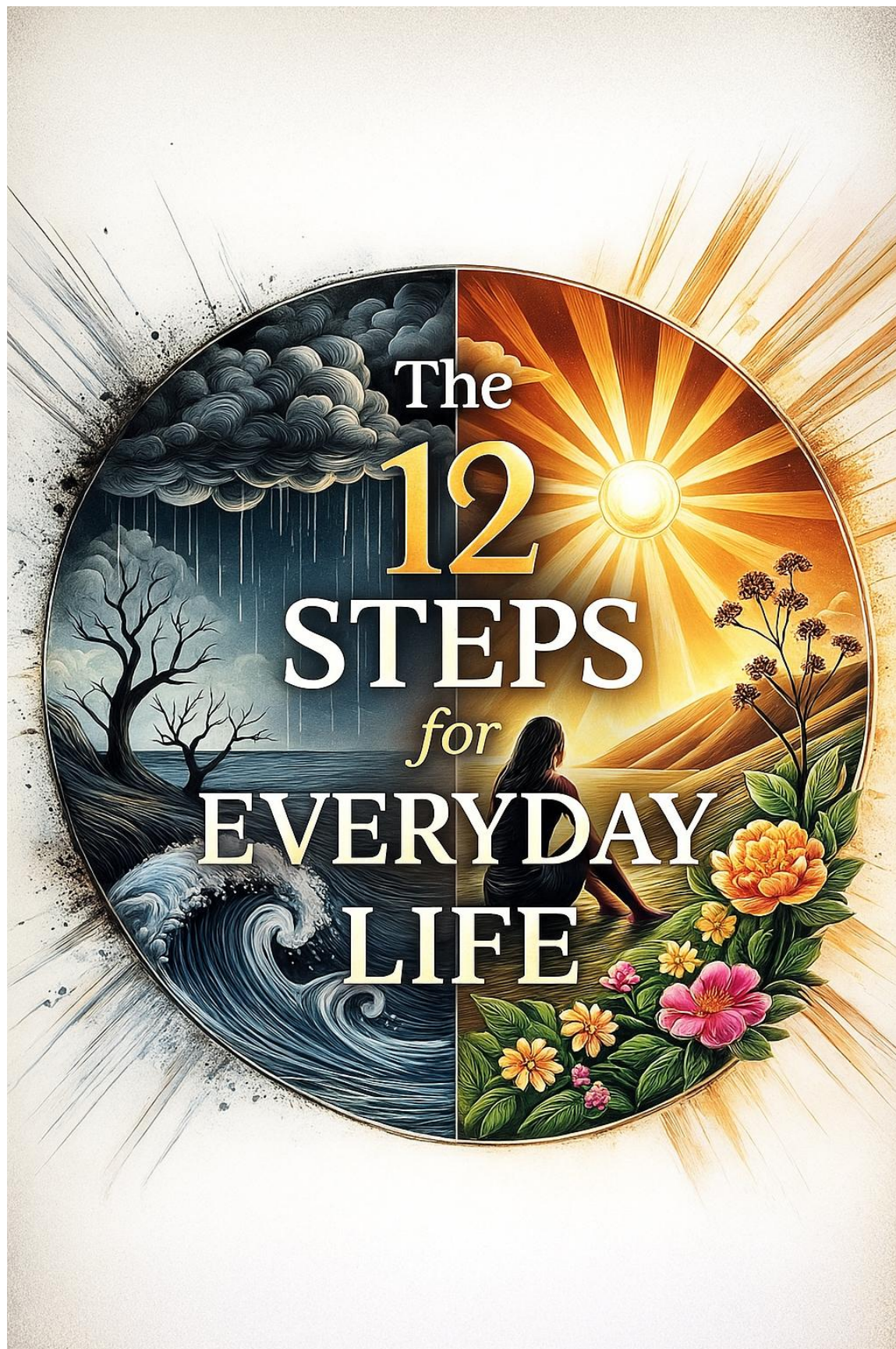




The 12 Steps for Everyday Life

**A Guided Workbook for Personal Growth, Spiritual Connection, and
Lasting Change**

Written by Kathy Simmons

**Recovery Coach | Author | Founder of The Other Side of Rock Bottom
www.TheOtherSideOfRockBottom.org**

*“The 12 Steps aren’t just for addiction. They’re for anyone ready to heal,
grow, and live with purpose—one step at a time.”*

—Kathy Simmons

The Other Side of Rock Bottom Presents:

Tools for Transformation, Healing, and Hope

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This book is intended for informational, educational, and inspirational purposes only. It is not intended to replace professional medical, psychological, psychiatric, legal, or financial advice.

The author is a Certified Recovery Coach and shares personal experience, faith-based perspective, and general recovery principles. The content within this book should not be interpreted as medical, mental health, or therapeutic treatment. Readers are encouraged to seek qualified professional guidance for their individual circumstances.

If you are experiencing a mental health crisis, suicidal thoughts, medical emergency, or are in immediate danger, contact emergency services or a licensed professional immediately.

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Individual results will vary. Recovery and personal growth are unique to each person and may require professional support, community resources, and ongoing care.

By reading this book, you acknowledge and accept full responsibility for your own decisions, actions, and well-being.

Dear Reader,

If you're holding this book in your hands, I believe it's for a reason.

You may not be battling addiction. Maybe you've never even stepped foot in a recovery room. But chances are, you're looking for something more—more peace, more clarity, more healing, more purpose. Maybe life has knocked you down, or maybe you're just tired of carrying the weight of old wounds, unspoken fears, and silent battles. Whatever brought you here, I want you to know this: you are not alone.

I wrote *The 12 Steps for Everyday Life* because these steps changed my life. They taught me how to live with intention, face my past with honesty and non-judgement, grow spiritually, and show up in the world as a healthier, more whole version of myself. And I want that for you, too.

But more than anything, it was my Higher Power—Jesus Christ—who gave me the strength to do it. This book isn't about religion, and it doesn't push any specific faith. But I can't tell my story or share these steps without first giving credit to the One who carried me through. My recovery, my growth, and my healing are all because I surrendered to a power greater than myself—and I want to show you what's possible when you do the same.

This book is for the everyday person navigating the ups and downs of real life:

- The parent trying to break generational cycles
- The young adult questioning their purpose
- The overachiever drowning in pressure
- The caregiver who's lost herself in helping others
- The person silently grieving, afraid to ask for help
- The one who looks "fine" on the outside but is struggling inside

No matter your story, the 12 Steps can guide you toward something greater—freedom, healing, restoration. They aren't just for addiction recovery. They're a blueprint for personal transformation, spiritual growth, and emotional maturity. They've helped me become a better mother, daughter, friend, and woman. And they can do the same for you.

You'll find journaling prompts, reflections, and real talk throughout this book. You'll be challenged to dig deep, to get honest, and to lean into grace. You'll

discover how powerful your life can be when you're no longer trying to control it all on your own.

If you take anything from this book, let it be this: There is hope. There is healing. And there is a Higher Power who wants to walk this journey with you.

With all my love,

Kathy

“I can do all things through Christ who strengthens me.”

— *Philippians 4:13*

“When we are no longer able to change a situation, we are challenged to change ourselves.”

— *Viktor E. Frankl*

 The 12 Steps for Everyday Life

1. **We admitted we were powerless** over our struggles—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, praying only for knowledge of His will for us 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 all our affairs.

Chapter One

Step One (Everyday Life Edition)

“We admitted we were powerless over (our struggles, fears, or circumstances)—and that our lives had become unmanageable.”

There is a moment in every person’s life—whether we admit it or not—when pretending becomes more exhausting than telling the truth.

Step One is that moment.

Not the dramatic, movie-scene collapse we imagine. Not always rock bottom with sirens and shattered pieces. Sometimes it’s quiet. Sometimes it’s internal. Sometimes it sounds like a single sentence whispered under your breath:

“I can’t keep living like this.”

That sentence doesn’t mean you’ve failed.
It means you’re finally being honest.

Powerlessness Is Not Weakness

We’ve been taught that strength means control.
That being “strong” means handling everything, fixing everything, carrying everything—alone.

But that definition of strength has crushed more people than it has ever helped.

Step One invites us into a different kind of strength—the kind that comes from **truth**.

Admitting powerlessness doesn’t mean you are incapable.
It means you are human.

It means you recognize that white-knuckling your way through life hasn’t brought peace, healing, or freedom. And instead of trying harder, you’re choosing to try **honesty**.

That choice is brave.

Unmanageability Sneaks Up on Us

Most lives don't become unmanageable overnight.
It happens slowly.

- We control instead of trust
- We avoid instead of feel
- We numb instead of heal
- We carry pain we were never meant to carry alone

Eventually, everything looks “fine” on the outside... while inside, we're exhausted, anxious, resentful, or disconnected from ourselves and from God.

Unmanageability isn't always chaos.
Sometimes it's **functioning without peace**.

And that's just as heavy.

The Relief of Letting Go

There is a strange relief that comes with Step One.

Not because things magically change—but because *you stop pretending they haven't been hard*.

Surrender isn't quitting.
It's releasing the illusion that you were ever meant to be in control of everything.

When we admit our limits, we create space:

- Space for healing
- Space for support
- Space for God to do what we cannot

This is where transformation begins—not with answers, but with openness.

Faith Enters Where Control Leaves

For me, Step One was the doorway back to God.

I didn't come to faith polished or prepared. I came broken, exhausted, and done trying to save myself. And that was enough.

God doesn't wait for us to have it together.
He meets us when we finally admit we don't.

Surrender is not about losing yourself.
It's about being held when you can't hold it all anymore.

You Are Exactly Where You Need to Be

If this step feels uncomfortable, that's okay.
If admitting powerlessness scares you, that's normal.
If part of you still wants to bargain, control, or "try one more time"—you're human.

Step One doesn't ask you to fix anything today.
It only asks you to **tell the truth**.

And the truth is this:

You don't have to do this alone anymore.

A Gentle Invitation

As you move into the workbook exercises that follow, don't rush them. Sit with them. Let them stir what needs to be stirred.

There is no failure here.
Only awareness.
Only honesty.
Only the beginning.

And beginnings—especially honest ones—change everything.

Chapter One Worksheets: Step One – Admitting We Are Powerless

What is Step One?

Step One is where healing begins. It's not about weakness—it's about **honesty**.

It's the moment we stop pretending we've got it all together and finally whisper (or scream), *"I can't do this on my own anymore."*

We live in a world that tells us to "stay strong," "push through," and "just handle it." But Step One says, "Lay it down. You're human. You weren't meant to do this alone."

Being powerless doesn't mean giving up—it means **letting go of control** and creating space for something greater.

Why is Step One Important?

Because it's the **foundation** of real change. Without it, we're just rearranging chaos and calling it progress. Let's break it down:

1. **It's where truth begins.**
We can't fix what we won't face.
 2. **It breaks the cycle of denial.**
Denial keeps us stuck. Awareness sets us free.
 3. **It leads us to surrender.**
Not "giving up," but "handing over." Big difference.
 4. **It invites God in.**
When we stop trying to control everything, God can finally move.
-

How Do We Practice Step One?

It's less about "doing" and more about **letting go**. But here's how you can live it out:

- **Make a list** of what you can't control (other people, the past, outcomes).
- **Be honest** with yourself about what's no longer working.
- **Talk about it** with someone safe—a friend, a coach, a mentor.

- **Pray or reflect.** Ask your Higher Power (for me, it's Jesus) to help you let go and trust.

Journal Prompts / Food for Thought

1. What areas of my life feel out of control right now? (get specific!)
 2. How do I feel about admitting I'm powerless?
 3. Who or what have I been trying to control? Has it worked?
 4. What would "letting go" look like for me today?
 5. If I knew God had my back, what would I stop trying to carry alone?
-

Activities

The "Circle of Control"

Draw two circles:

- Inner circle = What *you* can control (your actions, your attitude, your words).
- Outer circle = What you *can't* control (others' choices, the past, what people think).

Reflect: Where do you spend most of your energy?

Powerlessness Inventory

Write down a few situations where your way didn't work—where no matter how hard you tried, things still fell apart. Look for patterns. Awareness is power.

Surrender Statement

Write this out and speak it aloud:

"I admit I cannot do this alone. I surrender this to my Higher Power today."

You can also personalize it. Say it in your own voice. Make it yours.

Statistics & Truth Bombs

- **85% of what we worry about never happens** (Psychology Today). Most of our stress is about imagined control!
 - People with a spiritual practice experience *higher resilience and less anxiety*.
 - Studies show that surrendering control leads to *better mental, emotional, and even physical health*.
-

Quotes to Reflect On

- “When we try to control everything, we enjoy nothing. Relax, breathe, let go, and trust.” – Unknown
 - “Surrender to what is. Let go of what was. Have faith in what will be.” – Sonia Ricotti
 - “My grace is sufficient for you, for My power is made perfect in weakness.” – 2 Corinthians 12:9
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My Story – When I Finally Let Go

I’ll never forget it. October 18, 2014. I was empty. Done. Spiritually bankrupt. Tired of pretending. My life had spiraled into chaos. The pain, the shame, the fear—it was all too much.

That night, I hit my knees and prayed a raw, broken prayer:

“God... either make me or take me. I don’t care which.”

I meant it.

That was my Step One moment. It wasn’t graceful. It wasn’t polished. But it was *real*. For the first time, I admitted I was powerless—not just over substances, but over my past, my wounds, my control, and my life.

And that was the exact moment God stepped in.

The peace didn’t come overnight. Recovery takes time. Growth takes work. But that night was the turning point. That was when I stopped trying to be my own god... and let the real One take over.

I thought surrender would break me.
But it saved me.

