



Family Groups

Twelve Step Study Guide

In 2005, Dual Recovery Anonymous established Dual Anon Family Groups to help families and friends of people who experience two no-fault diseases: chemical dependency and emotional or psychiatric illness. Families coping with these diseases often feel alone and uncertain. Often family members try to help in ways that end up making the situation worse; others give up; others don't know what to do.

DA, through weekly meetings, provides a base of support and educational information. We share each other's struggles and provide an atmosphere of care and understanding. We all know what it's like to see our loved one fall apart and to wish we could hold him together with our two hands; then watch him fall apart anyway. We understand the chaos that addiction and emotional or psychiatric illness bring to families.

A dual diagnosis brings unique challenges to recovery. DA differs from other Twelve Step groups because even though we don't endorse any specific treatment methods, we realize that both diseases in a dual diagnosis must be treated, and we support the management of prescription medications to treat our loved one's dual disorder.

You are not alone. At DA meetings we confidentially share our experiences, strengths, and believable hope. We learn to take care of ourselves while discovering solutions that lead to serenity.

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Serenity Prayer

God, grant me the serenity to
Accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

STEP ONE

We admitted we were powerless over dual disorders of chemical dependency and emotional or psychiatric illness – that our lives had become unmanageable.

Spiritual Aspect: Honesty

1. What brought me to DA? What did I hope to gain at that time? How have my expectations changed?
2. Can we accept that the dual diagnosis of chemical dependence and emotional or psychiatric illness is a progressive, lifetime disease that can be arrested but not cured?
3. How and why is dual-diagnosis a family disease?
4. Why does Step One say “admitted we were powerless” instead of “admitted I was powerless”
5. What do powerlessness and unmanageability mean to me today? How do I know my life is becoming unmanageable?
6. Am I controlling? Why do I want to control?
7. What is the difference between being powerless and being empowered? Why can it be so difficult to accept powerlessness, to accept that it makes no difference what we do or don’t do to control our dual-diagnosed loved one?
8. When I let go of others (detach with love), how am I then empowered? How does this make my life manageable? Why is “powerless” a proper relationship with others?
9. What personal characteristics do I have that keep me from taking Step One?
10. Can we accept that our personal and family history may expose a pattern of chemical addiction and/or emotional or psychiatric illness? How does this affect our ability to let go of our desire to control?
11. In what way could my well-meaning efforts have been part of the problem? When do I know I have done enough? Am I ready to try something new?
12. How is our recovery separate from the recovery of our dual-diagnosed loved one?
13. What benefits have I experienced as a result of working Step One?

14. What tools can I use when I feel my life becoming unmanageable? How do I take care of myself?
15. What situations in my life could cause me to return to Step One? How will I know I need to re-work Step One?

STEP TWO

Came to believe that a Higher Power of our understanding could restore us to sanity.

Spiritual Aspect: Hope

1. Why do I need to believe in any power other than my own?
2. What, if anything, prevents me from believing in a power greater than myself? Has past experience influenced my idea of a Higher Power?
3. How can I find my Higher Power? Is it possible my Higher Power will find me?
4. What attributes does my Higher Power have? How do they support me?
5. What does “came to believe” mean to me?
6. What does a “power of our understanding” mean to me?
7. What did my insanity look like? How did my thinking become distorted?
8. How can I realize that “stinking thinking” is only a fleeting image that has no real power over me?
9. What does “restore us to sanity” mean to me today?
10. What was my image of a Higher Power before I came to DA?
11. What tools do I have to work Step Two?
12. Do I see a “new path” as a result of working Step Two? In what ways am I still suffering?

STEP THREE

**Made a decision to turn our will and our lives over to the care of our Higher Power,
to help us to rebuild our lives in a positive and caring way.**

