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[When Fighting Your Neural Ghosts Make Sure To Surrender!! – Addiction Recovery Blog – Addictionland.com](#)

Twelve Suggested Steps from Twelve Alternative Sources

"The wording was, of course quite optional, so long as we voiced the ideas without reservation."
Alcoholics Anonymous (The Big Book) pg. 63

- 1) Admit that you are powerless to overcome your addictions and that your life has become unmanageable. (*Internet and Technology Addiction Anonymous*).
- 2) Dare to believe that there lies within Us the Power to restore balance to our lives. (*Online Gamers Anonymous 2001*).
- 3) Made a decision to change our lives by committing to this simple program of recovery. (*We Agnostics Gr. Kansas City*).
- 4) I will make a fearless and honest review of my life, my values, and my goals. (*Teen Addiction Anonymous 2007*).
- 5) Will talk to another person about our exact nature (*The Alternative 12 Steps: A Secular Guide to Recovery, Martha Cleveland, Arlys G, 1991*).
- 6) I am entirely ready to allow realistic and rational thinking to reveal my destructive patterns of addictive thinking and behavior (*Realistic Recovery, Mike H, 2009*).
- 7) With humility and openness, sought to eliminate our shortcomings (*San Francisco www.aaagnostics.org*).
- 8) I will consider those that I have harmed and those that have harmed me. I will become willing to explore my feelings regarding those harms (*Secular Organizations for Sobriety – SOS*).
- 9) We shall do what we can to make amends, in a way that will not cause further harm (*Humanist Twelve Steps, B. F. Skinner, 1987*).
- 10) We continue to think about our strengths and weaknesses, and when we are wrong we say we are wrong (*Young Warriors Network, Umatilla Tribal Alcohol Program*).
- 11) Sought through mindful inquiry and meditation to improve our spiritual awareness, seeking only for knowledge of our rightful path in life and the power to carry that out (*Beyond Belief Agnostics & Freethinkers AA Group, Toronto*).
- 12) I will continue to develop my own human potential and spirituality and will actively help others who cannot control their use of alcohol (*Le, C. Ingvarson, EP. & Page, R.C. 199. The Twelve Steps of Self-Confirmation. Journal of Counseling & Development, 73 [6], 603 -609*).



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When I was in early recovery, in the first weeks and months my brain would ... Paul Henry (pseudonym) is a researcher, recovering alcoholic, and blogger. ... When fighting your neural ghosts make sure to surrender!! ... react to naturally occurring alcohol or drug related thoughts and associated memories ...

If lucky, our journey has taken us to arriving at a point of surrender. ... Your simple and humble act of asking for help is effectively an admission of ... step is about powerlessness over behaviors that make your life unmanageable. ... Unmanageability List: Write out the ways in which your addiction has created Today many people believe that alcoholism and addiction are a ... I also agree that there is some biological, neural, or genetic ... Subscribe to blog [Subscribe via RSS](#) ... It requires a strong and committed recovery plan to overcome both ... Dec 16; When fighting your neural ghosts make sure to surrender!!. When fighting your neural ghosts make sure to surrender!! – Addiction Recovery Blog – addictionland.com · Posted on December 17, 2014 by ...

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You don't want to be addicted to drugs, alcohol, sex, or gambling, yet you are addicted anyway. There is an old saying in recovery: "Surrender to win". ... The only way to win the war against yourself and your addiction is to surrender. Surrender is what happens when you stop fighting and give up completely ... [Emsisoft Anti-Malware 2019.7.1.9637 Crack With Patch Key Free Download](#)

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These thoughts to the recovering/abstinent individual can be seen as egodystonic ... When fighting your neural ghosts make sure to surrender!!. At the most basic level, you must first surrender your drug and alcohol problem if you want to be successful in recovery. For many, the first But addicts are stubborn. After making initial progress, many new to recovery will resist what comes next. The idea that they must surrender In my previous blog we asked the question whether ... reinforcement models of craving predict relapse in abstinent alcoholics and addicts? ... Alcoholism Dec 16; When fighting your neural ghosts make sure to surrender!!. The definition of addiction by the American Society of Addiction Medicine ... Dec 16; When fighting your neural ghosts make sure to surrender!! eff9728655 [Massive Logic Pro X Download](#)

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