

Results-Focused Stepwork Workshop

Take charge of your own recovery!

NEW

This 15 week workshop presents a hands-on approach to using any version of the steps as a systematic approach to solving any problem, large or small.

Participants use guided writing and group discussion to work through specific problem behaviors, such as:

“I want to stop saying yes when I mean no”

“I want to stop drinking”

“I want to stop obsessing about my loved one’s behaviors”

“I want to stop using food as the answer to my problems”

New concepts:

Step 0—what do I never want to do again?

Process of recovery is a manageable series of small changes.

Understand the change the step is meant to produce; let "how-to" take care of itself.

This is an AA event with Al-Anon participation, but no one will be turned away.

Welcome oldtimers, newcomers, any fellowship.

Starts Oct. 24 at 7pm eastern time

One hour per week, led by Chia W

Zoom Meeting ID: 864 1478 2410 Passcode: results

For more detail about the results-focused approach, listen to this 18-minute podcast:

<https://rivenwoodbooks.com/results/resultsFocused.mp3>