

**THE 12-STEP
RECOVERY PROGRAM**

Step 12 **Help Others**

CONCEPT	12-STEP APPROACH					CONCEPT
	STEP 12	STEP 11	STEP 10	STEP 9	STEP 8	
CONCEPT	Individuals recover from 12 years of dependence through	receiving help from others who have recovered from a similar struggle	having received and offered help to others who are struggling	having helped others who are struggling in their recovery process	not being dependent and able to help others in need of help	
CONCEPT 12-STEP APPROACH	Individuals are dependent on alcohol or drugs and do not have any control over their addiction. They need help from others to recover.	Individuals receive help from others who have recovered from a similar struggle. They need help from others to recover.	Individuals receive help from others who are struggling and offer help to others who are struggling.	Individuals help others who are struggling in their recovery process.	Individuals are not dependent and are able to help others in need of help.	