



The Twelve-Step Journal

Claudette Wassil-Grimm

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This exciting, revolutionary workbook, designed for anyone on a Twelve-Step-oriented recovery program, adapts beautifully to nearly all recovery programs. It presents the twelve steps in their original form, as well as in alternative, secular version, and offers exercises and suggestions for journal entries that include topics such as storytelling, dreams, confessions, and conflicts and resolutions.

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