



LAN HEALTH INITIATIVE

# NEWSLETTER

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## Strategies and Tips for Success in becoming free from ALCOHOLIC ADDICTION. "THE ALCOHOLIC ANANIMOUS. AA APPROACH"

For those struggling with alcohol use disorder, or alcoholism, Alcoholics Anonymous (AA) is an international organization of peer groups meet to support each other. Members meet regularly to discuss issues and concerns related to their addiction and to support one another through triumphs and relapses. Generally, more seasoned group members "sponsor" newer members, guiding them through the process of "working the steps" to help on alcohol rehabilitation.

Bill Wilson and his physician, Dr. Bob Smith, founded AA in 1935 and eventually grew to include two more groups by 1939. That same year, Wilson published Alcoholics Anonymous, a text that explained its philosophy.<sup>2</sup> We know it today as the 12 Steps of Recovery. Over the years, the 12 Steps have been adapted by other self-help and addiction recovery groups, such as Gamblers Anonymous and Narcotics Anonymous, to those struggling with other forms of addiction. Additionally, many groups have changed the explicitly Christian overtones of the original 12 Steps to reflect more secular or agnostic philosophies.

There are no other requirements for AA other than having a desire to quit drinking, and it is not associated with any organization, sect, politics, denomination, or institution. Those attending AA commit to joining either voluntarily, as a continuation of therapy. Given the number of individuals struggling with or at risk for an AUD, it is understandable that AA has grown to what it is today an organization with more than 115,000 groups worldwide.

## 5 Tips to be successful in your journey to recovery :

1. Manage time
2. Focus on objectives
3. Self respect
4. Don't give up easily
5. Self-confident



# The 12 steps of alcoholic anonymous AA :

## STEP 1:

**"We admitted we were powerless over alcohol — that our lives had become unmanageable."**

Alcoholics Anonymous Step 1 is the beginning of a 12-step program to get and stay sober. Taking this first step and admitting you are struggling with alcohol misuse can be difficult, but it is the foundation of all positive change according to AA.

## STEP 2:

Alcoholics Anonymous Step 2 states that, **"We came to be aware that a Power greater than ourselves could restore us to sanity."** This step follows the first step, in which an individual admits they have an alcohol problem and are powerless to stop drinking on their own.

Step 2 can be uncomfortable for some people because it seems to encourage people to believe in God. Those who don't have religious beliefs or who aren't comfortable with the concept of God sometimes balk at this step. However, Step 2 isn't really about God—it's about finding something outside of yourself to inspire you and help you remain sober. Many AA members, religious or not, have found this step useful in finding inspiration and building a drive to achieve or maintain sobriety.

## STEP 3:

Step 3 is the third of three steps meant to help one give up the illusion that they are in control of their drinking. **Many who struggle with alcohol addiction often believe that they can control how much they drink** or how they behave while drunk. In a sense, they may deny that they have a problem.

The first 3 steps of Alcoholics Anonymous gradually help shift one's thinking about their drinking. First, one must admit that they have a problem – that they don't have the personal power to stop drinking.

## STEP 4

Step 4 of Alcoholics Anonymous encourages one to make, **"A searching and fearless moral inventory"** of themselves. Step 4 of AA is designed to help those struggling with addiction examine their behavior and character. Through the process of discovering the true nature of personal character, a participant learns to identify the weaknesses that may have helped contribute to alcohol addiction. When one identifies these weaknesses, it allows them to create plans to overcome them and change their habits in the future.



# The 12 steps of alcoholic anonymous AA :

## STEP 5:

Step 5 of AA reads that one, “admitted to God, to oneself, and to another human being the exact nature of our wrongs.”

Step 5 of Alcoholics Anonymous, commonly known as the “Confession” step, encourages members to acknowledge their struggles and whatever harm they caused to themselves and others in pursuit of alcohol.

Completing Step 5 of Alcoholics Anonymous can look different for everyone. It may include tasks such as overcoming fear, confessing to yourself, calling upon inspiration, and/or confessing to another person.

## STEP 6:

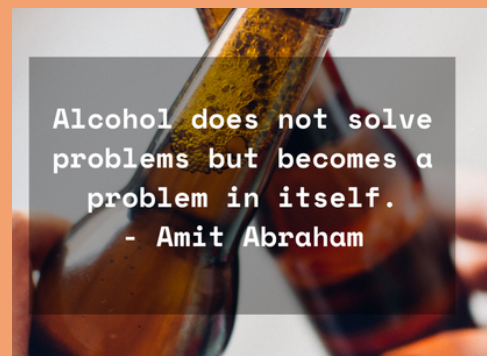
Step 6 Alcoholics Anonymous says, “We became willing to ask God to help us remove our defects of character.” In brief, Step 6 of AA is about understanding and acknowledging that one cannot achieve change without the assistance of some kind of higher power; whether that power be a deity or some kind of secular driving force, like inspiration.