Final Words for You

If you're standing at the edge, trying to hold everything together with a shaky smile and a heavy heart... this is your step. This is your moment.

Let go. You're not alone. You're not weak. You're human—and you're loved.

Letting go doesn't mean losing control...
It means putting it in *better* hands.

Coming Up Next: Step Two – Finding a Power Greater Than Ourselves

Let's talk about what (or *Who*) can restore us to peace. You're not alone in this.

Chapter Two

Step Two – Finding a Power Greater Than Ourselves

Step Two (Everyday Life Edition)

“We came to believe that a Power greater than ourselves could restore us to sanity.”

When Hope Begins to Return

Step One asked us to admit the truth.
Step Two invites us to believe something new.

Not blind faith. Not instant certainty.
But the possibility that life does not have to stay as hard as it has been.

Step Two is the moment hope quietly enters the room.

It doesn't shout. It doesn't demand.
It simply whispers, *“What if things could be different?”*

What “Sanity” Really Means

The word *sanity* can feel intimidating, but in everyday life it has nothing to do with labels or diagnoses.

Sanity is peace replacing chaos.
Clarity replacing confusion.
Responding instead of reacting.
Hope instead of despair.

Insanity, in its simplest form, is repeating the same patterns while expecting different results—continuing to live in ways that keep us anxious, exhausted, or stuck.

Step Two gently asks us to consider whether the way we've been doing life is actually working—and whether there might be another way.

Belief Doesn't Have to Be Big

Many people think Step Two requires strong faith. It doesn't.

It requires **willingness**.

Belief often starts small:

- *"I don't know how, but I can't keep living like this."*
- *"I'm open to the idea that help exists."*
- *"I don't have all the answers, but I'm willing to try."*

That is enough.

God does not require perfection or certainty. He responds to openness and honesty.

A Power Greater Than Ourselves

For me, that Power is Jesus Christ. He is the foundation of my recovery and the reason my life looks the way it does today.

But Step Two meets each person where they are. It isn't about forcing belief—it's about recognizing that we are not meant to be the highest authority in our own lives.

When we stop trying to be our own savior, something shifts. The pressure eases. The load lightens. Restoration becomes possible.

Restoration Is a Process, Not a Moment

Step Two doesn't promise instant peace or immediate change.

Restoration happens gradually.
Thought by thought.
Choice by choice.
Prayer by prayer.

It is not about getting everything right.
It is about moving in a new direction.

Each time we pause instead of panic, trust instead of control, and lean into faith instead of fear, we experience restoration in small but meaningful ways.

Living Step Two in Everyday Life

We practice Step Two when we stop relying solely on ourselves and begin trusting God with the things we cannot fix.

It shows up when we:

- Ask for guidance instead of forcing outcomes
- Pause before reacting
- Replace fear-based thinking with faith-based thinking
- Trust that God sees what we cannot

Step Two moves us from *"I have to figure this out alone"*
to *"I don't have to do this alone at all."*

And that changes everything.

A Gentle Reminder

If belief feels fragile right now, that's okay. Faith doesn't have to be loud to be real.

Step Two is not about having God figured out.
It's about allowing yourself to hope again.

You are not beyond help.
You are not broken beyond repair.
And you are not alone.

Chapter Two Worksheets: Step Two – Came to Believe

What is Step Two?

Step Two is the beginning of **hope**. It's where we start believing that healing is *actually* possible—not just for others, but for us too.

After Step One cracks us wide open and shows us what we can't do on our own, Step Two whispers gently:

“There is help. And it's not all on you anymore.”

This step invites us to believe in something bigger than ourselves—a Higher Power, a deeper wisdom, a loving presence. For me, that Power is Jesus Christ. He became my sanity, my safety, my way out and my way through.

But no matter what you call your Higher Power, this step is about letting go of self-reliance and grabbing hold of something greater. Because truth is... we can't heal with the same mind that got us sick.

Why is Step Two Important?

Because it opens the door to **transformation**.

1. **It gives us a lifeline.**

When we stop depending only on ourselves, we stop drowning.

2. **It interrupts hopelessness.**

If Step One says, “I can't,” Step Two says, “But God can.”

3. **It begins rebuilding trust.**

Many of us have been hurt—by people, institutions, even ourselves. This step is about learning to trust again... slowly, gently, day by day.

4. It brings clarity and peace.

“Sanity” doesn’t mean perfection. It means *sound thinking, emotional balance, and spiritual peace*. Who doesn’t need more of that?

How Do We Practice Step Two?

Practicing Step Two isn’t about having all the answers. It’s about being *open* to the idea that there’s a Source of strength outside yourself—and choosing to lean in, just a little.

Here’s how to begin:

- **Start talking to your Higher Power.**

Doesn’t have to be fancy. Just start with: “*God, help me believe.*”

- **Reflect on your past.**

Can you see moments where something greater showed up? Protected you? Gave you strength you didn’t have?

- **Read or listen to stories of hope.**

When we hear how others found faith and sanity, it builds our own belief.

- **Pause when overwhelmed.**

In the moment, say: “*I don’t have to figure this out. I can ask for help.*”

Journal Prompts / Food for Thought

1. Have I ever experienced something I couldn’t explain—but that gave me peace or direction?
2. What does “sanity” mean to me? What areas of my life feel *insane* or chaotic right now?
3. What would it feel like to believe in something (or Someone) bigger than me?

4. Do I believe healing is possible for me—or just for others? Why?
5. What is keeping me from trusting a Higher Power? How can I begin to open that door?

Activities

The “Sanity Scale”

On a scale of 1–10, how sane or balanced do I feel in the following areas?

- My thoughts
- My emotions
- My relationships
- My daily habits
- My spiritual life

Reflect: Where am I thriving? Where do I need help?

Faith List

Write 3 times in your life when things *should’ve* fallen apart, but somehow didn’t.

Who or what showed up? Coincidence... or something more?

Speak It Out

Each morning, say this aloud:

“I believe that healing is possible. I am not alone. I choose to trust in something greater than myself.”

Did You Know? (Statistics + Insights)

- People with a strong belief in a Higher Power report **lower levels of anxiety and depression**.
- Spiritual practices (like prayer, meditation, and surrender) **increase emotional resilience** and the ability to cope with stress.
- Research shows that simply believing in something bigger than ourselves boosts our ability to stay committed to change.

Quotes for Reflection

- *“Faith is taking the first step even when you don’t see the whole staircase.”* – Martin Luther King Jr.
- *“God is within her, she will not fall.”* – Psalm 46:5
- *“You don’t have to see the whole path. Just take the next right step.”* – Unknown

My Story – Believing Again

I didn’t grow up knowing how to surrender. I thought I had to handle everything myself. That was especially true after I lost my parents—traumatically, tragically. My mom died from a hospital’s mistake. My dad took his own life.

That grief hardened me. I stopped believing in anything. Especially in God.

But when I hit rock bottom in 2014, something cracked open in me. After I whispered that desperate prayer—“God, either make me or take me”—I felt something shift. It wasn’t loud or dramatic. It was *gentle*. Like a whisper in my soul saying,

“You’re not alone anymore.”

Over time, I came to believe that Jesus had never left me—not once. Even when I turned my back, He stayed. And slowly, He restored my mind, my heart, my sanity.

I don't have all the answers, and I still have hard days. But I'm not doing it alone anymore.

And neither do you.

Final Words for You

Maybe you're scared to believe again. Maybe life has left you jaded, skeptical, guarded. I get it. I've been there.

But what if... *just maybe*... the peace you've been searching for isn't found in control, perfection, or performance?

What if it's found in surrender? In faith? In letting something greater *carry* you instead of trying to carry it all yourself?

Step Two doesn't ask you to figure it all out. It just asks you to **be open**.

You don't have to believe perfectly.

You just have to believe *enough* to take the next step.

Coming Up Next: Step Three – Turning It Over

How do we move from believing to trusting? From hope to action? Let's take that next step together

Chapter Three

Step Three – Turning Our Will and Our Lives Over

Step Three (Everyday Life Edition)

“We made a decision to turn our will and our lives over to the care of God as we understood Him.”

The Decision That Changes Direction

Step Three is where belief turns into action.

Steps One and Two helped us admit the truth and rediscover hope. Step Three asks us to make a **decision**—not a feeling, not a promise, but a choice.

A choice to stop running the show.

A choice to stop relying solely on our own understanding.

A choice to trust God with the parts of life we’ve been gripping the tightest.

This step isn’t about perfection.

It’s about direction.

What “Turning It Over” Really Means

Turning your will and your life over doesn't mean becoming passive or irresponsible. It doesn't mean you stop thinking, trying, or caring.

It means you stop insisting that **your way is the only way**.

It's the shift from:

- "I know best"
to
- "God, lead me"

From:

- "I've got this"
to
- "I need You"

Turning it over means trusting God not just with the big things—but with the everyday decisions, reactions, and choices that shape our lives.

Control vs. Trust

Most of us confuse control with safety.

We plan, fix, manage, and micromanage because we believe control will protect us from pain, disappointment, or fear. But control often creates more anxiety, not less.

Trust works differently.

Trust doesn't eliminate uncertainty—it gives us something steady to hold onto when life feels uncertain.

Step Three invites us to loosen our grip and place our trust somewhere stronger than ourselves.

A Daily Decision

Step Three is not a one-time event. It's a daily, sometimes moment-by-moment decision.

We turn our will and our lives over when we:

- Pause before reacting
- Ask God for guidance instead of forcing outcomes
- Choose humility over pride
- Let go of what we cannot control

Some days this feels natural. Other days it feels uncomfortable. Both are normal.

What matters is not how perfectly we surrender—but that we keep choosing to surrender again.

Faith in Action

Faith isn't just what we believe—it's how we live.

Step Three moves faith from our thoughts into our actions. It shows up in the way we speak, the way we respond, and the way we handle stress, conflict, and fear.

When we trust God with our will and our lives, we begin to experience a different rhythm:

- Less striving
- Less forcing
- More peace
- More clarity

Not because life becomes easy—but because we are no longer carrying it alone.

When Letting Go Feels Scary

Letting go can feel terrifying—especially if control has been your survival skill.

If surrender feels uncomfortable, that doesn't mean you're doing it wrong. It means you're doing something new.

God doesn't ask us to trust Him all at once. He meets us in small steps, repeated choices, and honest prayers.

Even saying, "*God, help me trust You with this,*" is an act of surrender.

My Experience with Step Three

For me, Step Three meant finally accepting that my way had led me to exhaustion, chaos, and pain—and that God's way offered something different.

Turning my life over didn't remove responsibility. It gave me guidance.

It didn't silence fear overnight—but it gave me peace in the middle of it.

Each time I chose God over control, surrender over pride, and trust over fear, my life became steadier, calmer, and more aligned with who I was meant to be.

A Gentle Reminder

You don't have to surrender perfectly.

You don't have to trust without fear.

You just have to be willing to place your life in God's care—again and again.

Step Three is not about losing yourself.
It's about finding freedom.

Chapter Three Worksheets: Step Three – Letting Go & Letting God

What is Step Three?

Step Three is where belief becomes **action**. It's the moment we stop just thinking about God and actually begin *trusting* Him. It's the **decision** to stop trying to run the show and start letting God guide the process.

It's one thing to admit we're powerless (Step One) and start believing in a Higher Power (Step Two)...

But Step Three is where we say:

“Okay, God. I’m done holding the wheel. You drive.”

It doesn't mean we sit back and do nothing—it means we invite God into everything: our thoughts, our decisions, our relationships, our goals, our healing, our mess.

Letting go isn't about laziness. It's about trust.

Why is Step Three Important?

Because it's where **transformation** starts to take root.

1. **It relieves the pressure.**

When we stop trying to control everything, we make room for peace.

2. It redefines success.

Instead of perfection, we start chasing alignment—*God's will, not just ours.*

3. It builds faith in action.

Trust isn't passive. It shows up in our choices, responses, and reactions.

4. It unlocks deeper healing.

Some wounds only God can reach. When we hand Him the pen, He starts rewriting our story.

How Do We Practice Step Three?

This step is all about the **daily decision** to turn it over. Not once. Not twice. But over and over again.

Here's how you can start living it:

- **Say the Third Step Prayer** (or write your own):
"God, I offer myself to You—to do with me and build with me as You will..."
- **Release your plans.**
Ask: *"What do You want for me today, God?"* Not just *"What do I want?"*
- **Check your will vs. God's will.**
Are you forcing things? Manipulating outcomes? Or allowing God to open and close doors?
- **Include God in your decisions.**
Big or small—relationships, career, recovery, parenting, health... bring Him in.

Journal Prompts / Food for Thought

1. What parts of my life am I still trying to control? Why is it hard to let go?
2. What does "God's will" mean to me? How can I begin to trust it?
3. What would it look like if I truly surrendered this situation to God?

4. How does it feel to believe that God *cares* for me—not just generally, but personally?
 5. What am I afraid will happen if I fully turn my life over to God? What might I gain?
-

Activities

Surrender Letter

Write a letter to your Higher Power. Let it all out—your fears, hopes, control issues, regrets. End it by saying:

“I surrender this to You.”

Then fold it, place it in a jar, or tuck it in your Bible or journal. Let it go.

Create a "Surrender Playlist"

Music heals. Create a playlist of songs that remind you to let go and trust. Suggestions: *“Thy Will” by Hillary Scott*, *“Oceans” by Hillsong UNITED*, *“Jesus Take the Wheel” by Carrie Underwood*, *“I Surrender” by Hillsong Worship*

Daily Check-In

Every morning, say:

“God, I trust You with today. Guide my thoughts, my words, and my steps.”

Every night, reflect:

“Where did I hold on too tightly? Where did I trust You well?”

