

# The 12 Steps Recovery

Writing exercise

1. Do you believe in God? Why or why not?

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2. What lengths are you willing to go to in order to restore sanity to your life?

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3. Can you restore your own sanity or do you need a Higher Power's help?

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4. Have you ever found yourself "quitting" only to find yourself using again? Have you repeated the Cycle over and over again? List the times in your life when you have repeated this cycle

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