

Can I recover without the 12 steps?

Posted by doingtshuva - 26 Dec 2014 01:04

Hi everyone

I'm on the site close to a year. I have read the Handbook several times, I try reading the daily Emails, I downloaded and printed out many books from the Ebooks section, the White book, Big book and lot more, I spent a tremendous amount of hours reading in the past year.

I constantly download to my Mp3 Shiurem, lectures, guest speakers.

I post on the Forums.

I even opened up to my therapist which I'll share with him everything.

But, I have a feeling that I can achieve more in my recovery, and maybe I can achieve it through the 12 steps? or in meetings? But I don't see myself opening up to another person so fast, I'm full of fear and shame.

Can I work the steps alone?

I would like to hear from the Chevra some advice.

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Re: Can I recover without the 12 steps?

Posted by serenity - 31 Dec 2014 08:36

The main purpose of the BB is clearly stated, as you are no doubt aware" The Big Book states, "Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." Read Big Book Page 25 para 2. And I'm sure there is similar references other places. The Author's seem to be pretty clear that they are talking about God as their Higher Power. Now they have problem which is how to save the Agnostic. So they dedicate a chapter that basically says in my reading of it, don't worry many of

us used to think we were agnostic as well, but by the time you are done with these steps, you'll believe in God. The language in the chapter is very funny. It's saying you can stay an atheist, don't worry about it, just ignore God when we say it and fill in whatever word you want, but we are going to say God.

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Re: Can I recover without the 12 steps?
Posted by cordnoy - 31 Dec 2014 09:25

Serenity;

Thank you.

Page 45 you meant, as you so politely told me in a pm.

Thanks

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Re: Can I recover without the 12 steps?
Posted by serenity - 31 Dec 2014 11:59

Yes my comment wasn't clear. I meant, to understand that the Authors are referring to God, read the following from page 25 Para 2. in conjunction with the quote from page 45:

"The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves."

"Than they say on Page 45, "Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." But they have already said that power for them is God. That of course is creating an issue for them. How can they help the atheist and the agnostic? So they say to the agnostic on Page 44, "But cheer up, something like half of us thought we were atheists or agnostics. Our experience shows that you need not be disconcerted." Notice the implication, don't worry your really not an atheist or

agnostic, we used to think that way just like you. Then the Big Book goes on to basically say, that you don't believe in, don't worry about it because without our program you are going to die. And He isn't very particular about how you believe. Just believe and He will help you. Here is part of the passage: "We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God.

Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him. As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all
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men." (even open to ones who say they are atheist