

Introduction to the HIW Program of Recovery

If you have the disease of alcoholism, it demands to be treated daily. Treating alcoholism with addictions and resentments have increasingly harmful and even fatal side effects. Treating alcoholism with a spiritual answer has only positive and healthy side effects.

The How it Works program of recovery is the result of years of helping those who suffer from the disease of alcoholism. All are welcome that are affected by alcoholism; that is everyone. Let everyone decide for himself or herself if they want to be here. (Tradition 3, "The Long Form" – Alcoholics Anonymous, page 563)

On page 263 in the Big Book of Alcoholics Anonymous, you can read about the Oxford group and the original six tenets that the Twelve Steps of A.A. originated from. The Oxford Group explains that the first step of the program is "The Deflation of Ego." This is the experience of the How it Works Group: that the ego is the last to go, and the first to come back.

In the forward to the Second Edition, the Oxford Group's 75% recovery rate is explained by stating that "Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement." How It Works believes that if our program is followed the way it is designed, it will provide a 100% recovery rate; a guaranteed answer for ALL those who suffer from alcoholism.

The HIW group program presents the Twelve Steps in a most unique and effective manner, designed to provide newcomers with the tools needed to immediately stop the destructive effects of our thoughts and actions. This will then allow the alcoholic time and clarity to complete the Twelve Steps required to produce the psychic change for long-term recovery.

The jails, hospitals and mental wards are full of people who suffer with this abnormal state of mind and body. The divorce rate is climbing and homelessness is at an all-time high. People with long-term sobriety without a solid answer of recovery are turning to suicide as the only way to treat their mental illness...sober! It is apparent that the drugs and alcohol **are not** the problem, they were the answer to treating this abnormal mind. The problem is our thinking – a mental illness called alcoholism.

The How it Works program of recovery is designed to help you, through the process of the steps, experience the deflation of ego, and give you the tools to stop reacting poorly to life so that you can be of real service to those around you.

First, we will present the concept of Playing Dead. This concept is single-handedly the most effective way to stop from creating more destruction and harm. This concept will help you stop reacting to everything that goes through your mind, whether it be fancied or real.

Next, we will start the steps with Steps 10 and 11.

Step 10 is a tool you can use to immediately clean up any “situation” you create during the day, on the spot, so that there is less to “clean up” later. “When we are wrong, promptly admitted it and straightened it out.”

Step 11 will provide a morning meditation to set the tone for your day and an evening meditation so you can get things straightened out prior to ending your day. Again, we are trying to prevent another past from being created. These are ACTION STEPS, so take ACTION! Remember, we do this every day.

After the completion of this introduction you will be given a set of readings from the Big Book of Alcoholics Anonymous in preparation for each step. As we go through each step please note that:

Step 1 is the result of the deflation of ego. Ego is the last to go and the first to come back.

Step 5 will be completed with a qualified person. The book recommends a priest, minister or rabbi.

Step 9: Our experienced group members will provide suggestions and assistance with this step. It is important to get guidance with this step as we do not wish to continue to harm others or ourselves while trying to complete this process.

Steps 10 and 11 will be done every day as these are daily action steps. This process is to be continued. While the steps can be completed, the treatment for the disease of alcoholism will never be completed.

Step 12: Unlike the early days of Alcoholics Anonymous, 12-step calls nowadays are rare. With the growth and availability of meetings everywhere, 12-step work is now done in meetings and support of the meetings, by attendance and contribution to the 7th tradition basket, is vital for the program's success.

Being born with the disease of alcoholism is not your fault. However, you are responsible for treating it.