

To all 12 steppers!!

Posted by tocontrolmyself - 17 Mar 2013 01:06

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im working the steps.i just finished my second cycle,however although i feel better kinder and more alive however its not being mirrored in practical sobriety.i was wondering if making 1. goals 2. accountblty is recommended or will that compromise on surrender.

in other words should i rely just on the steps or combine the steps with goals as would a non addict???

have a great week everyone!!!!

all the best!!

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Re: To all 12 steppers!!

Posted by moish u.k. - 18 Mar 2013 18:43

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Do you have a sponsor guiding you through the steps?

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Re: To all 12 steppers!!

Posted by tocontrolmyself - 19 Mar 2013 19:45

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im doing the phone conferences

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Re: To all 12 steppers!!

Posted by moish u.k. - 19 Mar 2013 19:50

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So i suggest you asked your phone moderator this question.

He is obviously an experienced 12 stepper, and you both know each other...

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