Insights & Truths

- Studies show that **surrendering to a Higher Power** significantly improves mental health, reduces anxiety, and increases emotional resilience.

- People who actively seek to follow God's will rather than their own report **greater satisfaction in relationships, careers, and personal growth.**
 - Letting go of control has been linked to *lower cortisol levels* (aka less stress!)
-

Quotes for Reflection

- *"Let go and let God."* – Recovery wisdom
- *"Trust in the Lord with all your heart and lean not on your own understanding."* – Proverbs 3:5
- *"I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess."* – Martin Luther

My Story – Turning It Over (For Real This Time)

Turning it over wasn't easy for me. I'm a fixer. A doer. A *controller*. For years I thought if I could just try harder, work smarter, hustle faster... I could fix everything. But I couldn't.

Even after I got clean, I stayed in "fix-it" mode. I wanted to manage everyone—my kids, my emotions, my circumstances. But I kept hitting brick walls.

Then one day, I realized:

"I'm sober, but I'm still running the show. No wonder I'm exhausted."

I remember falling to my knees (again), tears running down my face, and praying:

"Jesus, I give You my life. I give You my pain. I give You my future. I trust You—help me trust You more."

And guess what? He did.

Things didn't magically get easy, but my *spirit* changed.

I began to feel peace. Direction. Clarity.

Not because I had all the answers...
But because I finally let the One who *does* take the lead.

Final Words for You

Friend, if you're white-knuckling life right now—clenching your fists around your fears, plans, or past—let me tell you something straight from my heart:

You can loosen your grip. God's got you.

You don't have to figure it all out.
You don't have to do it all perfectly.
You just have to *decide* to trust.

Step Three isn't about instant change. It's about *daily surrender*. Over and over, one breath at a time.

Let go. Let God. You'll be amazed what He can do when you stop standing in the way.

Coming Up Next: Step Four – Looking Within

Time to get honest with ourselves. It's not always easy, but it's *so* worth it. Let's turn the light on together.

Chapter Four

Step Four – Taking an Honest Look Within

Step Four (Everyday Life Edition)

“We made a searching and fearless moral inventory of ourselves.”

The Step That Requires Courage

Step Four is often the step people fear the most—but it is also one of the most freeing.

By the time we reach this step, we’ve already admitted the truth, rediscovered hope, and made the decision to trust God. Now we are invited to turn inward—not to punish ourselves, but to understand ourselves.

Step Four is not about blame.
It is about awareness.

And awareness is where real healing begins.

What an Inventory Really Is

An inventory is simply an honest assessment.

In everyday life, we take inventories all the time—of finances, homes, jobs, and relationships. Step Four asks us to do the same with our inner world.

This step invites us to look at:

- Patterns, not just isolated mistakes
- Reactions, not just actions
- Wounds, not just behaviors

It is not about labeling ourselves as “bad.”
It is about telling the truth with compassion.

Fearless Doesn't Mean Fear-Free

The word *fearless* can feel intimidating.

Being fearless doesn't mean we aren't afraid—it means we don't let fear stop us from telling the truth.

Most of us learned early in life to avoid pain by minimizing, denying, or blaming. Step Four gently challenges those defenses—not to shame us, but to help us grow.

When we stop running from our story, we finally begin to heal it.

Looking at the Whole Picture

Step Four is about balance.

Yes, we look at our resentments, fears, and mistakes—but we also acknowledge survival, strength, and resilience. We look at what hurt us *and* how we responded.

This step helps us see where our pain turned into patterns:

- Where fear led to control
- Where wounds led to anger or avoidance
- Where survival behaviors no longer serve us

Understanding these connections allows us to stop repeating them.

God's Role in Step Four

This is not a step we take alone.

God walks with us through this process, offering clarity instead of condemnation. He already knows our story—nothing we uncover surprises Him.

Inviting God into this step transforms it from self-judgment into self-understanding.

We are not digging for shame.
We are uncovering truth so healing can happen.

When Shame Tries to Speak

Shame often shows up in Step Four, telling us:

- “You should’ve known better.”
- “You’re broken.”
- “This proves something is wrong with you.”

Those voices are not truth.

Step Four reminds us that behaviors often grew out of pain—and pain deserves compassion, not condemnation.

Honesty does not destroy us.
Shame does.

And Step Four gently separates the two.

My Experience with Step Four

For me, Step Four was where I stopped seeing myself only as a victim—or only as the problem—and started seeing the full picture.

I saw where trauma shaped my responses.
I saw where fear fueled my choices.
I saw where control replaced trust.

And instead of being crushed by that truth, I felt relief.

Understanding myself allowed me to stop fighting myself. And that changed everything.

Why This Step Brings Freedom

Secrets keep us sick.
Patterns keep us stuck.
Awareness sets us free.

Step Four clears the fog. It helps us understand *why* we do what we do so we can begin doing something different.

This step is not about tearing yourself apart.
It's about putting the pieces together with honesty and grace.

A Gentle Reminder

You are not your worst moments.
You are not your past.
And you are not defined by what you uncover here.

Step Four is an act of self-respect.
It says, “*My healing matters.*”

Chapter Four Worksheets: Step Four – Time to Turn the Light On

What is Step Four?

Step Four is about **self-examination**—not for punishment, but for *freedom*.

It's time to look in the mirror—not to judge, but to **see clearly**.

To dig beneath the surface. To name what's been buried. To uncover the roots of pain, shame, anger, guilt, fear, pride, and everything in between.

But let's get this straight:

This step is *not* about beating ourselves up.

It's about setting ourselves **free**.

Step Four invites us to get *honest*—not just about the things we've done, but also the things that have been done *to* us. It's about seeing patterns, breaking cycles, and beginning to heal from the inside out.

Why is Step Four Important?

Because you can't heal what you won't face.

1. **It brings truth to the surface.**

What we hide controls us. What we face—God can heal.

2. **It exposes patterns.**

We begin to see the *why* behind our reactions and choices.

3. **It deepens our spiritual life.**

Honesty is the key to intimacy—with God, ourselves, and others.

4. **It clears the path for transformation.**

You can't grow while dragging around unexamined baggage.

How Do We Practice Step Four?

We create a moral inventory—honest, fearless, and full of grace.

That means writing it all down: the good, the bad, the ugly, the beautiful.
Not to dwell on it... but to *deal* with it.

Here's how to begin:

- **Look at resentments.** Who hurt you? Who do you still carry in your heart?
- **Name your fears.** What's been driving you—fear of rejection? Failure? Abandonment?
- **Notice recurring behaviors.** What patterns keep repeating in your relationships and choices?
- **Ask God to reveal what you haven't been able to see.**
“Search me, O God, and know my heart...” – Psalm 139:23

Journal Prompts / Food for Thought

1. Who or what am I still angry or resentful toward? What does that say about my pain?
2. What are my biggest fears? Where did they come from?
3. What behaviors or habits do I keep repeating, even when they hurt me? Why?

4. What are some things I've done that I haven't forgiven myself for?
 5. What lies have I believed about myself? Who told me those lies? Do I still want to carry them?
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Activities

The Inventory List

Divide your paper or journal into five columns:

Who/What	/What Happened/	/How It Affected /Me	/My Part/	/My Truth Today
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Work through past wounds, relationships, decisions, and self-beliefs.
Be honest. Be gentle. Be willing.

Identity Statements

Write down 5 lies you've believed about yourself (ex: "I'm not enough," "I'm broken," "I ruin everything").

Then, next to each one, write a new truth:

"I am enough." "I am healing." "I am not what happened to me."

Speak them out loud. Every day.

The Emotional Backpack

Close your eyes and imagine you're wearing a heavy backpack.

What's in it? Guilt? Shame? Fear? Old beliefs?

Now picture yourself taking it off... setting it down... and walking away lighter.

Truth & Stats

- Suppressed emotions and unresolved trauma are linked to *chronic stress, anxiety, and even physical illness*.
 - Naming your pain has been shown to reduce emotional intensity by *up to 50%* (UCLA Mindfulness Study).
 - Journaling and reflective inventory practices are proven tools in emotional regulation and personal growth.
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Quotes for Reflection

- “If we don’t transform our pain, we will transmit it.” – Richard Rohr
 - “The truth will set you free. But first, it will make you uncomfortable.” – Unknown
 - “Search me, God, and know my heart... lead me in the way everlasting.” – Psalm 139:23–24
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My Story – Looking Within

I’ll be honest... this was the step I resisted the most.

I was scared. Scared of what I’d find. Scared of having to face the real me. Because if I looked too closely, I was sure I’d see nothing but damage.

But that’s not what I found.

Yes, there was brokenness...

But there was also a *girl who survived*. A woman who fought. A soul worth healing.

Writing my inventory was emotional. I cried. I got angry. I forgave.

And for the first time, I saw the difference between **what I had done** and **what had been done to me**.

That right there—*that was the beginning of freedom*.

I didn’t write it all in one day. I took my time. I prayed over it. I let God meet me on the page.

And when I finished, I didn’t feel condemned.

I felt clean.

Seen.

Held.

Loved.

Final Words for You

If this step scares you, you’re not alone. But please hear me:

You’re not doing this to punish yourself.

You’re doing this to *free* yourself.

You've spent enough time running from the pain.
It's time to face it—with honesty, grace, and God by your side.

You are not the worst thing you've ever done.
You are not the worst thing ever done *to* you.
You are *so much more*.

This is the light-switch moment.
Let's stop living in the dark.
Let's start walking in truth.

Coming Up Next: Step Five – Telling the Truth Out Loud

It's time to share your story. Don't worry, you don't have to do it alone. Let's walk into the light together

Chapter Five

Step Five – Bringing the Truth into the Light

Step Five (Everyday Life Edition)

"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

The Step Where Healing Deepens

Step Five is where honesty moves out of isolation and into connection.

Up to this point, much of the work has been internal—admitting the truth, believing in hope, choosing trust, and looking inward. Step Five invites us to **share** what we've uncovered—not to be judged, but to be freed.

This step is not about confession for punishment.
It is about release.

What stays hidden holds power.
What is spoken loses its grip.

Why We Can't Heal Alone

Many of us learned early that it was safer to stay silent. We learned to hide our struggles, minimize our pain, or carry shame alone.

But isolation is where shame thrives.

Step Five reminds us that healing was never meant to be a solo journey. God designed us for connection—not secrecy.

Admitting our truth to another human being breaks the illusion that we are alone in our imperfections.

Telling the Truth to God and Ourselves

Before we ever speak to another person, Step Five asks us to be honest with God and with ourselves.

This isn't new information to God—He already knows our hearts. But something powerful happens when we stop hiding from Him and from ourselves.

Truth spoken aloud changes us.
It moves from thought to reality.
It creates clarity where confusion once lived.

Choosing the Right Person

Step Five is not about oversharing or exposing yourself to harm.

It is about choosing someone safe, trustworthy, and grounded—someone who can listen without judgment and hold your truth with care.

That person might be:

- A sponsor
- A coach or counselor
- A pastor or spiritual mentor
- A trusted, spiritually mature friend

This step is about safety, wisdom, and support—not vulnerability without boundaries.

The Freedom That Comes After

Many people expect Step Five to feel terrifying—and it often does at first.

But what follows is usually relief.

When we stop carrying everything alone, the weight shifts. Shame loses its voice. Self-compassion grows.

Admitting our truth doesn't make us weaker—it makes us lighter.

God's Grace Meets Us Here

Step Five is a meeting place—between honesty and grace.

God does not respond to our confession with condemnation. He responds with mercy, forgiveness, and love.

Scripture reminds us that when we bring things into the light, healing follows. God's grace meets us exactly where we are—not where we pretend to be.

My Experience with Step Five

For me, Step Five was where silence ended.

Speaking my truth aloud—my pain, my mistakes, my fears—felt terrifying. But it also felt like exhaling after holding my breath for years.

Nothing I confessed shocked God. Nothing I shared disqualified me from love.

Instead, I experienced understanding, compassion, and freedom.

The things I once thought defined me no longer controlled me.

When Fear Tries to Stop You

Fear will tell you:

- “They’ll judge you.”
- “You’ll be rejected.”
- “This will change how people see you.”

But Step Five teaches us that secrecy is far more dangerous than honesty.

Healing doesn’t happen in hiding.
It happens in truth.

A Gentle Reminder

You are not the sum of your mistakes.
You are not beyond forgiveness.
And you are not alone.

Step Five is not about exposing yourself—it’s about freeing yourself.

Chapter Five Worksheets: Step Five – Speak It. Free It. Heal It.

What is Step Five?

Step Five is about **bringing the truth into the light**—out loud.

It’s not enough to just write our inventory and keep it hidden. Healing happens when we *speak it*. When we stop carrying our shame in silence and share our story with God, ourselves, and someone we trust.

This is where vulnerability meets freedom.
This is where secrets lose their power.
This is where shame dies and grace lives.

And let's be honest—it's *scary*. Talking about our past, our pain, our wrongs, our regrets? Yeah, that takes guts. But it's one of the **most powerful things you'll ever do**.

Why is Step Five Important?

Because **secrets keep us sick**. And silence keeps us stuck.

1. **It builds self-respect.**

When we face the truth, we stop hiding from ourselves.

2. **It breaks the power of shame.**

Shame thrives in silence. But when we speak it, we take its power away.

3. **It deepens our connection to God and others.**

Vulnerability is how we grow in love, grace, and trust.

4. **It prepares us for real transformation.**

There's something incredibly sacred about being fully seen—and still accepted.

How Do We Practice Step Five?

