Here are the steps we took, which are suggested as a program of recovery:

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

Figure 1. A Stage Model of the Process of Change
Prochaska and DiClemente
Cognitive Behavioral Therapy

• Focus on the training of interpersonal and self-management skills

• Events of clients daily lives can be described in treatment sessions and used as basis for problem solving exercises, role plays and homework assignments

• Primary goal: master skills that will help to maintain abstinence from alcohol

• To develop these skills:
  – Client must identify high-risk situations
  – Clients must develop skills to cope with them
  – Problem solving
  – Role playing
  – Homework practice