

PEOPLE IN RECOVERY SPEAK ABOUT THE PROCESS



"The changes since the Process are dramatic.

Before the Process I was an avid supporter of 12-Step meetings. In fact, even after three years of uninterrupted sobriety and weekly therapy, I was unable to go a day without attending one. Still I was overwhelmed with fear and depression.

The Process was a week-long series of intensive 4th, 5th, 6th, 7th, 8th, 9th and 10th steps. Since the Process, I no longer have the hole in my gut. The fear and depression are gone as is the chatter in my head. I have been able to extricate myself lovingly from a dysfunctional relationship. I have been able to stop taking sugar and eating compulsively. Now I go to an average of one meeting a week, mostly to see my friends. I have the best relationship with my family that I have ever had. I now can be really focused in my graduate work.

Before the Process I lived either in the past or the future; now I live in the present. I am softer and more loving, especially with myself which makes it easier to be more loving with others. Now I can really be a true 12-Stepper in my daily life."

Alison Candate, alcoholic/drug addict, 8 years clean and sober

"I had been clean and sober for years. The Process was the next step - a deepening. When love is unlocked there is no need to use. I have attained the happy, joyous and free state that is guaranteed in the Big Book of AA. I go to AA now as a continuing guide on how to live. Having found that I love myself, I take care of myself in all aspects of my life."

Darrellyn Meritt, veteran alcoholic, 12 years sober

"Although I was sober for six years, I came to the Process for my compulsivity. Any desire for alcohol or drugs was wiped out after the Process by my feeling good about myself. I feel happy and good and there's no need for a mood-altering substance."

Gary Stephenson, alcoholic/addict, 11 years sober

"The Process allowed me to stop the old patterns, old behaviour. I had been one to fall into self pity. I had wallowed in being the sick one. I was so grateful to be in AA although I was unable to live it because I felt undeserving. After the Process, I am no longer a victim. I can take things as they come along. In the Process I was able to forgive my parents and myself. My relationship with my husband and children are now more satisfying. We can grow each day."

Alison Baumann, alcoholic, 12 years sober

When you're serious about change

Hoffman Institute UK

Call us on: +44 (0)1903 88 99 90

This website contains intellectual property including graphics and text protected by international copyright. All Rights Reserved. ©1998 Hoffman Institute International Inc.

URL: <http://www.hoffmaninstitute.co.uk>