

Personal Recovery Checklist Reminders

Choose a Twelve Step Meeting for Family Members: Al-Anon, Adult Children of Alcoholics, Families Anonymous, Nar-Anon, Codependents Anonymous, S-Anon, or Gam-Anon, and others. Celebrate Recovery is a Christian Twelve Step program. Families begin by attending at least one meeting per week. Select a home group; this is the group you always attend. You can find meetings online.

Choose Twelve Step Meetings for Recovery from Addiction: Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Sex Addicts Anonymous, Overeaters Anonymous, and others. Follow recommendations from the treatment staff or your Twelve Step sponsor for weekly meeting attendance. Ninety meetings in ninety days are often recommended. Select a home group; this is the group you always attend. You can find meetings online.

Choose a sponsor. The person who helps you work the Twelve Steps is called a sponsor. Sponsors are typically same gender.

Service work. Accepting a volunteer position to help out at your home group is called service work. These are small tasks such as setting out the literature, making coffee, arranging chairs, or greeting people at the door.

Fellowship. Socializing with people from your Twelve Step meetings is called fellowship. Several people may get together after a meeting at a restaurant or coffeehouse, for instance.