Step Five asks us to confess three ways:

- **To God** – Through prayer, crying, journaling, or simply speaking. God already knows. But we grow when we say it.
 - **To ourselves** – To fully own it without excuses. *"Yes, I did that."* And then... *"But I'm not that."*
 - **To another person** – Someone safe, kind, and spiritually grounded. This could be a sponsor, coach, mentor, pastor, or trusted friend.
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Journal Prompts / Food for Thought

1. Who do I trust to hear my story without judgment? What do I need from them?
2. What am I most afraid to say out loud? Why?
3. How does it feel to imagine telling God everything—the truth, unfiltered?

4. What would it feel like to be fully seen and still loved?
 5. What part of my story have I kept hidden the longest? How has it affected me?
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Activities

The Truth Talk

Choose a time and place where you feel safe.

Speak your inventory out loud to God. Start with:

“Lord, I’m here. I’m ready to be honest...”

Then go slow. Cry if you need to. Breathe. Let Him hold your heart.

Share Your Story

Pick a trusted person. Ask them to simply *listen*. Tell them you need a safe space to share some of your journey—no advice, just ears and heart.

“I’m working on healing. I just need to be honest with someone. Can I talk to you?”

You’ll be surprised by how freeing it is. And chances are, they’ll share their story too.

Record Yourself

If talking to someone feels too big right now, open a voice note app. Read your inventory aloud. Hearing your voice tell the truth is powerful. You don’t even have to share the recording—just *speaking* it starts the healing.

Insights & Truths

- According to *Dr. Brené Brown*, “Shame cannot survive being spoken. It dies when exposed to empathy.”
- Those who share their stories of pain with a safe person experience *lower levels of stress hormones and greater clarity* than those who keep it inside.
- Confession has been a key part of spiritual practice for thousands of years—for a reason. It creates **relief, renewal, and release**.

Quotes for Reflection

- “Confession is not a punishment. It’s a doorway to freedom.” – Unknown
 - “Healing begins the moment you are heard.” – Unknown
 - “Therefore confess your sins to each other and pray for each other so that you may be healed.” – James 5:16
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My Story – When I Spoke the Truth

I thought I was going to throw up. No joke.

When I sat down to read my inventory out loud to another woman in recovery, I thought:

“She’s going to hate me.”

“She’s going to think I’m beyond help.”

“She’s going to walk out.”

But you know what she did?

She leaned in. She listened. She nodded. She cried with me. She told me *she had done the same things—and worse.*

She didn’t shame me. She didn’t judge me.

She loved me.

And for the first time in a long time, I felt *forgiven*. Not just by God... but by someone who knew the *real me*.

And you know what else?

I forgave myself a little that day too.

Step Five gave me a voice.

It showed me that I wasn’t alone.

And it taught me that vulnerability isn’t weakness—it’s the doorway to freedom.

Final Words for You

Maybe you’re thinking, *“I’ll just skip this one.”*

I get it. It’s scary. It’s raw. It feels exposing. But Kathy’s truth?

What you hide will hurt you.

What you speak will heal you.

You deserve to be known. Not the version of you that performs or pretends...
but the *real you*.

The beautiful, broken, healing you.

Speak your story. Say the hard things.

And watch what happens when grace meets honesty.

You are worthy of being heard.

You are worthy of healing.

You are worthy of love.

Exactly as you are.

Coming Up Next: Step Six – Are We Ready to Change?

We've spoken the truth... now it's time to start letting go of what's been holding us back

Chapter Six

Step Six – Becoming Ready for Change

Step Six (Everyday Life Edition)

“We were entirely ready to have God remove all these defects of character.”

The Step of Willingness

Step Six is quieter than the steps before it—but no less powerful.

By the time we reach this step, we've told the truth, shared it with others, and experienced the relief that comes with honesty. Now we are invited to do something deeper:

Become willing to change.

This step is not about forcing transformation.
It is about opening our hands and hearts.

Readiness Is Not Perfection

Many people misunderstand Step Six, believing they must be fully prepared, fully confident, or fully healed before moving forward.

That isn't what this step asks.

Being “entirely ready” doesn't mean we are fearless or eager. It means we are honest about what is no longer working—and willing to let God do what we cannot.

Readiness often looks like:

- “I don't like this part of me anymore.”
- “I'm tired of repeating the same patterns.”
- “I'm open to something different.”

That willingness is enough.

What Are Character Defects, Really?

Character defects are not moral failures—they are learned responses.

Many of the traits we struggle with today once helped us survive:

- Control protected us from chaos
- Anger protected us from hurt
- Avoidance protected us from pain

- People-pleasing protected us from rejection

Step Six helps us recognize that what once kept us safe may now be keeping us stuck.

This step invites compassion, not condemnation.

God's Role in Change

Step Six makes one thing clear: **we are not responsible for fixing ourselves.**

Our role is willingness.
God's role is transformation.

Trying to remove defects through willpower alone often leads to frustration and shame. But when we allow God to work, change becomes possible in ways we could never force.

God doesn't remove what we're not willing to release—but He never rushes us, either.

Letting Go Without Losing Yourself

A common fear in Step Six is, *"Who will I be without these traits?"*

Control, defensiveness, or perfectionism may feel like part of our identity—but they are not who we are.

Letting go doesn't erase us.
It reveals us.

As God removes what no longer serves us, He strengthens what does—patience, humility, honesty, compassion, and peace.

My Experience with Step Six

For me, Step Six was humbling.

I had to admit that some of the traits I clung to—control, self-reliance, defensiveness—were hurting me more than helping me.

Becoming willing didn't happen all at once. It happened in layers, through prayer, reflection, and repeated surrender.

And slowly, God began replacing old patterns with healthier ones.

When Resistance Shows Up

Resistance is normal in Step Six.

Letting go can feel scary, especially when change threatens what once felt safe. But resistance doesn't mean failure—it means awareness.

God works gently. He meets us exactly where we are, never forcing transformation but always inviting it.

A Gentle Reminder

You don't have to change everything at once.
You don't have to know how God will do the work.

You only have to be willing.

Step Six is not about becoming someone new—it's about becoming who you were meant to be.

Chapter Six Worksheets: Step Six – Ready, Willing... and Human

What is Step Six?

Step Six is about **willingness**. That's it.

It's not about being perfect. It's not about fixing everything overnight. It's about getting to a place where you can honestly say:

"God, I'm ready to let go of what's not serving me anymore."

After Step Five—where we admitted our truths—it's only natural to ask: *Now what?*

Well... *this* is what. We look at those patterns, those wounds, those character defects, and we ask God to start peeling them away.

This step is an invitation.

It's a turning point.

And it's one of the most beautiful moments in the process.

Why is Step Six Important?

Because **awareness without willingness leads nowhere.**

1. **It honors our growth.**

We've named the mess. Now we get to start clearing it.

2. **It reminds us that healing is collaborative.**

We're not doing this alone. God does the heavy lifting. We just have to show up.

3. **It moves us from confession to change.**

Confessing is powerful. But now... we *transform*.

4. **It makes space for the new.**

As we release old habits, thoughts, and reactions, we create room for peace, joy, love, and clarity.

What Are "Character Defects"?

That term might sound harsh, but it simply means the traits or behaviors that **hurt us or others**—even when we don't mean to.

Some examples:

- Resentment
- Jealousy
- Control
- People-pleasing
- Perfectionism
- Self-sabotage
- Passive-aggressiveness
- Shame-driven behavior
- Impulsiveness
- Fear-based thinking

It's not about judgment. It's about *awareness* + *willingness* = *change*.

How Do We Practice Step Six?

- **Pray for willingness.**
Even if you're not fully ready, pray: *"God, make me willing to be willing."*
- **List your patterns.**
What behaviors keep tripping you up? What thoughts hold you back?
Write them down.
- **Talk to someone safe.**
Share what you're working on. Growth is easier with accountability and love.
- **Surrender one thing at a time.**
Don't overwhelm yourself. God doesn't expect perfection—He wants your heart.

Journal Prompts / Food for Thought

1. What are some character traits or patterns that I know are holding me back?

2. Do I truly believe God can help me change them? Why or why not?
 3. Which part of me am I most afraid to let go of? What might happen if I did?
 4. What would it feel like to be free from that old behavior or mindset?
 5. Can I trust God enough to do spiritual surgery in my life?
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Activities

Mirror Work

Stand in front of a mirror and say:

“God, I’m ready to grow. I’m willing to release what no longer serves me. Help me.”

Look yourself in the eyes while you say it. There is power in showing up for yourself.

Pattern Tracker

For one week, keep track of moments when old behaviors show up (ex: snapping in anger, retreating in fear, gossiping, isolating, etc.).

End each day by asking:

- Did I notice the pattern?
- Did I pause?
- Did I ask God for help?

You’re not aiming for perfection—just *awareness* + *willingness*.

Write a Release List

Make a list of everything you want God to help you let go of. Then write:

“God, I am willing to release these to You. One day at a time. One breath at a time.”

Put the list somewhere safe. Or burn it as a symbolic release.

Insights & Truths

- Neuroscience shows that we are *wired for patterns*—but we’re also wired for *growth*. With intention and spiritual connection, we can rewire our thinking.
 - Studies show that practicing willingness to change leads to **higher emotional intelligence, reduced anxiety, and improved relationships**.
 - Jesus often asked, “*Do you want to be healed?*” — not because He didn’t know, but because He wanted people to say *yes*.
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Quotes for Reflection

- “*When the student is ready, the teacher will appear.*” – Buddhist proverb
 - “*God, grant me the serenity to accept the things I cannot change, courage to change the things I can...*” – Serenity Prayer
 - “*Create in me a clean heart, O God, and renew a right spirit within me.*” – Psalm 51:10
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My Story – Becoming Willing

When I first heard this step, I rolled my eyes. “*Entirely ready? Please.*”

There were parts of me I clung to like lifelines—even though they were drowning me.

My temper. My pride. My desperate need for control. My fear of abandonment. They were all tied to *survival*. I believed I *needed* them.

But over time, God showed me:

“These are not protecting you anymore. They’re just preventing you from becoming who I created you to be.”

I didn't become "entirely ready" all at once. But I became **willing**. And that was enough.

I began praying: *"God, I don't know how to let this go—but I'm willing if You'll help me."*

And day by day, He did.

Sometimes through hard conversations. Sometimes through tears. Sometimes through unexpected peace.

But every step brought me closer to freedom.

Final Words for You

Here's the truth, sweet friend:

You don't have to be fully ready.

You just have to be *willing* to let God do what only He can do.

He's not asking for a perfect heart.

He's asking for an *open one*.

If you're holding onto things that are weighing you down—anger, fear, pride, insecurity—this is your moment to say:

"God, I'm willing."

And that willingness?

That's where the miracle begins.

Coming Up Next: Step Seven – Humbly Asking for Help

Now that we're willing, let's invite God to actually do the work. Healing is coming—one surrendered step at a time

Chapter Seven

Step Seven – Practicing Humility

Step Seven (Everyday Life Edition)

“We humbly asked Him to remove our shortcomings.”

The Quiet Strength of Humility

Step Seven is not loud.
It doesn't demand.
It doesn't force.

It simply asks.

After becoming willing in Step Six, Step Seven invites us into humility—not humiliation, not self-criticism, but honest dependence on God.

Humility is the recognition that we need help—and the courage to ask for it.

What Humility Is (and Is Not)

Humility is often misunderstood.

It is **not** thinking less of yourself.
It is **not** shaming yourself for imperfections.
It is **not** pretending you have no strengths.

Humility is thinking of yourself **accurately**.

It's acknowledging both your humanity and God's power. It's releasing the pressure to fix yourself and trusting God to do what only He can do.

Asking, Not Demanding

Step Seven is an invitation to prayerful surrender.

We do not command God to change us.
We ask Him—with openness and trust.

This step shifts us from:

- “I’ll change when I’m ready”
to
- “God, help me become ready”

It’s a posture of the heart, not a performance.

Growth Happens Over Time

God doesn’t remove shortcomings instantly or all at once.

Change happens in layers, over time, often in ways we don’t immediately notice. Patience replaces impulsiveness. Awareness replaces denial. Grace replaces shame.

Step Seven reminds us that transformation is a process—not a one-time event.

God’s Grace, Not Our Effort

This step releases us from the exhausting cycle of self-improvement driven by shame.

We don’t change because we hate who we are.
We change because God loves us too much to leave us stuck.

Grace—not guilt—is the engine of real transformation.

My Experience with Step Seven

Step Seven taught me to stop demanding instant change and start trusting gradual growth.

Each time I asked God to remove a shortcoming, I noticed something shift—not always in circumstances, but in me.

I became more patient.
More aware.
More willing to pause.

God was working, even when I couldn't see it.

When Humility Feels Uncomfortable

Humility can feel vulnerable, especially if independence or control has been your armor.

But asking for help is not weakness—it's wisdom.

Step Seven reminds us that we are not meant to grow alone, and we are not meant to rely solely on ourselves.

A Gentle Reminder

You are not asking God to love you more.
You are asking Him to shape you more.

Step Seven is not about earning grace.
It's about receiving it.

Chapter Seven Worksheets: Step Seven – Humbly Asking for Help

What is Step Seven?

Step Seven is the natural next step after becoming willing—it's where we take that willingness and turn it into **surrender**.

It's where we go to our Higher Power (for me, Jesus) and say,
"I'm ready. Please help me change. I can't do this without You."

This isn't about self-help. It's about **God-help**.

It's not about fixing ourselves. It's about asking God to transform us—from the inside out.

Not through force, but through *humility*. Not with shame, but with *grace*.

It's about acknowledging:

"I can't... but He can."

And inviting Him to do the heart-work only He can do.

Why is Step Seven Important?

Because true change is a spiritual process—not a self-powered project.

1. **It humbles us.**

We recognize that we can't fix spiritual problems with human strength.

