

A
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WAY

THROUGH THE
TWELVE STEPS

WORKBOOK



Updated
and
Expanded

Stephanie S. Covington

A Womans Way Through The Twelve Steps Workbook

Stephanie S. Covington



A Woman's Way Through The Twelve Steps Workbook:

A Woman's Way through the Twelve Steps Workbook Stephanie Covington, 2024-03-05 Women's recovery can differ from men's and each person's recovery is in many ways unique. That's why Stephanie Covington has designed the *A Woman's Way Through the Twelve Steps Workbook* to help women and gender expansive people each find their own path and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships, self, sexuality and everyday life. Deepening and extending the lessons of a book that has helped countless women and gender expansive people, this workbook makes *A Woman's Way Through the Twelve Steps* that much more measured, meaningful and clear. Unlike many rewritten Twelve Step interpretations for women, this workbook begins with the original Step language, preserving its spirit and focusing attention on its healing message. In sections devoted to each of the Twelve Steps, Covington blends narrative, self-assessment questions focused on women's definitions of terms such as powerlessness and letting go, guided imagery exercises and physical grounding activities. Designed to be used in conjunction with *A Woman's Way Through the Twelve Steps*, this workbook helps deepen and extend the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a person. It is also designed to be used in conjunction with *A Woman's Way through the Twelve Steps Facilitator Guide* in facilitated groups in residential or outpatient treatment programs for substance use disorder or other addictive disorders.

A Woman's Way Through the Twelve Steps Workbook Stephanie S. Covington, 2000-08-09 Women's recovery can differ from men's and each person's recovery is in many ways unique. That's why Stephanie Covington has designed this workbook *A Woman's Way Through the Twelve Steps Workbook* to help a woman find her own path and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships, self, sexuality and everyday life. Deepening and extending the lessons of a book that has helped countless women, this workbook makes *A Woman's Way Through the Twelve Steps* that much more measured, meaningful and clear. Unlike many rewritten Twelve Step interpretations for women, this guide works with the original Step language, preserving its spirit and focusing attention on its healing message. In sections devoted to each of the Twelve Steps, Covington blends narrative, self-assessment questions focused on a feminine definition of terms such as powerlessness and letting go, guided imagery exercises and physical activities. Designed to be used in conjunction with *A Woman's Way Through the Twelve Steps*, this workbook helps deepen and extend understanding of the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a woman.

A Woman's Way Through the Twelve Steps Workbook Stephanie S. Covington, 2024-03-05 Each woman's path to recovery is unique and no one understands that quite like Stephanie Covington. While many in recovery walk a path with the Twelve Steps of Alcoholics Anonymous (AA) as their map and guide, women often struggle to fit their steps to the Twelve Steps language and concepts like powerlessness and surrender mean something different for them than they do for men. In the first edition of *A Woman's Way through the*

Twelve Steps published in 1994 Covington provided women with a new map one that interpreted the Steps their concepts and their language in a way that aligns with women s unique recovery needs Now she expands that work further to include the voices of gender expansive individuals Designed to be used in conjunction with *A Woman s Way through the Twelve Steps* and *A Woman s Way through the Twelve Steps Facilitator Guide* this workbook begins with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative guided imagery exercises physical activities and self assessment questions focused on addressing recovery issues and fostering a sense of safety respect and dignity This workbook helps readers deepen and extend their understanding of the Twelve Steps and empowers each woman to take ownership of her recovery process as well as her growth as a person It can be used individually or in facilitated groups in residential or outpatient treatment programs

Back cover *A Woman's Way through the Twelve Steps* Stephanie Covington, 2024-01-23 This guide to the Twelve Steps from Dr Stephanie S Covington a pioneer in the field of women s issues addiction and recovery preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women s needs in mind Published in 1994 *A Woman s Way through the Twelve Steps* has long been a unique resource that helps women find their own paths in recovery paths shaped by the way women experience not only addiction and recovery but also relationships self sexuality spirituality and everyday life Now stories from five new voices expand the perspective of this recovery classic Over the past thirty years what it means to identify as a woman in recovery has broadened to include transgender nonbinary and other gender diverse people This new edition includes updated inclusive language to be more trauma sensitive and welcoming to all women This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous AA and offers inspiring stories of how they travel through the Steps and discover what works for them The book can be used alone or as a companion to AA s Twelve Steps and Twelve Traditions By identifying and addressing the special issues that recovery presents for women this book empowers women to take ownership of their own journeys and to grow and flourish in recovery

