

**WEEK 15
STEP THREE, PART THREE**

Self Help Meetings

1. _____
Date Sign

2. _____
Date Sign

3. _____
Date Sign

4. _____
Date Sign

Counseling Appointments

1. _____
Date Sign

2. _____
Date Sign

Week-to-Week Workbook

Physical Activity _____

Daily Prayer/Meditation

Drug Screens _____ _____

PBT's

Other _____

NOTES

“Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him. “
- Twelve Steps and Twelve Traditions, p. 33

**WEEK 18
SPONSORSHIP, PART TWO**

Self Help Meetings

1. _____
Date Sign

2. _____
Date Sign

3. _____
Date Sign

4. _____
Date Sign

Counseling Appointments

1. _____
Date Sign

2. _____
Date Sign

Week-to-Week Workbook

Physical Activity _____

Daily Prayer/Meditation

Drug Screens _____ _____

PBT's

Other _____

PHASE TWO OBJECTIVES

In Phase Two the client will:

1. Begin or strengthen their relationship with a higher power;
2. Begin to see how their life could be enhanced rather than hindered in sobriety;
3. Understand that their current situation is a result of their choices;
4. Become willing to accept help and advice;
5. Continue meeting others in recovery; and seek out the fellowship of LTBB elders;
6. Gain a deeper understanding of the culture of our ancestors;
7. Begin to apply the principles of Alcoholics Anonymous (AA), Wellbriety, and the WMDCP;
8. Complete an in-depth study on Step Two and Three of the AA/Wellbriety programs.
9. Strengthen their new healthy routine with daily prayer and meditation and weekly physical activity.
10. Become comfortable at the self-help meetings they attend;
11. Choose a permanent sponsor; and
12. Remain abstinent from drugs and alcohol.