2. **It keeps us connected to God.**

Change doesn't happen once. It's a daily walk, hand in hand with our Creator.

3. **It creates real transformation.**

When God removes a shortcoming, He often replaces it with something better—peace, patience, gentleness, strength.

4. **It releases shame.**

We're not groveling—we're growing. This isn't punishment. It's permission to become who we were always meant to be.

What Does It Mean to Be Humble?

Being humble isn't thinking less of yourself—it's thinking of yourself *accurately*.

It's knowing:

- You're not perfect... but you are loved.
- You've made mistakes... but you are redeemable.
- You can't do this alone... but you were never meant to.

Humility opens the door to healing.

Pride slams it shut.

How Do We Practice Step Seven?

- **Pray for transformation.**

Ask: "God, please remove the patterns that no longer serve me. Replace them with Your peace and truth."

- **Admit when you're struggling.**

Don't fake it. God can work with honesty, not pretense.

- **Reflect on God's character.**

He's not an angry judge—He's a loving Father. And He's FOR your healing. Always. ❤️

- **Repeat the Step Seven Prayer (or create your own):**

"My Creator, I am now willing that You should have all of me—good and bad..."

Journal Prompts / Food for Thought

1. What shortcomings or behaviors am I ready to surrender to God?
2. Do I believe God can truly change me? Why or why not?
3. Where do I still try to "fix" myself instead of letting God heal me?
4. What would it feel like to walk in freedom from this old behavior?

5. What would it look like to trust God with *all* of me—good and bad?

Activities

The God Letter

Write a prayer or letter to God that starts with:

“God, I give You the parts of me I’ve tried to fix on my own...”

Then name your struggles, your patterns, your pain. Ask for His help. End it with:

“I trust You to do the healing I cannot.”

Humility in Worship

Play a worship song or spiritual song that reminds you of God’s power and grace.

Suggestions:

- “Give Me Faith” – Elevation Worship
- “Come As You Are” – Crowder
- “You Say” – Lauren Daigle
- “Clean” – Natalie Grant

Let it wash over you. Let it remind you who’s really doing the work.

Daily Surrender Practice

Each morning, say out loud:

“God, today I invite You to remove anything in me that isn’t aligned with love, truth, or peace.”

Each evening, ask:

“Where did I let You lead? Where did I take the wheel?”

End with: “Thank You for walking with me.”

Truth & Encouragement

- A UCLA study found that **spiritual surrender improves emotional recovery** from trauma and life change.
 - People who rely on a Higher Power for transformation report **lower self-blame and greater confidence in long-term healing**.
 - Research shows that *humility* leads to **stronger relationships, less defensiveness, and deeper emotional resilience**.
-

Quotes for Reflection

- “*Humility is not thinking less of yourself, it’s thinking of yourself less.*” – C.S. Lewis
 - “*My Creator, I am now willing that You should have all of me—good and bad.*” – Big Book of AA
 - “*He gives grace to the humble.*” – James 4:6
-

My Story – I Finally Asked

For a long time, I was good at *admitting* my flaws...
but terrible at *asking God to actually help me remove them*.

I’d say things like:

- “That’s just how I am.”
- “It’s too late for me to change.”
- “I’ll always struggle with this.”

But one day, I realized—if I believe in the God of miracles, how can I *not* believe He can transform *me*?

So I started praying:

**“God, take this fear. Take this pride. Take this shame.
I don’t want to carry it anymore.”**

And slowly... it happened. Not all at once. Not perfectly.
But *bit by bit*, I noticed a change.
More peace. More patience. More presence.

Not because I worked harder.
But because I *surrendered deeper*.

Final Words for You

You don't have to fix yourself.
You don't have to carry the shame.
You don't have to keep living in the same loop.

You just have to ask.

Ask humbly. Ask honestly. Ask with hope.

And then let God do what only He can do.
He's already working in you.
You're not broken—you're *becoming*.

Let this be your prayer today:

“God, I give You all of me—my weaknesses, my weariness, my wounds. I trust You to reshape me in love.”

You're already being transformed, one surrendered step at a time.

Coming Up Next: Step Eight – Making Peace with the Past

Now that we've asked God for help, we begin the healing process with others. We face our relationships and make a list of those we've harmed—with grace, not guilt.

Chapter Eight

Step Eight – Becoming Willing to Make Things Right

Step Eight (Everyday Life Edition)

“We made a list of all persons we had harmed, and became willing to make amends to them all.”

Turning Toward Responsibility

Step Eight marks a shift.

Up until now, much of the work has been inward—admitting, believing, surrendering, examining, confessing, becoming willing, and asking God to change us. Step Eight begins to turn our attention outward.

This step is not about shame.
It is about responsibility.

And responsibility, when handled with honesty and humility, is freeing.

Understanding Harm

Harm is not always intentional.

Most of the harm we cause comes from pain, fear, survival, and unhealed wounds. Still, unintentional harm is harm—and acknowledging it matters.

Step Eight invites us to look honestly at how our actions, words, and behaviors have affected others.

Not to punish ourselves.
Not to relive the past.
But to take ownership and prepare for healing.

Making the List

The list in Step Eight is not meant to overwhelm or crush us.

It is simply an honest acknowledgment of people who were hurt—directly or indirectly—by our choices, behaviors, or absence.

This list may include:

- People we hurt through actions or words
- People we neglected or emotionally abandoned
- Relationships damaged by fear, control, or avoidance
- Even ourselves

Clarity—not guilt—is the goal.

Willingness Comes Before Action

Step Eight does not require us to make amends yet.

It only asks us to become **willing**.

Willing to see the truth.
Willing to take responsibility.
Willing to let go of excuses.
Willing to trust God with the process.

For some relationships, willingness comes easily. For others, it takes time.
Both are okay.

Letting Go of Defensiveness

A common obstacle in Step Eight is defensiveness.

We may want to justify our actions, explain our pain, or focus on what others did to us. While our pain is real, Step Eight asks us to focus on **our part**.

This is not about denying what happened to us.
It is about owning what happened *through* us.

And that distinction matters.

God's Guidance Is Essential

Step Eight is not meant to be done alone or rushed.

God's wisdom is essential here—helping us discern:

- Who belongs on the list
- What responsibility looks like
- Where boundaries are needed

Some relationships are unsafe. Some people are unavailable. Some amends may never be possible. God's guidance protects us from causing further harm.

My Experience with Step Eight

Step Eight required honesty and humility.

Seeing my name on my own list was difficult—but necessary. I had harmed myself through neglect, self-betrayal, and staying in places that broke me.

This step helped me understand that healing includes responsibility *and* compassion.

I wasn't beyond repair—and neither were the relationships God was restoring.

When Fear Shows Up

Fear often appears in Step Eight:

- Fear of rejection
- Fear of reopening wounds

- Fear of facing consequences

Fear doesn't mean you're doing it wrong.
It means you're approaching something meaningful.

God does not rush this process. He walks with us through it.

A Gentle Reminder

Step Eight is not about fixing the past.
It's about preparing for freedom.

Taking responsibility clears the path for healing—whether reconciliation happens or not.

What matters is honesty, willingness, and trust.

Chapter Eight Worksheets: Step Eight – Making Peace with the Past

What is Step Eight

Step Eight is where we begin to **heal relationships**—starting with *truth* and moving toward *peace*.

It's not about beating ourselves up for the past.

It's not about reopening old wounds to bleed again.

It's about owning our part, being willing to make it right, and clearing the space where shame and regret once lived.

This step is NOT about fixing everyone else—it's about cleaning up *our side of the street*.

Even if we can't fix everything... we can own our part, grow from it, and invite healing where there's been harm.

Why is Step Eight Important?

Because healing isn't just personal—it's relational.

1. **It teaches accountability.**

We stop blaming and start owning.

2. **It restores dignity.**

There's power in facing our past with grace—not guilt.

3. **It begins repairing broken connections.**

Even if reconciliation isn't possible, we can still create peace in our hearts.

4. It prepares us for freedom.

We can't move forward while dragging unresolved pain behind us.

What Does It Mean to “Harm” Someone?

Harm doesn't always mean abuse or big betrayals (though it can include that). It can also look like:

- Emotional neglect
- Harsh words
- Cutting someone off
- Passive-aggressiveness
- Avoidance
- Lying
- People-pleasing that led to resentment
- Codependency
- Staying silent when someone needed us to speak up

It's not about shame—it's about *awareness*. We harmed others because *we were hurting, too*. This step is how we *stop the cycle*.

How Do We Practice Step Eight?

- **Make a list.**
Start writing down names—people you may have hurt (intentionally or not), and even institutions or communities.
- **Reflect, not obsess.**
Don't spiral into shame. Just notice your part.
- **Pray for willingness.**
Even if you're not ready to make amends yet, ask God to prepare your heart.
- **Include yourself.**
Yep—you may need to make amends to *you*. You're on the list, too.

Journal Prompts / Food for Thought

1. Who have I hurt, let down, or harmed—directly or indirectly?
2. What was happening in *me* when I acted that way?
3. Am I willing to be honest and humble about my part?
4. What fears come up around making amends?
5. What would it feel like to finally release that burden and walk in peace?

Activities**Create Your Amends List**

Set up two columns in your journal:

Person or Group / My Part (Short Description)

Mom	Ignored her calls during my using, lied to her
Myself	Spoke to myself with shame, broke boundaries
Former Friend	Cut her off instead of communicating

Don't rush. Pray through it. Write what comes, without editing or excusing. Just get it down.

"I Release You" Ritual

Light a candle. For each name on your list, say silently or aloud:

"I acknowledge my part. I release the shame. I invite healing."

This practice helps create inner peace even before you speak to them.

Forgiveness for Self

Write a letter to *yourself*—forgiving the version of you that didn't know better, was in pain, or acted out of fear.

You don't just need to make peace with others—you need to make peace with *you*, too.

Insights & Truths

- Psychologists have found that **writing letters of apology (even if never sent)** significantly reduces anxiety and improves self-esteem.
- Spiritual practices of confession and amends are associated with **higher levels of emotional resilience and reduced symptoms of depression.**
- Making amends has been shown to **strengthen relationships, increase empathy**, and help people recover their sense of self-worth.

Quotes for Reflection

- *“Apologizing doesn’t always mean you’re wrong—it means you value the relationship more than your ego.”*
 - *“Holding onto anger or shame is like drinking poison and expecting someone else to die.”* – Recovery Wisdom
 - *“If it is possible, as far as it depends on you, live at peace with everyone.”*
– Romans 12:18
-

My Story – Making My List

This was one of the hardest steps... and one of the most healing.

I remember looking at the blank page, not knowing where to start. The shame bubbled up fast. The *“you’re a terrible person”* lies tried to shout louder than the truth.

But then I remembered:

I’m doing this because I *want to be free*.

Not to punish myself—but to set myself up for healing.

I wrote names that made me cry.

People I ghosted. People I yelled at. People I manipulated.

I wrote “Mom and Dad”—even though they were gone.

I wrote “myself.” That one hurt the most.

But you know what?

God met me in that list.

Not with condemnation...

But with *compassion*.

He reminded me:

“You’re not your past. But you’re responsible for your healing.”

And that gave me courage to keep going.

Final Words for You

Friend, I know this step might stir up some emotion. That’s okay. It means you care. It means you’re ready to grow.

You are not defined by who you used to be.

You are not the worst thing you’ve ever done.

You are capable of making peace with your past—one name, one breath, one prayer at a time.

Make your list with grace.

Pray for willingness.

And trust that you don’t walk this path alone.

Healing is coming. And you’re doing beautifully.

Coming Up Next: Step Nine – Making the Amends (With Love, Not Guilt)

We’ve made the list—now it’s time to take brave action and restore what we can. It’s not about being perfect—it’s about being *willing*. Let’s step into the healing together.

Chapter Nine

Step Nine – Making Amends with Wisdom and Grace

Step Nine (Everyday Life Edition)

“We made direct amends to such people wherever possible, except when to do so would injure them or others.”

Where Willingness Becomes Action

Step Eight prepared the heart.
Step Nine moves the feet.

This is the step where intention becomes action—where responsibility becomes repair. It is not about perfection. It is not about forcing reconciliation. It is about doing what is right, as guided by God, with humility and courage.

Amends are not apologies alone.
They are changed behavior.

What an Amends Really Is

An apology says, *“I’m sorry.”*
An amends says, *“I will live differently.”*

Step Nine is not about defending our past or explaining away our behavior. It is about acknowledging harm and taking responsibility without conditions.

True amends include:

- Owning our part clearly
- Not blaming others
- Not expecting forgiveness
- Accepting whatever response comes

It is an act of integrity.

Direct, But Not Reckless

The step includes an important boundary:

“Except when to do so would injure them or others.”

Not every amends should be made face-to-face.

Not every relationship is safe to revisit.

God’s wisdom matters here.

Some amends are made directly through conversation.

Some are made indirectly through changed behavior.

Some are made quietly through prayer and living differently.

The goal is healing—not reopening wounds.

Amends Without Expectations

One of the hardest parts of Step Nine is releasing outcomes.

We may hope for forgiveness.

We may long for reconciliation.

We may want closure.

But Step Nine teaches us to do what is right without demanding a specific result.

Our responsibility is honesty.

God handles the rest.

Living Amends

Sometimes the most powerful amends are not spoken—they are lived.

Showing up consistently.

Keeping commitments.

Choosing honesty where we once chose avoidance.

Choosing kindness where we once reacted in anger.

A changed life speaks louder than any apology ever could.

My Experience with Step Nine

Step Nine required courage.

There were conversations that humbled me. There were relationships that healed. And there were some that did not return to what they once were.

But something inside me changed.

