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## Step 4 Resentments Worksheet

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The Little Red Book  
Boundary Boss  
Someday Is Not a Day in the Week  
Project Management  
The Theory of Moral Sentiments  
Codependents' Guide to the Twelve Steps  
Trauma and the 12 Steps, Revised and Expanded  
Life with Hope  
Sexual Anorexia  
Big Book Awakening  
Conscious Uncoupling  
Life with Hope 12 Step Workbook  
The Twelve-Step Workbook of Overeaters Anonymous  
Christ-centered Therapy  
Recovery  
Back to Basics  
Living Clean: The Journey Continues  
The White Ally Toolkit Workbook  
Emotional Sobriety II  
Twelve Steps and Twelve Traditions Trade Edition  
Practicing the Here and Now  
Forgiveness is Power  
12-Step Workbook for Recovering Alcoholics, Including Powerful 4Th-Step Worksheets  
The Christian Codependence Recovery Workbook  
The Steps We Took  
Where Do We Go from Here  
12 Step Journal with Step 4 Inventory Worksheets  
Forgiveness Therapy  
The Narcotics Anonymous Step Working Guides  
Staying Sober Without God  
Drop the Rock  
Alcoholics Anonymous Comes of Age,  
Moving Forward  
OA Big Book Study Guide  
Blueprint for Progress: Al-Anon's Fourth-Step Inventory  
Alcoholics Anonymous  
Twelve Steps to Spiritual Awakening  
Steps to an Ecology of Mind

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## BOOKER RIVERA

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*The Little Red Book* Amer Psychological Assn

Christ-Centered Therapy: Empowering the Self brings together Christian faith with the Internal Family System (IFS) model. This powerful therapeutic model posits a self surrounded by subpersonalities who carry anger, fear, distrust, and other negative responses. This book provides exercises and visual aids to help both client and counselor, including worksheets, a parts map for client and counselor to use collaboratively, case studies, and a clinical outline listing the interventions in sequence. Christ-Centered Therapy: Empowering the Self is essential for Christian counselors and for non-Christian counselors who are seeking more effective ways to treat Christian clients. To view an excerpt online, find the book in our QuickSearch catalog at [www.HaworthPress.com](http://www.HaworthPress.com).

*Boundary Boss* Lulu.com

An Inspirational Recovery Journal with Motivational Quotes and Inventory Worksheets This journal is a place to document your thoughts and write down any questions and answers. Each Step includes journaling pages, an area to note the current date and thoughts on each step, plus an area to write down quotes and book recommendations. Step 4 Inventory Worksheets and Prompts Several copies of each worksheet are included: Resentments, Fears, Relationships, Strengths This journal also includes: Step 10 Daily Inventory Worksheet Step Principles List of Character Defects Motivational Quotes Gratitude Sheets Plus more!! This book is not intended to replace AA's Big Book or the AA program. It is meant to be used alongside a more detailed guide or with a sponsor.

**Someday Is Not a Day in the Week** University of Chicago Press

12 Secular Steps: An Addiction Recovery Guide is a Step working guidebook for agnostics, atheists, and others who believe addicts should be active in and accountable for their recovery. Unlike traditional Twelve Step literature, this secular adaptation of 12 Step approach neither promotes nor rejects religion and spirituality; it de-emphasizes the active role of God or a Higher Power in favor of a secular, cognitive-behavioral framework. The adapted methodologies are grounded in a biology-based foundation and philosophy.

**Project Management** Simon and Schuster

Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

**The Theory of Moral Sentiments** Routledge

How does a white person who aspires to be an ally against racism talk to their friends and family who are in denial about racism against people of color? The White Ally Toolkit Workbook gives people concrete guidance about how to respond a wide variety of statements that racism-denying white folks make everyday. In addition, the workbook presents a sequenced curriculum that an ally can use if they want to purposefully change someone in the circle of influence as well as reflection

and self-assessment tools that will help allies see themselves more clearly. These tools help allies refine their interactions with others so they can move the needle on the large-scale racism denial among the whites about American's most pressing and long-standing problem.

*Codependents' Guide to the Twelve Steps* Henry Holt and Company

The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addiction.s the addictions may be to alcohol or cocaine, gambling or food, violence or sex, but the path to recovery is the same. The exciting thing about the Twelve Steps is that they teach us how to live. Once we know the design of living and the principles of living a successful life, we find that we not only get over the problems we see, but we avoid many other problems we would have had. To me, the miracle is that all this was boiled down into twelve simple Steps that anybody can apply. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for more than three decades. He, like tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work- and how they can change our lives.