A Woman's Way Through the Twelve Steps Facilitators Guide Stephanie S. Covington, 2009-03-18 First published by Hazelden in 1994 the book *A Woman s Way through the Twelve Steps* has helped women overcome the traditional male orientation of Alcoholics Anonymous while embracing the spiritual truths of the Twelve Steps Today Stephanie Covington s acclaimed book has evolved into a curriculum of comprehensiveness and clarity The new facilitator s guide offers you practical guidance on how and when to use the DVD client book and workbook

Woman's Way through the Twelve Steps Bundle Stephanie Covington, 2024-11-12 This is a bundle of *A Woman s Way through the Twelve Steps* and *A Woman s Way through the Twelve Steps Workbook*

A Woman's Way Through the Twelve Steps Set Stephanie S. Covington, 2000-09-22 This illuminating view of how women understand and process the Twelve Steps of Alcoholics Anonymous explores such essential topics as spirituality powerlessness and the emergence of a woman s sense of

feminine soul A Woman's Way Through the Twelve Steps remains true to the underlying spiritual truths of the Twelve Step program of Alcoholics Anonymous while triumphantly overcoming the traditional male orientation of Alcoholics Anonymous For every woman who has felt there are issues crucial to her recovery that just can't be brought up in a mixed gender meeting this book sheds encouraging feminine light on the wisdom of A A This workbook designed to be used in conjunction with the book makes A Woman's Way Through the Twelve Steps that much more measured meaningful and clear Unlike many rewritten Twelve Step interpretations for women this guide works with the original Step language preserving its spirit and focusing attention on its healing message In sections devoted to each of the Twelve Steps Covington blends narrative self assessment questions focused on a feminine definition of terms such as powerlessness and letting go guided imagery exercises and physical activities

A Woman's Way Through the Twelve Steps Stephanie S. Covington, 2024-01-23 Geared specifically to women and gender expansive people this guide to the Twelve Steps considers the psychological development of women as it relates to addiction and recovery as well as the social and cultural factors that affect women

Helping Men Recover Stephanie S. Covington, Dan Griffin, Rick Dauer, 2022-08-30 An essential workbook for practitioners treating men with substance use disorders and addiction issues In the second edition of Helping Men Recover A Program for Treating Addiction Workbook a team of distinguished practitioners delivers effective resources and tools to accompany their step by step guide to treating substance use disorders in men The provided templates questions exercises and other resources address four areas including the self relationships sexuality and spirituality and allow men to process and record the therapeutic experience as they move through it This new Workbook presents new exercises to use in group sessions informational summaries and insightful individual reflection questions and activities that clients can use following group sessions

A Young Man's Guide to Self-Mastery, Workbook Stephanie S. Covington, Roberto A. Rodriguez, 2021-05-25 How practitioners can work with young male clients within a gender responsive treatment program Adverse life events can experience significant impairment in neural development which can lead to weakened critical thinking diminished emotional intelligence and increased antisocial behavior Statistics show that traditional treatment programs are inadequate in helping young men estimated to account for 68% of all teens struggling with substance use disorder to achieve sustained abstinence that leads to recovery A Young Man's Guide to Self Mastery provides practical guidance on implementing an effective trauma informed gender responsive treatment program that addresses the impact of socialization adverse life experiences and substance use This invaluable guide explains the theoretical foundation and real life connection between trauma and substance use and provides clear guidelines and actionable strategies for treating boys and young men challenged by trauma and substance use disorder Provides guidance on integrating evidence based interventions mindfulness techniques and experiential activities Covers the effects of environmental trauma gender development awareness socialization identity sexuality relational violence and aggression Examines trauma's impact on families mental health and comorbid and addictive

behavior Discusses the key elements of strength based approaches and mentoring A Young Man s Guide to Self Mastery is an invaluable resource for practitioners working with male adolescents in mental health clinics juvenile justice facilities and residential and outpatient facilities **Awaken Your Sexuality Workbook** Stephanie Covington,Vanessa

