Helping others is important for your continued success in recovery. As discussed in Step 12, there are various ways of working this step.

In this exercise, you will make a list of some ways you have been or could be helping others. Items on your list may be related to recovery, but other ways of helping are also welcome and encouraged. If you find it helpful, you could separate your list considering those ways that are specifically Recovery Related and those that are more General ways of helping.

Recovery Related Ways of Helping Others

General Ways of Helping Other