*Trauma and the 12 Steps, Revised and Expanded* Faith With Works Publishing Company

The basic text for Alcoholics Anonymous.

*Life with Hope* Harmony

The Life with Hope 12 Step Workbook supplements the Life with Hope textbook and reinforces the Twelve Steps and Twelve Traditions of Marijuana Anonymous (MA). It includes worksheets and activities to help people overcome cannabis use disorder. The Life with Hope 12 Step Workbook supplements the Life with Hope textbook and reinforces the Twelve Steps and Twelve Traditions of Marijuana Anonymous (MA). It includes worksheets and activities to help people overcome cannabis use disorder. This workbook is designed for working the Twelve Steps with a sponsor.

**Sexual Anorexia** Al Anon Family Group Headquarters

Twelve Steps to recovery.

*Big Book Awakening* Martino Fine Books

In 1967, Dr. Martin Luther King, Jr., isolated himself from the demands of the civil rights movement, rented a house in Jamaica with no telephone, and labored over his final manuscript. In this prophetic work, which has been unavailable for more than ten years, he lays out his thoughts, plans, and dreams for America's future, including the need for better jobs, higher wages, decent housing, and quality education. With a universal message of hope that continues to resonate, King demanded an end to global suffering, asserting that humankind-for the first time-has the resources and technology to eradicate poverty.

**Conscious Uncoupling** Sounds True

Herb K., who is also the author of "Twelve Step Guide to Using the Alcoholics Anonymous Big Book", continues sharing his insights to the Twelve Steps by explaining the how and why, using his own experience along with traditional and universal spiritual wisdom. This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace, purpose and fulfillment. Herb K. leads

Twelve Step workshops, retreats and teaches spirituality and recovery throughout the U.S. and the world.

**Life with Hope 12 Step Workbook** Capizon Publishing

An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that:

- Explains how trauma impacts addiction, recovery, and relapse
- Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks
- Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research
- Explains the differences between being trauma-informed and trauma-sensitive; and
- Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

*The Twelve-Step Workbook of Overeaters Anonymous* Createspace Independent Publishing Platform  
A great book for completing the 12 steps of Alcoholics Anonymous. It includes four simple yet powerful worksheets for doing AA's 4th step and a very simple and powerful approach to Step 7. This revised addition also includes a new appendix describing how the author sponsors newcomers.

**Christ-centered Therapy** Simon and Schuster

The landmark project management reference, now in a new edition Now in a Tenth Edition, this industry-leading project management "bible" aligns its streamlined approach to the latest release of the Project Management Institute's Project Management Body of Knowledge (PMI®'s PMBOK® Guide), the new mandatory source of training for the Project Management Professional (PMP®) Certification Exam. This outstanding edition gives students and professionals a profound understanding of project management with insights from one of the best-known and respected authorities on the subject. From the intricate framework of organizational behavior and structure that can determine project success to the planning, scheduling, and controlling processes vital to effective project management, the new edition thoroughly covers every key component of the subject. This Tenth Edition features: New sections on scope changes, exiting a project, collective belief, and managing virtual teams More than twenty-five case studies, including a new case on the Iridium Project covering all aspects of project management 400 discussion questions More than 125

multiple-choice questions (PMI, PMBOK, PMP, and Project Management Professional are registered marks of the Project Management Institute, Inc.)

**Recovery** Alcoholics Anonymous World Services

Seventeen years ago, I am was on the verge of either dying or being locked up for a very long time. Instead, he became a very active member of AA and has stayed in the middle of AA ever since and has been sponsoring new members for over sixteen years. He loves AA so much that other members laugh when they hear him sing his favorite jingle: I am stuck on AA, cause AAs stuck on me! Today, I am lives in southwest Florida with his wonderful Al Anon wife and their happy seven-year-old daughter and delightful eight-month-old baby boy, I am Junior.

**Back to Basics** Marijuana Anonymous

Explains how recovery programs work and how to apply the "Twelve Steps" of Alcoholics Anonymous. Offers specific exercises and activities for use by individuals and in group settings.

**Living Clean: The Journey Continues** Simon and Schuster

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

*The White Ally Toolkit Workbook* North Atlantic Books

A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

**Emotional Sobriety II** Balboa Press

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual

behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse. Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for

change. Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to. *Twelve Steps and Twelve Traditions Trade Edition* Simon and Schuster  
Gregory Bateson was a philosopher, anthropologist, photographer, naturalist, and poet, as well as the husband and collaborator of Margaret Mead. This classic anthology of his major work includes a new Foreword by his daughter, Mary Katherine Bateson. 5 line drawings.

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