Carlisle,2025-10-07 This compassionate comprehensive workbook is a guide that offers hope for those seeking to reconnect or connect for the first time with their sexual selves Addiction trauma and shame can deeply impact your ability to experience intimacy and sexual joy But healing is possible and you are not alone This workbook will guide you through the complex intersections of trauma addiction and sexual recovery with sensitivity and care Used alone or as a companion to Awaken Your Sexuality A Guide to Intimacy and Connection after Addiction and Trauma it offers practical tools and exercises to help you unlock the path to pleasure intimacy and connection Inside you ll discover activities to help you Process Your Sexual History Reflect on past experiences and begin healing from old wounds Explore Pleasure Without Judgment Learn how to embrace your body and desires with curiosity and self compassion Build Healthier Relationships Develop skills for creating deeper more fulfilling intimate connections Research shows that 1 in 6 women experience sexual violence with many turning to substances or compulsive behaviors as a way to cope Here you can read real life stories of recovery from those who have walked the path of sexual healing and reclaim your sexual agency joy and power Sexuality is an integral part of what it means to be whole and well You deserve pleasure You deserve healing You deserve connection A must read for survivors therapists counselors and anyone committed to sexual recovery and empowerment A Man's Workbook

Stephanie S. Covington,Dan Griffin,Rick Dauer,2011-01-18 A Man s Workbook offers a companion product that is tied seamlessly to the Helping Men Recover Facilitator s Guide This participant workbook has four modules self relationships sexuality and spirituality and allows men to process and record the therapeutic experience It contains exercises for use in group sessions summaries of information presented from the facilitator s guide and reflection questions and activities for use after group sessions There is also a criminal justice version of the workbook which is designed specifically for men in criminal justice settings **Beyond Anger and Violence** Stephanie S. Covington,2014-05-27 The participant s essential

guide to reflection and personal growth Beyond Anger and Violence A Program for Women Participant Workbook is the participant s personal place for reflection reactions and learning during and after management sessions The activities inside reinforce program lessons about anger and violence including how families relationships communities and society affect one s life In learning about the relationships between thoughts feelings and behaviors participants can begin to grasp a better self understanding that will help them manage anger in a healthier more productive manner They ll develop new skills for communication conflict resolution and decision making and will be introduced to a variety of calming techniques Beyond Anger and Violence is a 40 hour evidence based program designed for women who have difficulty managing anger Based on a social ecological model the program addresses the factors that put people at risk for experiencing overwhelming feelings of

anger and perpetrating assaults or destruction of property This curriculum acknowledges anger as a normal appropriate and human emotion but also recognizes the destruction it can lead to if allowed to get out of control This workbook will help guide participants through the program reinforcing the discussions held in session Topics include The effects of trauma Relationships and communication control and conflict The importance of safety and the power of community Self transformation and creating change The workbook also includes a Daily Anger Log a Self Reflection Tool and list of yoga poses that can have a calming effect on both body and mind Participants may already recognize the effects of anger on their lives and that it may even be affecting their health Through the Beyond Anger and Violence program and the exercises in this workbook they can join a group of women working to create a less violent world **Beyond Violence** Stephanie S. Covington,2015-06-03 Beyond Violence A Prevention Program for Women is a forty hour evidence based gender responsive trauma informed treatment program specifically developed for women who have committed a violent crime and are incarcerated This program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program within the criminal justice system This Participant Workbook helps participants understand the relationships between thoughts feelings and behaviors learn new skills including communication conflict resolution decision making and calming soothing techniques and become part of a group of women working to create a less violent world **A Woman's Journal** Stephanie S. Covington,2008-06-09 This product includes a basic curriculum for treating women s substance abuse in correctional settings In this new edition Stephanie Covington will include important new evidence based data and new proven techniques for her unique and exclusive program as well as new ways to treat trauma and substance abuse new principles for gender responsive strategies with women offenders and a new module on sexuality and women s recovery Also women who have been using the book have written in many small changes and corrections in the directions and exercises The latest and most up to date theory and practice for this very focused but substantial field of treatment A Woman s Journal is tied seamlessly to the facilitator s guide It contains exercises for use in group sessions summaries of information presented from the facilitator s guide and reflection questions and activities for use after group sessions Included in SAMHSA a National Registry of Evidence based Programs and Practices [Awaken Your Sexuality](#) Stephanie Covington,Vanessa Carlisle,2025-10-07 This compassionate comprehensive guide offers hope for those seeking to reconnect or connect for the first time with their sexual selves Addiction trauma and shame can shatter your experience of intimacy and sexual joy But healing is possible and you are not alone Awaken Your Sexuality addresses the complex intersections of trauma addiction and sexual healing with depth and sensitivity Written by leading experts this groundbreaking guide unlocks the path to pleasure intimacy and connection Inside you ll discover Practical exercises to process sexual history and heal from past wounds Ways to explore and embrace pleasure without judgment Support for your unique journey to healthier intimate relationships Real life stories of sexual recovery Drawing from cutting edge research