I no longer had to carry the weight of unfinished responsibility. I could stand on integrity instead of regret.

Making amends didn't erase my past.
It redeemed it.

When Fear or Shame Tries to Return

Fear may whisper:

- “What if they reject you?”
- “What if this makes things worse?”
- “What if they remind you of everything you did wrong?”

But Step Nine is not about reliving shame—it's about releasing it.

When amends are made with humility and wisdom, they create freedom—regardless of the response.

Boundaries Still Matter

Making amends does not mean tolerating abuse.
It does not mean re-entering toxic situations.
It does not mean sacrificing your safety or peace.

Forgiveness and reconciliation are not the same thing.

Healthy boundaries and humility can coexist.

A Gentle Reminder

Step Nine is about integrity.

It is about becoming someone who owns their story without hiding, minimizing, or running.

You cannot control how others respond.
But you can control who you become.

And that is powerful.

Chapter Nine Worksheets: Step Nine – Making Amends (With Love, Not Guilt)

What is Step Nine?

Step Nine is where **words become action**.

It's the part of the journey where we begin to *repair the damage, close the loops,* and *restore peace* wherever possible.

This step isn't just about saying "I'm sorry."

It's about saying:

"I see how I hurt you. I take full ownership. I want to make it right."

But here's the key:

We do it with **wisdom, humility, and love**—*not guilt or shame*.

Sometimes amends mean a conversation.

Sometimes it's a letter.

Sometimes it's a boundary.

And sometimes, it's simply releasing a burden in our hearts when contact isn't possible or safe.

Why is Step Nine Important?

Because true healing includes **restoration**—as much as it's up to us.

1. **It gives closure.**

For them, and for us. Even if they don't forgive, we've done our part.

2. **It rebuilds broken trust.**

Action speaks louder than promises. We start to become trustworthy again.

3. **It sets us free.**

We're no longer carrying the weight of regret, shame, or avoidance.

4. **It honors the humanity in others.**

Even if they don't respond the way we hope, we've acknowledged their pain with dignity.

How Do We Practice Step Nine?

- **Start with your Step Eight list.**

Choose a few names and pray over each one. Ask for clarity, wisdom, and peace.

- **Consider timing, tone, and safety.**

Not all amends happen face-to-face. Sometimes a letter or symbolic act is better.

- **Pray for humility.**

"God, guide my words. Prepare their heart. Help me to approach this with grace and truth."

- **Let go of expectations.**

We can't control how others respond. We can only control how we show up—with love, honesty, and responsibility.

Journal Prompts / Food for Thought

1. Who on my list am I ready to make amends to? Why them first?

2. What do I want to say—and what is my *motivation* for saying it? (Clarity? Control? Closure?)
 3. Am I prepared to own my part *without blaming* or justifying?
 4. What amends can I not make directly? How can I release those symbolically?
 5. What would it feel like to walk through life with no secrets or regrets holding me back?
-

Activities

Write Your Amends Out First

Before you make the amends in person or through a call/text/email, **write it out**. Include:

- What you did
- How it may have impacted them
- A sincere acknowledgment of their feelings
- A request to make things right (if possible)
- A respectful release if they're not open to reconnect

Practice saying it aloud. Ask God to help you speak with love, not fear.

Symbolic Amends

For people you can't reach—because they've passed away, it's unsafe, or the situation is too fragile—write a letter you'll never send.

Then, pray over it. Light a candle. Burn it or place it somewhere sacred.

Healing doesn't require their permission. Closure can happen between *you and God*.

Mirror Amends

Look yourself in the mirror. Say:

“I forgive you. I love you. I release you from the pain of the past.”

Because sometimes, *you* are the one who needs to hear it most.

Insights & Encouragement

- Making amends (when done safely and intentionally) can **improve emotional health, self-esteem, and relational satisfaction**, according to research by the Greater Good Science Center.
 - Forgiveness studies show that taking responsibility increases the *likelihood of reconciliation by over 70%*, even when full healing doesn't happen.
 - Many people report their first amends as **one of the most spiritually powerful moments** of their lives. Why? Because it's vulnerability in action.
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Quotes for Reflection

- *“An apology is the superglue of life. It can repair just about anything.”* – Lynn Johnston
 - *“Do all that you can to live in peace with everyone.”* – Romans 12:18
 - *“True amends isn't just saying sorry. It's showing up differently.”* – Unknown
-

My Story – The Amends That Shook Me

Some amends were easy—little things like “I'm sorry I snapped at you.” Others? Not so much.

There were people I'd ghosted. Lied to. Hurt in ways that made me *cringe* just thinking about it.

I remember making an amends to someone I had deeply wounded with my words. My voice shook. I wanted to run. But I took a deep breath and said: **“I hurt you. I see it now. I'm not here to defend myself. I'm here to say I'm sorry—and to ask if there's anything I can do to make it right.”**

They cried.

I cried.

And though we didn't become best friends again, a wall came down. We found peace.

Other times, I made amends and the person didn't want to hear it. That hurt. But I remembered:

I'm doing this for God, for me, and for the sake of peace. Not approval.

Each act of amends chipped away at the guilt and regret I carried. And slowly, *freedom* replaced the weight I'd held for years.

Final Words for You

Amends isn't about perfection—it's about *progress in love*.

It's not about being liked—it's about being *honest*.

You don't have to do this alone.

Invite God into every word, every name, every step.

Ask Him to go before you, soften hearts, and give you courage.

And remember:

Making peace with your past gives you full permission to embrace your future.

You are healing.

You are growing.

You are becoming the person you were always meant to be.

And this?

This is part of the miracle.

Coming Up Next: Step Ten – Staying Free Every Day

We've made the amends—now let's keep the peace. Step Ten teaches us how to stay spiritually and emotionally clean in our daily lives.

Chapter Ten

Step Ten – Living in Ongoing Awareness

Step Ten (Everyday Life Edition)

“We continued to take personal inventory and when we were wrong promptly admitted it.”

Freedom Is Maintained, Not Achieved Once

By the time we reach Step Ten, much has changed.

We’ve admitted the truth.

We’ve found hope.

We’ve surrendered.

We’ve examined ourselves.

We've confessed.
We've become willing.
We've asked for change.
We've taken responsibility.
We've made amends.

Step Ten reminds us that growth is not a finish line—it's a lifestyle.

Freedom is not something we achieve once and keep automatically. It's something we maintain through awareness, honesty, and humility.

Continuing the Practice

Step Ten is beautifully simple and deeply powerful.

It asks us to stay aware.

Instead of letting resentment build for years, we address it quickly.
Instead of hiding mistakes, we admit them promptly.
Instead of denying patterns, we pay attention to them.

This step keeps our hearts clean and our relationships clear.

What Ongoing Inventory Looks Like

Taking personal inventory daily doesn't mean obsessing over flaws or becoming self-critical.

It means asking gentle, honest questions:

- Was I kind today?
- Was I honest?
- Did I react out of fear or trust?
- Do I owe anyone an apology?

It's awareness without shame.

Step Ten protects us from drifting back into denial or pride.

Prompt Admission Brings Peace

The phrase “*promptly admitted it*” matters.

When we delay admitting wrongs, pride grows. Resentment builds. Shame lingers.

But when we admit mistakes quickly—whether to God or another person—we stop small problems from becoming large ones.

Prompt honesty keeps our conscience clear.

Humility as a Daily Habit

Step Ten teaches us that humility isn’t a one-time experience—it’s a daily posture.

We will still make mistakes.

We will still react imperfectly.

We will still have moments of weakness.

But we no longer stay stuck in them.

Humility allows correction without collapse.

God’s Ongoing Work

Growth doesn’t stop at Step Nine.

God continues shaping us. He reveals patterns gently. He nudges us toward maturity. He corrects us with love.

Step Ten keeps us responsive to that guidance.

Instead of resisting correction, we welcome it.

My Experience with Step Ten

Step Ten changed my daily rhythm.

I stopped carrying guilt for weeks or months. I learned to pause and ask, “*Was that aligned with who I want to be?*”

When I was wrong, I admitted it. When I needed to apologize, I did. When resentment tried to build, I addressed it.

It didn’t make me perfect.
It made me free.

When Ego Tries to Return

Growth can quietly invite pride.

After making amends and rebuilding relationships, it’s easy to think, “*I’ve arrived.*”

Step Ten protects us from that illusion.

It reminds us that we are always growing. Always learning. Always dependent on God’s grace.

A Gentle Reminder

You are not expected to be flawless.

You are invited to be honest.

Step Ten is not about constant self-evaluation in fear—it’s about consistent self-awareness in peace.

It keeps your heart clear, your conscience light, and your relationships healthier.

Chapter Ten Worksheets: Step Ten – Staying Free Every Day

What is Step Ten?

Step Ten is all about **maintenance**.

We've done so much healing work already—facing the past, releasing shame, and making amends. Step Ten helps us keep that progress going by **checking in regularly**, making course corrections, and staying spiritually clean.

Think of it like **emotional hygiene**: just like we brush our teeth every day to stay healthy, we do Step Ten to stay emotionally, mentally, and spiritually healthy.

It's not about being perfect. It's about being *present* and *accountable*.

Why is Step Ten Important?

Because freedom isn't a one-time event—it's a daily practice.

1. **It keeps our side of the street clean.**
We're less likely to carry resentment, guilt, or shame.
 2. **It helps us grow in self-awareness.**
We notice patterns faster—and correct them sooner.
 3. **It prevents emotional buildup.**
No more stuffing things down until they explode.
 4. **It strengthens our relationships.**
Prompt amends = deeper trust and healthier communication.
-

How Do We Practice Step Ten?

- **Daily check-ins**
Ask: "Where did I show up well today? Where did I fall short?"
 - **Admit wrongs quickly**
Don't wait. If you hurt someone, say sorry. If you mess up, own it. Promptly.
 - **Pray for guidance**
"God, show me where I need to make things right today."
 - **Journal honestly**
Your journal is your safe space for growth, reflection, and grace.
-

Journal Prompts / Food for Thought

1. What went well today? Where did I act in love and integrity?
 2. Did I hurt anyone today—intentionally or unintentionally?
 3. Did I take care of myself emotionally and spiritually?
 4. Did I ignore any red flags, gut feelings, or nudges from God?
 5. Is there anyone I need to apologize to or talk with tomorrow?
-

Activities

The 10-Minute Nightly Inventory

Every night, take 10 minutes to reflect:

What did I do well?

What could I have done better?

Do I owe anyone an apology?

What do I need to release before bed?

This keeps your heart light and your conscience clear.

Accountability Texts

Find a trusted friend, sponsor, or mentor. Send a quick daily or weekly check-in like:

“Today was rough. I snapped at someone at work. I already apologized. Praying for patience tomorrow.”

Doing life in honest community = strength.

“Inventory Walks”

Take a quiet walk with no phone. Just breathe and ask:

- “God, is there anything You need to show me today?”
- “Is there something I need to make right?”
- “Is there a blessing I missed?”

Let your steps become prayers.

Truths & Encouragement

- Studies show that **daily self-reflection** leads to increased emotional intelligence and decreased impulsive behavior.
- Promptly admitting wrongs prevents resentment buildup and **strengthens emotional resilience**.

- Step Ten is often referred to as “the step that keeps us free.” Because it *protects* the healing we’ve worked so hard for.
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Quotes for Reflection

- “*Small daily improvements are the key to staggering long-term results.*” – Robin Sharma
 - “*Search me, O God, and know my heart...*” – Psalm 139:23
 - “*A clear conscience is the softest pillow.*” – Unknown
-

My Story – Learning to Stay Clean

I used to let things build up until I exploded—or imploded. I’d hold in resentment, guilt, or frustration and pretend everything was fine... until it wasn’t.

Step Ten taught me a better way. A *gentler* way.

Now, I pause. I reflect. I ask:

“God, did I show up with love today?”

“Is there anything I need to clean up?”

And when I mess up—which still happens!—I try to make it right *quickly*, before the shame can take root.

This step has brought me *so much peace*.

Not because I’m perfect—but because I’m *present* and *accountable*.

And that has been a game-changer for my soul.

Final Words for You

Step Ten is how we stay spiritually light.

It’s the step that keeps us clean—not just from substances or behaviors, but from resentment, self-deception, and emotional weight.

You don’t have to carry yesterday into today.

You don’t have to live under guilt or shame.

You just have to pause, reflect, and invite God into your growth.

So tonight, take a breath.

Ask the hard questions.

Celebrate the good.

And rest in the grace that says:

“You’re growing. You’re learning. You’re healing.”

One day at a time. One inventory at a time. One beautiful, honest breath at a time.

Coming Up Next: Step Eleven – Aligning with God Daily

We’ve cleaned house... now we fill it with peace. Step Eleven is all about deepening our connection with our Higher Power through prayer, meditation, and intentional living

Chapter Eleven

Step Eleven – Deepening Our Connection with God

Step Eleven (Everyday Life Edition)

“We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.”

The Step That Sustains Everything

If the earlier steps cleared the ground and rebuilt the foundation, Step Eleven strengthens the relationship.

This step is not about fixing behavior.
It is about deepening connection.

Recovery is not sustained by willpower alone. It is sustained by relationship—
with God, with truth, and with spiritual awareness.

Step Eleven keeps that connection alive.

Conscious Contact

The phrase “*conscious contact*” is simple but powerful.

It means being aware of God—not just believing in Him, but actively seeking Him.

It is choosing presence over distraction.
Listening instead of rushing.
Trusting instead of striving.

Conscious contact is not reserved for quiet mornings or church pews. It can happen in traffic, in conversations, in hard decisions, and in ordinary moments.

It is the awareness that God is near.

Prayer as Conversation

Prayer is not performance.
It is conversation.

