

Treatment is Personal:
*Unveiling Hope for
Families in This Crisis*

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Power of Hope Conference 2023



Why the steps were born

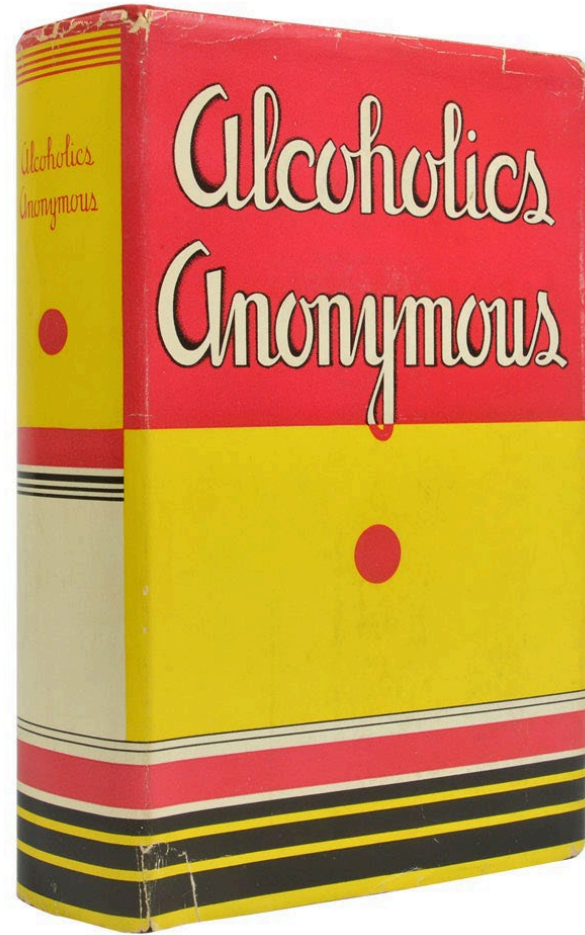
- ▶ 1920 the 18th Amendment
- ▶ Did have positive effects on public drunkenness, domestic violence and alcohol-related illness
- ▶ Huge increase in organized crime and decreased tax revenue
- ▶ 1933 21st Amendment repealed the 18th prohibition of alcohol.



How they were brought to life

- ▶ Bill Wilson and Dr. Bob Smith
- ▶ Introduced to the Oxford Group
- ▶ Modified their 6 steps into 12 for clarity
- ▶ Finally needed to write a book to export their program to others





Models to understand addiction

1. Needs to explain the data and offer a treatment path
2. **The Moral Model** – the person is responsible for the development and the resolution of the problem.
3. **The Enlightenment Model** – The person is responsible for the problem, but not for the solution.
4. **The Medical Model** – The person is neither responsible for the causing or the solution of the addiction.
5. **The Bio/Psycho/Social/Spiritual Model** – In this model the person isn't responsible for the disease taking hold but must take active part in their program of recovery.



Steps 1-3

Giving up Control

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
(Honesty)
2. Came to believe that a Power greater than ourselves could restore us to sanity. (Faith)
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
(Surrender)



Steps 4&5

Exploring the past

4. Made a searching and fearless moral inventory of ourselves. (Soul Searching)
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongdoings. (Confession)



Steps 6-9

Cleaning up our mess

6. Were entirely ready to have God remove all these defects of character. (Acceptance)
7. Humbly asked Him to remove our shortcomings. (Humility)
8. Made a list of all persons we had harmed and became willing to make amends to them all. (Willingness)
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. (Forgiveness)

Steps 10, 11, & 12

Life's new toolbox

10. Continued to take personal inventory and when we were wrong promptly admitted it. (Integrity)
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. (Prayer)
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. (Service)



How can I help?

1. Learn about addiction
2. Encourage and have curiosity about their journey
3. Learn about AA for yourself – attend some meetings(?)
4. Your relationship should change - be flexible with it as it develops
5. Be healthy together – Healthy activities and exploring healthier eating
6. Talk – and listen
7. Try to accept their amends



Help or Hurt?

Empowering vs. Enabling

- ▶ Educate yourself about addiction and recovery
- ▶ Seek personal growth
- ▶ Read *Boundaries* by Townsend and Cloud – then reread it.
- ▶ Get support from PAL and/or Al-Anon



Please Remember:

- ▶ You didn't **cause** it
- ▶ You can't **control** it
- ▶ You can't **cure** it
- ▶ But you can....
 - ▶ **Continue to love** them in spite of it



Understanding Christian 12-step Work