and decades of clinical experience *Awaken Your Sexuality* goes beyond traditional recovery literature and considers sexuality an integral part of what it means to be whole and well Statistically 1 in 6 women experience sexual violence and many turn to substances or compulsive behaviors to cope This book offers a lifeline a compassionate guide to reclaiming your sexual agency joy and power You deserve pleasure You deserve healing You deserve connection Your sexual recovery starts here A must read for survivors therapists counselors and anyone committed to sexual healing and empowerment *A Woman's Journal: Helping Women Recover* Stephanie S. Covington, 2019-06-05 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999 *Helping Women Recover* has set the standard for best practice in the field of women's treatment *Helping Women Recover* is a manualized treatment intervention based on Dr Covington's Women's Integrated Treatment WIT model offering a program developed to meet the unique needs of women addicted to alcohol other drugs and those with co occurring disorders Included in SAMHSA's National Registry of Evidence based Programs and Practices The *Helping Women Recover* program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group settings or with individual clients Now in its third edition this binder set including a hands on participant's journal has been updated with new material on opioid addictions how to become trauma informed and gender responsive LGBTQ issues and more The detailed chapter for the facilitator on how to use the program updated references and further reading suggestions help practitioners effectively implement the program in daily practice A vital tool for all mental health and addiction treatment professionals *Helping Women Recover* Draws from the most up to date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender responsive services Provides guidance for facilitating an effective woman's treatment program Offers real world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program Acceptance Statements *Helping Women Recover* is essential for mental health and addiction treatment professionals including counselors therapists social workers psychologists and psychiatrists who work with women in hospitals addiction treatment programs community mental health centers and individual practices

Healing Addiction with Yoga Annalisa Cunningham, 2012-06-01 Especially oriented toward those in 12 step programs this comprehensive wellness guide describes how yoga can stimulate recovery from addiction by bringing the mind and body closer together The supportive and understanding text presents a 21 day yoga regimen using dynamic affirmations relaxation techniques nutrition and lifestyle suggestions aerobic activities and journal writing all of which are geared to incorporate the 12 step philosophy into yoga practice The featured poses are drawn from the popular hatha yoga tradition while the complementary contemplations are applicable not only to addicts but to anyone seeking physical and spiritual enrichment Newly updated and revised the guide includes beautiful professional photographs throughout to demonstrate the wide

variety of asanas **The Recovering Heart** Beverly Conyers,2013-06-01 Beverly Conyers a prominent voice in recovery uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female recovery experience Your old destructive lifestyle is fading into the past and now you are a woman in recovery What an amazing gift you ve given yourself So why aren t you happier As sobriety takes hold and your head starts to clear a wide range of emotions can begin to emerge feelings that until now you ve medicated with chemicals Yet to stay sober and to grow and flourish as a person you must engage in healing and take responsibility for these long neglected emotions Beverly Conyers a prominent voice in recovery uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female experience Learn how to develop the inner resiliency to face and process difficult buried emotions such as shame grief fear and anger while freeing the positive feelings of self worth independence and integrity Discover how to heal your damaged self by improving your communication skills expanding your capacity for intimacy and trust and reawakening a spiritual life As you heal your wounded heart you can free yourself to a life of self acceptance and lay the foundation for a rewarding and relapse free second stage of recovery

Finding Your Emotional Balance Merry Noel Miller,2015-12-15 A wise empathetic guide to emotional and mental health for women of all ages Women are twice as likely as men to become depressed While they seek help for mental disorders more often than men they also seek to help others trying to keep everyone happy while taking care of parents spouses and children Sometimes doing it all is doing too much In Finding Your Emotional Balance Dr Merry Noel Miller offers women of all ages advice for coping with life s challenges while increasing its joys Drawing on her three decades of experience as a psychiatrist specializing in women s mental health as well as her own personal struggles with depression and grief she explains the special vulnerabilities and strengths of women during adolescence the childbearing years menopause and late in life Dr Miller opens each chapter with stories about women who are dealing with issues related to their stage in life She discusses common mental disorders in the context of life stages exploring the symptoms of depression anxiety substance abuse bipolar disorder and unresolved grief She also offers a variety of remedies suggesting medical and nonmedical approaches to finding emotional balance even in the most stressful times Each chapter ends with a list of suggested readings and websites

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