It doesn't require perfect words or polished language. It requires honesty.

Sometimes prayer is gratitude.
Sometimes it is surrender.
Sometimes it is silence.
Sometimes it is simply, “*God, help.*”

Step Eleven shifts prayer from a crisis response to a daily rhythm.

Meditation as Listening

If prayer is speaking, meditation is listening.

In a world full of noise, stillness is rare. But stillness is where clarity grows.

Meditation doesn't have to be complicated. It can be:

- Sitting quietly for a few minutes
- Reflecting on scripture
- Breathing deeply and inviting peace
- Paying attention to God's gentle nudges

Listening creates space for guidance.

Seeking God's Will

Step Eleven teaches us to pray differently.

Not:

- "God, make this happen."
But:
- "God, show me Your will."

Not:

- "Change everyone else."
But:
- "Change me."

This shift transforms our spiritual life. We stop trying to control outcomes and start seeking alignment.

And when we align with God's will, peace follows—even if circumstances remain uncertain.

The Power to Carry It Out

Step Eleven is not just about knowing what is right—it's about receiving strength to live it.

We don't just ask for direction.
We ask for power.

God's will often requires courage, patience, humility, or restraint. On our own, we may fall short. But with His strength, we are able to live differently.

Step Eleven reminds us that spiritual growth is supported by divine strength—not human effort alone.

My Experience with Step Eleven

Step Eleven changed the texture of my days.

Instead of reacting to life, I began responding from a place of connection. I started each day grounded in prayer and ended it with reflection.

When anxiety rose, I paused instead of spiraling. When decisions felt overwhelming, I asked for guidance instead of forcing answers.

The more I practiced conscious contact, the steadier I became.

Not perfect.
Not immune to struggle.
But anchored.

When Spiritual Dryness Happens

There will be days when prayer feels distant. When silence feels empty. When God seems quiet.

Those days do not mean failure. They mean you are human.

Connection deepens through consistency—not emotion.

Keep showing up. Keep praying. Keep listening.

God honors persistence.

A Gentle Reminder

Step Eleven is not about becoming more religious.
It is about becoming more connected.

The goal is not performance.
The goal is relationship.

You are invited into daily conversation with the One who created you, loves you, and guides you.

That connection changes everything.

Chapter Eleven Worksheets: Step Eleven – Aligning with God Daily

What is Step Eleven?

Step Eleven is about **relationship**.

Not religion. Not routine. But real, ongoing connection with God—every single day.

This is the step where we move from surviving to *thriving*.

We stop running on our own strength... and start walking in *alignment*.

We stop reacting... and start responding with *peace*.

We stop wondering what to do... and start listening for God's *gentle voice*.

Step Eleven helps us grow spiritually and emotionally by building **conscious contact** with our Creator.

Why is Step Eleven Important?

Because healing isn't just about letting go of the old—it's about *welcoming in the new*.

1. **It centers us.**

Life gets noisy. Step Eleven brings us back to the still, quiet place where God speaks.

2. **It gives us guidance.**

We stop guessing and start asking, "*God, what's Your will for me today?*"

3. **It empowers us.**

We're not just praying for peace—we're praying for the power to *live it out*.

4. **It creates serenity.**

When we stay spiritually connected, we feel less anxious, less reactive, more grounded.

How Do We Practice Step Eleven?

- **Prayer** – Talk to God like He's right there (because He is). Speak honestly, simply, and from the heart.
 - **Meditation** – Learn to *listen*. Quiet your thoughts. Sit in stillness. Let your spirit breathe.
 - **Journaling** – Write your prayers, reflections, and what you feel God is saying to you.
 - **Scripture or spiritual reading** – Feed your soul. Let His Word guide your thoughts and choices.
 - **Morning surrender & evening reflection** – Bookend your day with intentional connection.
-

Journal Prompts / Food for Thought

1. What does “conscious contact with God” mean to me today?
 2. How can I slow down enough to *listen* for God's direction?
 3. What areas of my life am I still trying to control instead of seeking God's will?
 4. When do I feel closest to God? How can I create more of those moments?
 5. What would it look like to truly live in alignment with God's will for me?
-

Activities

Morning Alignment Prayer

Before your feet hit the floor, pray:

“God, guide me today.

Show me Your will, not mine.

Fill me with Your peace, and give me the power to walk in it.”

Let this become your morning rhythm.

Scripture & Stillness

Pick a verse that speaks to you (suggestions below).

Read it slowly. Sit in silence. Ask, “*God, what are You saying to me through this today?*”

Scripture ideas:

- Psalm 46:10 – “*Be still and know that I am God.*”
 - Proverbs 3:5–6 – “*Trust in the Lord with all your heart...*”
 - Isaiah 30:21 – “*This is the way, walk in it.*”
-

Guided Listening Journal

Each day, write:

- “*God, what do You want to show me today?*”

- Sit quietly and write what you feel or sense. No overthinking. Just let it flow.
This is how you build spiritual confidence and recognize His voice.
-

Truths & Encouragement

- According to Harvard Medical School, prayer and meditation lower blood pressure, improve mood, and enhance emotional stability.
 - Studies on daily spiritual practices show a **dramatic increase in resilience, optimism, and purpose.**
 - Those who regularly seek spiritual connection report **lower relapse rates** and higher life satisfaction in recovery and mental health journeys.
-

Quotes for Reflection

- *“Prayer is simply talking to God about what we’re doing together.”* – Dallas Willard
 - *“Don’t worry about having the right words. God knows your heart.”* – Unknown
 - *“Your word is a lamp for my feet, a light on my path.”* – Psalm 119:105
-

My Story – Finally Listening

Early in my recovery, I *talked* to God... a lot.
I begged. Pleaded. Bargained. Asked for help constantly.
But I didn’t know how to *listen*.

Step Eleven changed that.

One morning, I decided to sit quietly and ask,
“God, what do You want to say to me today?”
I waited... and the first word that came was: *peace*.
Just one word—but it calmed my entire spirit.

Over time, I learned that God’s voice isn’t loud or pushy.
It’s gentle. Loving. Firm when it needs to be.
But always full of *grace*.

Now, my mornings are sacred. Not always perfect, but *anchored*.
Even five minutes of prayer and stillness can shift my whole day.
Because when I start with God, I'm not just reacting to life...
I'm *responding with intention*.

Final Words for You

Step Eleven isn't about getting it all right.
It's about *showing up*.
Just you, God, and a willing heart.

You don't have to use fancy words.
You don't have to sit in perfect stillness.
You just have to say:
"God, I want to walk with You today."

Let Him into your morning.
Let Him into your stress.
Let Him into your goals, your decisions, your pain, your joy.

The more you align with His will,
the more *peace, purpose, and clarity* you'll walk in.

You were never meant to do life alone.
And the good news?
You don't have to.

Coming Up Next: Step Twelve – Living It & Giving It Away

We've been transformed... now it's time to share the gift. Step Twelve is about living the message and helping others find their healing too.

Chapter Twelve

Step Twelve – Living It and Giving It Away

Step Twelve (Everyday Life Edition)

"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 all our affairs."

The Step That Brings It Full Circle

Step Twelve is not an ending.
It is a beginning.

After walking through surrender, honesty, humility, amends, and deepened connection with God, something shifts. You are no longer the same person who started this journey.

You may not be perfect.
You may not have everything figured out.

But you are awake.

And awakened people do not keep hope to themselves.

What a Spiritual Awakening Really Means

A spiritual awakening does not have to be dramatic.

It often looks like:

- Peace where chaos once lived
- Clarity where confusion once ruled
- Compassion replacing bitterness
- Faith replacing fear

It is not about becoming extraordinary.
It is about becoming aligned.

You begin to see differently.
Respond differently.
Live differently.

And that difference becomes visible to others.

Carrying the Message

Step Twelve calls us to share—not from superiority, but from gratitude.

Carrying the message doesn't mean preaching.
It means living in a way that reflects hope.

It might look like:

- Listening without judgment
- Offering encouragement
- Sharing your story honestly
- Supporting someone who is struggling

Your life becomes the message.

Service as Strength

Service is not about proving your worth.
It is about expressing gratitude.

When we help others, something happens inside us. Our perspective widens.
Our faith deepens. Our humility strengthens.

Service keeps us connected to the truth that we are all human—and we all need grace.

And often, the person we help ends up helping us.

Practicing These Principles in All Our Affairs

This part of Step Twelve is easy to overlook—but it is essential.

It's not enough to apply these principles only in recovery spaces or spiritual moments.

We practice them:

- In our homes
- In our workplaces
- In our friendships
- In conflict
- In disappointment
- In success

Integrity means living consistently—not perfectly, but honestly.

The steps become a way of life.

My Experience with Step Twelve

When I first began recovery, I just wanted relief.

I never imagined that my story would become something I could use to help others.

But over time, I realized that everything I had walked through—every mistake, every surrender, every prayer—was not wasted.

God used it.

Carrying the message didn't mean having all the answers. It meant showing up honestly and offering hope.

And in helping others, my own healing deepened.

Staying Grounded

Step Twelve is beautiful—but it carries a quiet responsibility.

We do not become saviors.

We do not carry others in ways that only God can.

We remain humble, connected, and dependent on Him.

Service flows from overflow—not from exhaustion.

When we stay rooted in prayer and connection, our giving stays healthy.

A Gentle Reminder

You do not need a perfect story to help someone.

You only need honesty.

Your journey matters.

Your growth matters.

Your faith matters.

And someone else is watching, hoping that change is possible.

The Journey Continues

Step Twelve does not close the book on recovery—it keeps it open.

The steps are not linear. You will revisit them. You will deepen in them. You will grow through them again and again.

But now you walk forward differently.

Awake.

Anchored.

Aligned.

And willing to share hope.

Final Words

If you have walked through these steps—even imperfectly—you have done brave work.

You have told the truth.

You have surrendered control.

You have sought connection.

You have taken responsibility.

You have grown in humility and faith.

And now you live differently.

That is transformation.

Keep practicing.

Keep praying.

Keep showing up.

And never forget—what God has done in you, He can do in others.

You are living proof.

Chapter Twelve Worksheets Step Twelve – Living It & Giving It Away

What is Step Twelve?

Step Twelve is the **full-circle moment**.

It's where everything we've learned, healed, and surrendered becomes something we **live out—and share**.

It's not about preaching.

It's not about being perfect.

It's about saying:

“This is what helped me. Maybe it could help you, too.”

It's about becoming a **light** for others... because we know what it's like to walk in the dark.

It's about living what we've learned, not just for ourselves—but for *everyone* we meet.

Why is Step Twelve Important?

Because freedom isn't just something we keep—it's something we **share**.

1. **It gives our pain purpose.**

Nothing we've walked through is wasted when we use it to help someone else.

2. **It keeps us growing.**

When we help others, we stay accountable to our own journey.

3. **It builds community.**

Recovery, healing, and growth happen in *connection*. This step draws us into service and love.

4. **It reflects the heart of God.**

Jesus didn't just heal—He taught, loved, gave, and invited others into wholeness. We're called to do the same.

How Do We Practice Step Twelve?

You don't need a platform or a title.

You just need a **willing heart** and a story you're no longer ashamed to tell.

- **Share your journey.**

Tell someone what helped you. Invite them to coffee. Listen. Love. Be real.

- **Sponsor, mentor, or support someone.**

Pass on the grace that was given to you. Help someone through their own steps.

- **Live the message.**

Be a living example of what recovery, healing, and surrender look like. Let your peace preach.

- **Keep practicing the steps.**

These aren't one-and-done—they're a way of life. Keep showing up.

Journal Prompts / Food for Thought

1. Who in my life could benefit from hearing what I've learned?
 2. What does "carrying the message" mean to me personally?
 3. Where can I serve others with love, empathy, and grace?
 4. How have I been spiritually awakened? What has changed in me?
 5. How can I live these principles—*every day, in every area of my life*?
-

Activities

Write Your Transformation Testimony

Take a moment to reflect and write down:

- Where you were
- What changed
- What helped
- Where you are now
- What you hope to pass on

This becomes your recovery elevator speech—short, honest, and powerful.

The Ripple Effect

Draw a ripple in your journal—a center circle surrounded by expanding rings. In the center, write “*Me, healed.*”

In the outer rings, write how your healing is (or could be) impacting:

- Your kids
- Your friendships
- Your marriage
- Your community
- Future generations

Every act of healing causes a ripple.

Live It List

Write a short list titled: “**Ways I Can Live This Message Today**”

Examples:

- Speak kindly to myself and others
- Listen without judgment
- Show up on time and with love
- Be honest even when it’s uncomfortable
- Offer encouragement, not advice

Then go do them.

Encouraging Truths

- Research shows that those who serve others in recovery programs are **more likely to maintain long-term healing and purpose.**
- People who mentor or help others experience a **greater sense of meaning, reduced depression,** and *stronger spiritual connection.*
- Even small acts of service—like listening, sharing, or showing kindness—can **change lives.**

Quotes for Reflection

- “You only keep what you have by giving it away.” – Recovery Wisdom
- “Let your light shine before others...” – Matthew 5:16
- “Our job is to love others without stopping to check if they’re worthy.” – Thomas Merton

My Story – Giving It Away

When I first got clean, I thought I had to *hide* my story.
That people would judge me. That I’d be disqualified.

But over time, I realized...

My story is not my shame. It’s my strength.

Every wound I thought would break me became a bridge to someone else’s healing.

Now, I get to walk alongside women in recovery. I get to coach, teach, pray, and love others *where they are*.

I get to live out the message—not because I’m perfect... but because I’m **free**.
And friend, there’s no greater feeling than knowing your past pain is being used for *God’s glory*.

You don’t have to wait to be “ready” to help someone.

