

# 12 Steps On The PATH To Freedom

## THE BODY

1) What has my experience with addiction been? (Mine and/or other's)

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2) What happens when I indulge in my addiction (List 3 examples for @ addiction)

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3) What is my history of attempting to overcome it or stop, once I start? (3 examples)

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4) How successful have I been to control substance use and/or addictive behavior?

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5) How honest have I been about it with myself - regarding my efforts and failures?

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