Spiritual Aspect: Faith

1. What does “made a decision” mean to me?
2. How do I know when I need to let go? How do I let go? Have I surrendered anything in the past?
3. Am I ready to let go and let my Higher Power have a hand in managing my life? Do I feel any resistance to this idea? Do I need to break the decision down into smaller parts?
4. What does “turning over our will and our lives” mean to me? How can I “turn it over?” How do I distinguish my Higher Power’s will from my own will?
5. What does “to the care of our Higher Power” mean to me?
6. Is this where I let go of results? How does letting go of results help us to work this Step? Can I relinquish any stake in the outcome?
7. How can I be in touch with my Higher Power’s will for me? In what ways does my Higher Power speak to me?
8. What actions can I take on the guidance of my Higher Power? How do I proceed to “take action”?
9. Do I need to guard against unhelpful emotions that may surface, such as anger, resentment, or guilt?
10. What are the signs that I might be trying to “take it back” and return to thinking that my way is best?
11. Why is the “burden” lifted when we work Step Three?
12. Can I believe that I am part of my Higher Power’s plan? How can I show that I can trust my Higher Power’s plan for me?
13. What have I experienced when I have turned my will and my life over to the care of a Higher Power?

14. Why might I have to make this decision more than once?

STEP FOUR

Made a searching and fearless personal inventory of ourselves.

Spiritual Aspect: Courage

1. Am I afraid to do the personal inventory? If so, why?
2. Why is Step Four so hard to begin?
3. What is the biggest obstacle?
4. What gave you the courage to begin Step Four?
5. What would I say to encourage others to begin the process?
6. Describe how you felt as you worked through your personal inventory. Describe how you felt after you completed Step Four.

STEP FIVE

Admitted to our Higher Power, to ourselves, and to another human being the exact nature of our liabilities and our assets.

Spiritual Aspect: Integrity

1. Is it hard for me to work Step Five? Why?
2. How can I let go of my fears of being judged or shamed when sharing my Fifth Step?
3. What does the word “admitted” mean to me?
4. What does “exact nature of our liabilities and assets” mean to me?
5. What does it mean to me to give my Fifth Step to myself, my Higher Power, and another human being? Do I believe it will make my life better to do so?
6. Why is it important to admit my assets and liabilities privately in my meditation and prayers?

7. How can I let go of the need to defend my actions so that I can admit my truths? Do I have a desire to be “perfect” or “right”?
8. How can working Step Five lead to a feeling of self-acceptance?
9. How will I bring my Higher Power into my Fifth Step?
10. How do I trust another person with the information contained in my Fifth Step?
11. What benefits will I gain from working Step Five?
12. Why is “integrity” the foundation for the remaining Steps?
13. What are some boundaries I would set for working my Fifth Step? What are some boundaries I would set in receiving someone’s Fifth Step?
14. When receiving a Fifth Step, what do I do when the person begins to stray from his/her own inventory and begins to take someone else’s inventory?
15. After working Step Five:
 - Has my relationship with my Higher Power changed?
 - Has my relationship with my listener changed?
 - Has my view of myself changed?
 - Did I recognize assets that were “out of balance” and turned to liabilities because of my codependence?
 - Have I developed more love and compassion for others, especially those with a dual diagnosis?
 - Can I believe that I am not what has happened to me, or what I have done?
 - Can I remember when another person admitted a fault or mistake to me and I understood and didn’t judge?

STEP SIX

Were entirely ready to have our Higher Power remove all our liabilities

Spiritual Aspect: Willingness

1. Am I ready to have my liabilities (defects, shortcomings) removed by my Higher Power? How is my Higher Power helping me to be willing?
2. How do I know when I am ready to have my Higher Power remove my liabilities?
3. How is Step Six similar to Step Three?

4. 4. What behaviors that helped me in the past hinder my progress now? Can I recognize when I am struggling with a character defect? What does that look like?
5. What does “entirely ready” mean to me?
6. 6. Why is it sometimes so hard to release our shortcomings? What may I be gaining by holding on to a particular liability?
7. Can I name a time when I was tempted to act on a liability, and instead acted on an asset?
8. What tools do I have to help me work Step Six?
9. When my Higher Power removes my liabilities, what will my life look like?
10. How is Step Six a commitment?
11. Do I have a “new attitude” as a result of working Step Six?

Step Seven

Humbly asked our Higher Power to remove these liabilities and to help us to strengthen our assets for recovery

Spiritual Aspect: Humility

1. What does humility mean in the context of recovery?
2. What are we seeking in Step Seven?
3. How can we be humble and still take care of ourselves?
4. Describe someone you know who displays humility.
5. Describe the basics of how Step Seven works.
6. What commitment is required in Step Seven?
7. What tools help us work Step Seven?
8. Do I have old behaviors that keep me from being humble?
9. Which shortcoming is causing the most trouble right now? How do I benefit from this shortcoming? What problems does it cause?