You just have to be *willing*.

Tell the truth. Love deeply. Walk humbly. That’s what Step Twelve is all about

Final Words for You

You made it through the Twelve Steps—one courageous, healing, grace-filled moment at a time.

And now... you are becoming someone’s *answered prayer*.

You don’t need to be loud. You don’t need to be famous.

You just need to be *real... willing... awake*.

Let your life be the evidence.

Let your story be the hope.

Let your heart be open.

And let the steps be *a way of life*.

Keep praying.

Keep growing.

Keep giving it away.

Because the world needs more people like you.

Closing Chapter

The Other Side of Surrender

If you have walked through these pages slowly, honestly, even imperfectly—something in you has shifted.

You may not feel dramatically different.
You may still have questions.
You may still be healing in places that ache.

But you are not who you were when you started.

And that matters.

This Was Never About Perfection

These steps were never about becoming flawless.

They were about becoming honest.
Becoming willing.
Becoming aligned.

They were about learning that surrender is not weakness.
That humility is not humiliation.
That responsibility is not condemnation.
That faith is not blind—it is courageous.

You didn't walk this journey to become perfect.

You walked it to become free.

The Pattern That Changed Everything

Look at what has happened:

You admitted you couldn't do it alone.
You allowed hope back in.
You chose to trust.
You faced your story.
You brought truth into the light.

You became willing to change.
You asked God for help.
You took responsibility.
You made things right where you could.
You stayed aware.
You deepened your connection.
And now—you live it.

That is not small.

That is transformation.

Surrender Didn't Shrink You

Most of us fear surrender because we think it will take something from us.

But surrender doesn't shrink you.
It strengthens you.

It removes what was never meant to define you—control, shame, pride, fear—
and replaces it with something steadier.

Peace.
Clarity.
Integrity.
Faith.

You didn't lose yourself in this process.

You found yourself.

Growth Is Ongoing

This book does not mark the end of your journey.

There will still be hard days.
There will still be moments when fear tries to return.
There will still be situations that stretch your patience and test your trust.

But now you have tools.
Now you have awareness.
Now you have connection.

And most importantly—you know you are not alone.

The steps are not a ladder you climb once.
They are a rhythm you live.

What Happens Now

Now you live differently.

You pause before reacting.
You admit when you're wrong.
You pray before forcing outcomes.
You choose integrity over impulse.
You seek peace instead of control.

And when you fall short—because you will—you return to surrender instead of shame.

That is maturity.
That is growth.
That is grace in action.

Your Story Matters

Somewhere, someone is where you once were.

Exhausted.
Ashamed.
Trying to hold everything together with trembling hands.

They don't need a perfect example.

They need proof that change is possible.

You are that proof.

Not because you did everything right.
But because you were willing.

My Final Words to You

There was a time in my life when I believed surrender would break me.

Instead, it rebuilt me.

The day I admitted I could not save myself was the day everything began to change. Not instantly. Not magically. But steadily.

And if it can happen for me—it can happen for you.

God does not waste surrender.
He multiplies it.

Keep Walking

Keep practicing these principles.
Keep choosing humility.
Keep asking for guidance.
Keep telling the truth.
Keep showing up.

Even when it feels small.
Even when it feels slow.

Transformation rarely announces itself loudly.
It unfolds quietly over time.

And one day, you'll look back and realize—you are standing on the other side of what once almost destroyed you.

You Are Not Finished

You are growing.
You are becoming.
You are aligned.

And the same God who carried you through these steps will carry you forward into whatever comes next.

Stay surrendered.
Stay connected.
Stay willing.

Everything changes from there.

A Closing Letter from My Heart to Yours

Dear Beautiful Soul,

If no one has told you this today—**I’m so proud of you.** Truly. You didn’t just read a book...

You showed up for yourself.

You peeled back the layers.

You faced things most people spend a lifetime avoiding.

And you kept going—even when it was hard, even when it hurt.

I know this journey intimately, because I’ve walked it myself.

I’ve sat in the dark, not sure if I could take another step.

I’ve cried until my body ached from grief and guilt.

I’ve begged God for mercy.

And I’ve whispered prayers like,

“Either make me or take me—I don’t care which.”

I meant it when I said it...

but I’m *so glad* God chose to make me.

And now, my sweet friend, look at you...

You are becoming.

You are healing, growing, and rising.

One surrendered step at a time.

Please hear this:

You don’t need to be perfect to live a beautiful life.

You don’t have to fix everything overnight.

And you are not broken beyond repair.

You are **worthy**—right here, right now.

Not because of what you’ve done... but because of *who you are*.

A soul created for love.

A heart capable of healing.

A light the world desperately needs.

I didn't write this book from a mountaintop—I wrote it from the valley.
From the messy middle. From the trenches of grief, addiction, trauma, and shame.

But also from the other side of all that pain...

From the freedom I found when I finally let go and let God.

My Higher Power—Jesus—has carried me through every single step of this process.

And I promise you, He'll carry you, too.

So, what now?

Now, you *live* it.

You keep showing up for yourself.

You speak your truth.

You love others fiercely.

You offer grace freely.

You walk humbly.

And when you stumble (because we all do)—you get back up with gentleness and faith.

And when you're ready... you reach back for the one still struggling in the dark.
Because now *you* have a flashlight.

Please don't forget how far you've come.

Don't forget that you are not alone.

And don't forget that your story is not over—it's just beginning.

I'm so grateful you've walked this path with me.

I see your courage.

I honor your story.

And I am cheering you on with every beat of my heart.

You're not who you were.

You're not who you feared you'd become.

You are **beautifully, bravely becoming** who you were always meant to be.

With all the love in the world,



Kathy

Your sister in healing, recovery, and hope

Resources & Support

Healing does not happen in isolation. If you are struggling, overwhelmed, or in crisis, please reach out for support. Asking for help is a sign of strength and courage.

The following organizations and resources are available throughout the United States. If you are outside the U.S., search for similar services in your country.

Immediate Crisis Support

988 Suicide & Crisis Lifeline

Call or Text: 988

Website: <https://988lifeline.org>

Available 24/7. Free and confidential support for people in emotional distress.

Crisis Text Line

Text HOME to 741741

Website: <https://www.crisistextline.org>

24/7 confidential text-based emotional support.

Emergency Services

Call 911 if you are in immediate danger.

Mental Health Support

National Alliance on Mental Illness (NAMI)

Helpline: 1-800-950-NAMI (6264)

Text: NAMI to 62640

Website: <https://www.nami.org>

Education, advocacy, and support groups for individuals and families affected by mental illness.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Treatment Referral Line: 1-800-662-HELP (4357)

Website: <https://www.samhsa.gov>

Confidential treatment locator and referral service for mental health and substance use support.

Psychology Today Therapist Directory

Website: <https://www.psychologytoday.com>

Search for licensed therapists by location, specialty, and insurance.

Addiction Recovery Support

Alcoholics Anonymous (AA)

Website: <https://www.aa.org>

Meeting locator and recovery literature.

Narcotics Anonymous (NA)

Website: <https://www.na.org>

Find in-person and virtual recovery meetings.

Celebrate Recovery

Website: <https://www.celebraterecovery.com>

Faith-based recovery support groups.

SMART Recovery

Website: <https://www.smartrecovery.org>

Science-based addiction recovery meetings and tools.

Domestic Violence & Trauma Support

National Domestic Violence Hotline

Call: 1-800-799-SAFE (7233)

Text: START to 88788

Website: <https://www.thehotline.org>

24/7 confidential support for those experiencing domestic violence.

RAINN (Rape, Abuse & Incest National Network)

Call: 800-656-HOPE (4673)

Website: <https://www.rainn.org>

Support for survivors of sexual assault.

Child & Family Support

Childhelp National Child Abuse Hotline

Call or Text: 1-800-4-A-CHILD (422-4453)

Website: <https://www.childhelphelpline.org>

24/7 confidential crisis intervention and support.

Spiritual Growth Resources

BibleGateway

Website: <https://www.biblegateway.com>

Online Bible with multiple translations and study tools.

YouVersion Bible App

Website: <https://www.youversion.com>

Free Bible app with reading plans and devotionals.

Focus on the Family

Website: <https://www.focusonthefamily.com>

Faith-based resources for families, marriage, and personal growth.

Recommended Reading

- The Purpose Driven Life – Rick Warren
- Boundaries – Dr. Henry Cloud and Dr. John Townsend
- The Gifts of Imperfection – Brené Brown
- Emotionally Healthy Spirituality – Peter Scazzero
- The 12 Steps and 12 Traditions – Alcoholics Anonymous

Final Encouragement

If you are struggling, please reach out. There is help available, and you do not have to navigate difficult seasons alone. Whether you need immediate crisis support, professional counseling, recovery resources, or spiritual guidance, support exists.

Healing is possible. Support is available. And your life matters.

About The Other Side of Rock Bottom (OSRB)

The Other Side of Rock Bottom was born out of lived experience — not theory, not perfection, and not a highlight reel.

OSRB was created for people who were tired of being told to “just get over it,” tired of pretending they were fine, and tired of feeling like they didn’t belong anywhere unless they had it all together.

It was built for real people with real lives, real trauma, real addiction, real grief, and real hope.

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How OSRB Was Formed

OSRB started as a simple idea:

What if there was a place where honesty was welcomed, not judged?

A place where:

- You didn’t have to be “fixed” to show up
- You didn’t have to explain or justify your pain
- You didn’t have to choose between accountability and compassion
- You didn’t have to hide relapse, struggle, doubt, or questions

What began as small recovery meetings grew into a community — because people were hungry for something real.

OSRB wasn’t built around shame.

It was built around **truth, connection, and staying.**

Our Mission

The mission of The Other Side of Rock Bottom is simple and powerful:

To create a safe, inclusive, trauma-informed space where people can heal, grow, and recover — without judgment, pressure, or perfection.

We believe:

- Recovery is not one-size-fits-all
- Mental health and addiction recovery are deeply connected
- Faith can be a source of healing, not harm
- Awareness without shame creates real change
- You don't have to hit "rock bottom" to deserve support
- Community saves lives

At OSRB, we focus on:

- Honesty over performance
- Progress over perfection
- Responsibility without self-destruction
- Grace paired with action

Our Meetings

OSRB hosts **multiple daily Zoom meetings** designed to meet people where they are — emotionally, mentally, and spiritually.

All meetings are:

- Free
- Open to anyone seeking recovery, healing, or growth
- Trauma-informed
- Judgment-free
- Come-as-you-are

You do not need to speak.

You do not need to share.

You do not need to have anything figured out.

You just need to show up.

OSRB Zoom Meeting Information

Zoom Meeting ID:
831 1998 2784

Passcode:
recovery

Zoom Link:
<https://us06web.zoom.us/j/83119982784?pwd=vmbuLfhdiLo46yTo40HKZELnOF5lhX.1>

(This same link, ID, and passcode are used for all OSRB meetings.)

Meeting Schedule (All Time Zones Listed)

Morning Meditation

- **8:00 AM Eastern (ET)**
- **7:00 AM Central (CT)**
- **6:00 AM Mountain (MT)**
- **5:00 AM Pacific (PT)**

A calm, grounding start to the day focused on intention, reflection, and connection.

Midday Motivation

- **2:00 PM Eastern (ET)**

- **1:00 PM Central (CT)**
- **12:00 PM Mountain (MT)**
- **11:00 AM Pacific (PT)**

A teaching-based meeting with practical tools, real talk, and encouragement for navigating life and recovery.

Evening Recovery

- **8:00 PM Eastern (ET)**
- **7:00 PM Central (CT)**
- **6:00 PM Mountain (MT)**
- **5:00 PM Pacific (PT)**

A supportive, connection-focused meeting where honesty, sharing, and community are central.

Beyond Meetings

OSRB is more than meetings.

It's a growing recovery community that includes:

- A private Facebook group
- One-on-one recovery coaching
- Guest speakers and story-sharing nights
- Trauma-informed education
- Faith-filled encouragement without pressure
- Ongoing connection outside of meetings

OSRB exists to remind people of one core truth:

There is life on the other side of rock bottom.

You don't have to do this alone.

You don't have to have it all together.

And you don't have to wait until things get worse to reach out.

If you're reading this and wondering whether you belong here — you already do.

Visit us at www.TheOtherSideOfRockBottom.org



Kathy L. Simmons, CRC is a Certified Recovery Coach, speaker, author, and advocate for healing and personal transformation. Her work is dedicated to helping people rebuild their lives, rediscover their worth, and find hope after some of life's most difficult seasons.

Kathy's passion for helping others grew out of her own life experiences. After years of struggle and loss, she found a new path in recovery on October 18, 2014. Since then, she has devoted her life to supporting individuals who are facing challenges related to addiction, trauma, grief, mental health, and personal growth.

Through honesty, compassion, and lived experience, Kathy connects with people in a way that reminds them they are not alone. She believes deeply that even the hardest chapters of life can become powerful lessons that lead to healing, purpose, and transformation.

Kathy is the founder of a growing recovery community where she hosts multiple weekly meetings focused on encouragement, education, and connection. She also coaches women who are working toward emotional healing, stability, and long-term recovery.

In addition to her work in recovery, Kathy is an entrepreneur and creator who designs memorial jewelry and meaningful keepsakes that honor loved ones and life's most important moments.

As an author, Kathy writes with authenticity, heart, and practical wisdom. Her books combine personal stories, life lessons, and guided reflections designed to help readers grow, heal, and move forward with greater clarity and strength.

Above all, Kathy believes that no one is beyond hope and that every person has the ability to create a new chapter in their life.

Her mission is simple:

To turn pain into purpose and help others discover that the other side of rock bottom can become the foundation for a new life.