

WACKY AND
WONDERFUL
RECOVERY



12-Step Corner:

14 Meetings in 14 days.

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Introduction

This booklet is devoted to those who follow the 12-step tradition.

Whether you're just getting out of detox, new to rehab, stumbling along but surviving, or have been part of AA for 99 years, you've heard it before: "90 meetings in 90 days." You might be aiming for Step 1. Or perhaps you've reached the final step. It makes no difference. Meetings are a major part of a 12-Step program, and that's what this booklet is about.

Let's start with 14 meetings in 14 days. Each illustrated sheet walks you through a different aspect of a meeting – from understanding your Higher Power to practicing mindfulness, helping others, and remembering 12-step Promises. The booklet is also packed with slogans and puzzles and... yes, the occasional bout of playfulness.

Instructions

1. Attend a meeting and pay attention.
2. If you don't make it to a meeting, go to a different meeting.
3. Once you've attended a meeting, pat yourself on the back with pride.
4. Return here with a pen.
5. Do one page per meeting.
6. For each page, do the following:
 - Answer questions.
 - Complete puzzles.
 - Draw when necessary.
 - Reflect when necessary.
7. Then enjoy the rest of your day.
8. Come back tomorrow.



Reasons you should attend a 12-step meeting

1. If you're in early recovery, you've probably felt baffled, angry, afraid, and alone. 12-step meetings are a safe place to rest your head and get the support you need.
2. If you're further along in recovery, you can be there for someone else who's experiencing that same bafflement, anger, fear, and loneliness you had when starting.
3. Sobriety can be a lonely road. Contact with others who've walked that same road means you're not alone anymore. There's always somebody to call or help.
4. You've burned bridges. You've likely estranged family and friends. Meetings give you a nonjudgmental, supportive place where you can feel understood. Here you're accepted for who you are.
5. Being part of a fellowship gives you a sense of purpose and growth.

Can't locate a meeting? Check out the website and app, [*In the Rooms*](#). You'll find a list of fellowships with meetings, ranging from Narcotics Anonymous to Sobriety First and Agnostic AA.



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12-step Meeting 5

Instruction: go to a meeting

1. You went to a meeting today, right? If not, go now!

What do you want to remember about today's meeting? It might be something small, like a doodle on a chalkboard or someone's cologne, or something major, like a story that really touched you. Document the experience below.

Today, what did you do to make things better for another person? Did you offer a smile or extra support, or did you let someone step through a doorway before you? It all counts.

Why is helping others important to recovery? What do you think?

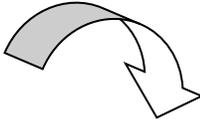
2. Please decipher the following 12-step acronyms. For example, what does HF stand for?

HF → "Hell of ri end" → Hello friend

HOPE → "He a ringo therp eople' sexp eri en ces" → _____

NUTS → "No tu sing t hes tep s" → _____

KISS → "Kee pits imples we e tie" → _____



One popular 12-step acronym is SPONSOR, which stands for

- ✓ Spiritual
- ✓ Person
- ✓ Offering
- ✓ Newcomers
- ✓ Suggestions
- ✓ On
- ✓ Recovery

What kinds of suggestions are helpful to a newcomer?

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About the Author



When not writing, Kim Rosenthal practices life as a physician. Dr. Kim's career as a travelling psychiatrist has led her from countryside to big cities to places where no one speaks English. The author attended medical school in Texas. She is board-certified and has licenses in Hawaii, Maine, and North Carolina, as well as a medical degree equivalency in Spain. Over the past 20 years, she has helped thousands of people deal with and get past mental illness and embrace a positive future. Dr. Kim believes that mental health is more than surviving bad moments. It's remembering what makes life worth it. These days the author works as an attending psychiatrist at a state hospital in North Carolina.

Dr. Kim is currently working on a clinical publication for recovering addicts. It's called the *Wacky and Wonderful Recovery Workbook* and features worksheets about alter egos, poetry, art therapy, puzzles, strange scenarios and... you guessed it, dozens of cartoons. It's also a serious, clinically-based substance abuse treatment manual.

If you want to read more by Dr. Kim, check out kimrosenthalmd.com. The site includes 110+ mental health posts, a mini-store offering mini-books, plus information on the (hopefully) upcoming *Wacky and Wonderful Recovery Workbook*.