10. Why is it important to do something good for ourselves every day?
11. How does loving and nurturing ourselves help our dual-diagnosed loved one?

Step Eight

**Made a list of all persons we had harmed,
and became willing to make amends to them all**

Spiritual Aspect: Love

1. What confusion about Step Eight still exists for us? What feelings do I have about working Step Eight?
2. What two things are we asked to do in Step Eight?
3. What previous Steps can help us with Step Eight?
4. In what ways can my perceptions distort my list of amends?
5. How can we determine who to put on our amends list?
6. What are some of the ways in which we may have harmed ourselves in our past co-dependent insanity? Why should we put ourselves at the top of the list for amends?
7. How may we have harmed our dual-diagnosed loved one in our co-dependent behavior?
8. How may we have harmed other people in our past relationships?
9. What tools help me in working Step Eight?
10. Why must we be gentle with ourselves as we work Step Eight?
11. How can Step Eight help us feel a new sense of peace?
12. How does the "Golden Rule" apply to working Step Eight?
13. If I've worked Step Eight before, what changes did I see in my life? If this is the first-time working Step Eight, what changes am I hoping for?
14. Why might I need to work Step Eight more than once?

Step Nine

**Made direct amends to such people wherever possible,
except when to do so would injure them or others**

Spiritual Aspect: Justice

1. What is the real purpose of making amends?
2. How do I prepare for the process of making amends? Is anything stopping me from making amends?
3. Why would I need to make amends to myself? What are some ways I could make amends to myself?
4. How do I make “parallel amends”?
5. What are “living” amends?
6. Can I forgive others before making amends? Is forgiveness necessary?
7. Can I take care of myself when making amends? What tools or Steps do I use to keep it simple, safe and clear?
8. What are “direct” amends?
9. What amends can be made when direct amends are not possible?
10. Am I ready to let go of expectations about the result of the amends?
11. How do I decide if direct amends would injure others or myself? What is an appropriate amend in this case?
12. Do I owe any amends for “omissions” I may have made?
13. How can making amends give me freedom?
14. How is making amends a spiritual experience?

Step Ten

Continued to take personal inventory and when wrong promptly admitted it, while continuing to recognize our progress in recovery

Spiritual Aspect: Perseverance

1. How is Step Ten a maintenance Step?
2. What are some different tools we can use to check our progress in recovery from codependence? Which are comfortable for me?
3. Why is it a good idea to focus on our positives? To look for signs of improvement?
4. Some think that this Step will find them when it needs to. Explain.
5. What codependent characteristics would I put on a daily checklist?
6. How can we avoid negativity in Step Ten?
7. Why is it important to recognize and react immediately when we have made a mistake?
8. How does Step Ten help us to achieve balance, emotional well-being, and serenity?

Step Eleven

Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of our Higher Power's will for us and the power to carry that out.

Spiritual Aspect: Spirituality

1. Why is Step Eleven needed?
2. Is something blocking me from this Step today?
3. What spiritual experiences can I draw on to help me improve my conscious contact with my Higher Power?
4. How do I use Step Eleven to support my recovery?
5. What is the difference between prayer and meditation? How can I use prayer and meditation in my daily spiritual life?

6. How do I know God's will for me, and how do I distinguish it from my will?
7. How have I changed my idea of a Higher Power as a result of Step Eleven?
8. How does gratitude enhance my practice of Step Eleven?
9. How has Step Eleven helped me be balanced and centered?
10. How do I benefit from conscious contact with my Higher Power throughout the day?

Step Twelve

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs

Spiritual Principle: Service

1. What is the natural outgrowth of personal recovery?
2. Have I had a spiritual awakening as the result of working these Steps? How do I know?
3. How is the hope of Dual Anon Family Groups conveyed in Step Twelve?
4. What tools do I have today as a result of the Steps?
5. How does my spiritual awakening affect my life?
6. In what other areas of my life could I or have I applied the Dual Anon principles?
7. How has sharing my experiences, strengths and believable hope with others helped my own recovery?
8. How do I see myself being of service to those still suffering from the effects of another person's dual diagnosis?
9. How does working the Twelve Steps of Dual Anon show us that joy can be restored in our lives?
10. Why are we never finished with the Twelve Steps?



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