

ADDICTIONS COUNSELING AND THEORY
12-Step Meeting: Assessment

1. What preconceived ideas about addictions did you bring into the three 12-Step Meetings?
2. How do you now understand that the term addict applies to all people? Explain.
3. What insight would you add from a biblical perspective to the 12 step program?
4. Name some of the reasons people gave for why they would move towards their addictive behaviors. Explain.
5. Name three reasons people gave for why they would move from escaping into addictive behavior to moving towards truth and healing in order to leave the addictive behavior behind? Explain.
6. Bring to mind one of your own addictions. (I don't need to know what it is.) Now, consider giving it up. Describe what you are going through. If you have gone through the process of "withdrawal" from an addiction, you can describe this experience in its place.
7. Name three things you heard in the meetings that will allow you to stand strong in the truth and with a sound mind without your "drug of choice?" Explain.
8. Discuss what has changed for you from before you attended any meetings to now having attended all three 12 step meetings. Explain.