## STEP 7:

One way to work on Step 7 of AA is to engage in mindfulness practices. Whether through prayer or meditation, being present in the moment can be a powerful way to put yourself and your actions in perspective. Seeing things from a different perspective can help you reflect on your actions as well, enabling introspection and change.

## STEP 8

Step 8 of Alcoholics Anonymous is regarded as one of the most challenging steps by many members. This step requires you to make a list of people you have harmed and be willing to apologize and right your wrongs. This step is so challenging because it requires you to take an honest look at just how much your alcoholism has impacted the people around you. People who suffer from alcoholism often behave in ways they would never behave if they were not under the influence of alcohol. The essence of Alcoholics Anonymous Step 8 is to come to terms with the actions your alcohol addiction encouraged and take personal responsibility for any harm you have caused another human being.



Alcohol does not solve problems but becomes a problem in itself.  
- Amit Abraham

# The 12 steps of alcoholic anonymous AA :

## STEP 9: Amend

Step 9 requires one to be willing to go to any lengths to make amends, provided they don't end up causing somebody new or additional harm. The individual must be willing to take this step no matter how severe the personal consequences. **If making amends requires the person to report a past crime, he or she must be willing to go to jail to complete this step on the road to recovery.**

## STEP 10: inventory

Up to this point in your recovery, Steps one through nine have taught you to see the truth about your behavior and how the rest of the world responds to your actions. With this awareness you can now clearly see what is going on during every moment of your day. **The purpose of AA's tenth Step is to demonstrate to yourself that you can control your actions.** You are no longer functioning like a robot under the weight of old habits or while not thinking about what you are doing.

## STEP 11:

**Step 11** of Alcoholics Anonymous encourages people to reach out to a source of inspiration, whether it be a God or some other spiritual or inspirational force, and work to achieve the strength to find recovery.

As part of Step 11 meditation, begin by sitting quietly for 5 to 10 minutes. Thoughts will come to you, but try not to hold onto them. Let them flow in and out your mind. As a way of letting go of conscious thought, it may be helpful to observe your breathing or to concentrate on a candle flame. The goal is to connect to your Higher Power and listen for wisdom. There are many books and websites about meditation. It may be helpful to peruse them.

## STEP 12:

Step 12 of AA involves carrying the message of recovery from alcohol addiction to others and practicing the principles of AA in your daily life. **Step 12 emphasizes helping fellow people struggling with alcohol addiction achieve sobriety, fostering a sense of community, and maintaining spiritual growth.** Step 12 encourages individuals to share their experiences, offer support to those in need, and continue the journey of personal and spiritual development.

As you approach the 12th Step in AA, remember that you have prepared for this by completing Steps 1 through 11.



## COMMON MYTHS ABOUT ADDICTION

**Myth: You can't help or change someone with an addiction.**

**Reality:** There are actually many things you can do to have a positive impact on the person you care about. You can learn to change interactions with your loved one. You can practice self-care so you're in a better place to help others.

**Myth: Using alcohol or other drugs is a choice, so if someone gets addicted, it's their fault.**

**Reality:** No one would choose to become addicted, any more than they'd choose to get cancer. Addiction is a consequence of many contributing factors, including genetics, upbringing, trauma and other influences.

**Myth: If someone has a stable job and family life, they can't be suffering from addiction.**

The reality is that anyone can be vulnerable to addiction. Many people hide the severity of their use or don't get help because of stigma and shame.

## Finding Help for Alcohol Addiction

Help for alcohol addiction is easy to find, but it is not always easy to ask for. Overcoming an addiction to or a dependency on alcohol can be a long and sometimes frustrating process, but if you've made the decision to stop drinking you've crossed the most important hurdle in your recovery.

If you're ready to get help with alcohol addiction, visit [www.lanhealthinitiative.org](http://www.lanhealthinitiative.org) or send us an email via [info@lanhealthinitiative.org](mailto:info@lanhealthinitiative.org) or [lanhealthinitiative@gmail.com](mailto:lanhealthinitiative@gmail.com). you can also reach us via calls, whatsapp and sms using this line +2348140570079.

**our alcoholism addiction treatment plans include:**

1. alcohol therapies
2. alcohol counselling
3. alcohol out-patience rehab
4. relapse prevention
5. alcohol detox
6. Etc.

