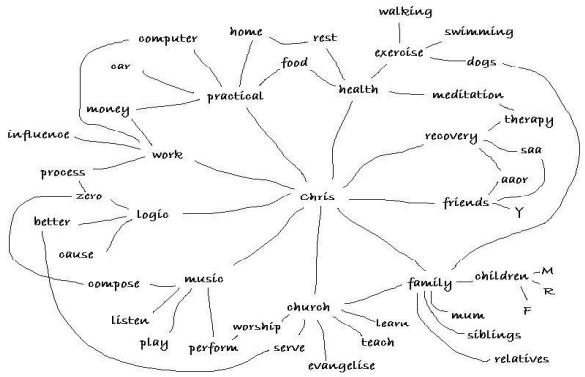
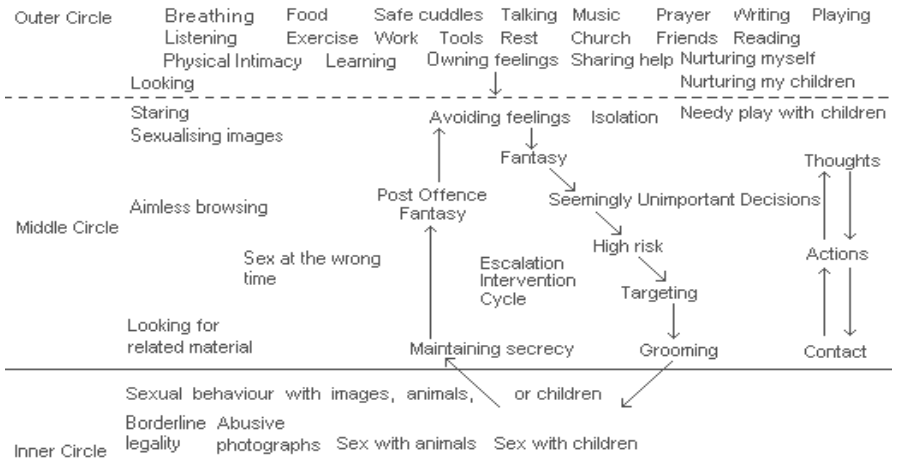
12 Concepts	1	2	3	4	5	6	7	8	9	10	11	12
12 Promises	1	2	3	4	5	6	7	8	9	10	11	12
12 Steps	1	2	3	4	5	6	7	8	9	10	11	12
12 Traditions	1	2	3	4	5	6	7	8	9	10	11	12
2 Final rules	1	2	3	4	5	6	7	8	9	10	11	12
3 Circles	1	2	3	4	5	6	7	8	9	10	11	12
3 Questions	1	2	3	4	5	6	7	8	9	10	11	12
5 Realities	1	2	3	4	5	6	7	8	9	10	11	12
6 Things	1	2	3	4	5	6	7	8	9	10	11	12
7 Levels of intimacy	1	2	3	4	5	6	7	8	9	10	11	12
Abstinence	1	2	3	4	5	6	7	8	9	10	11	12
Affirmations	1	2	3	4	5	6	7	8	9	10	11	12
Anonymity	1	2	3	4	5	6	7	8	9	10	11	12
Basic needs	1	2	3	4	5	6	7	8	9	10	11	12
Boundaries	1	2	3	4	5	6	7	8	9	10	11	12
Challenges	1	2	3	4	5	6	7	8	9	10	11	12
Confidentiality	1	2	3	4	5	6	7	8	9	10	11	12
Contracts	1	2	3	4	5	6	7	8	9	10	11	12
Co-sponsorship	1	2	3	4	5	6	7	8	9	10	11	12
Creativity	1	2	3	4	5	6	7	8	9	10	11	12
Daily actions	1	2	3	4	5	6	7	8	9	10	11	12
Exercise	1	2	3	4	5	6	7	8	9	10	11	12
Faith	1	2	3	4	5	6	7	8	9	10	11	12

Family	1	2	3	4	5	6	7	8	9	10	11	12
Family history	1	2	3	4	5	6	7	8	9	10	11	12
Fears list	1	2	3	4	5	6	7	8	9	10	11	12
Feelings	1	2	3	4	5	6	7	8	9	10	11	12
Feet walk	1	2	3	4	5	6	7	8	9	10	11	12
Friendship	1	2	3	4	5	6	7	8	9	10	11	12
Gratitude	1	2	3	4	5	6	7	8	9	10	11	12
Habits	1	2	3	4	5	6	7	8	9	10	11	12
HALT	1	2	3	4	5	6	7	8	9	10	11	12
Harms list	1	2	3	4	5	6	7	8	9	10	11	12
Honesty	1	2	3	4	5	6	7	8	9	10	11	12
Humility	1	2	3	4	5	6	7	8	9	10	11	12
Humour	1	2	3	4	5	6	7	8	9	10	11	12
Hypothetical amends	1	2	3	4	5	6	7	8	9	10	11	12
Immediacy	1	2	3	4	5	6	7	8	9	10	11	12
Interventions	1	2	3	4	5	6	7	8	9	10	11	12
Intuition	1	2	3	4	5	6	7	8	9	10	11	12
Inventory	1	2	3	4	5	6	7	8	9	10	11	12
Journaling	1	2	3	4	5	6	7	8	9	10	11	12
Just for today	1	2	3	4	5	6	7	8	9	10	11	12
Literature	1	2	3	4	5	6	7	8	9	10	11	12
Meditation	1	2	3	4	5	6	7	8	9	10	11	12
Meetings	1	2	3	4	5	6	7	8	9	10	11	12

Moratoriums	1	2	3	4	5	6	7	8	9	10	11	12
Offending cycle	1	2	3	4	5	6	7	8	9	10	11	12
Outer circle tree	1	2	3	4	5	6	7	8	9	10	11	12
Phone Lists	1	2	3	4	5	6	7	8	9	10	11	12
Prayer	1	2	3	4	5	6	7	8	9	10	11	12
Readings	1	2	3	4	5	6	7	8	9	10	11	12
Recovery cycle	1	2	3	4	5	6	7	8	9	10	11	12
Relaxation	1	2	3	4	5	6	7	8	9	10	11	12
Resentment list	1	2	3	4	5	6	7	8	9	10	11	12
Routine	1	2	3	4	5	6	7	8	9	10	11	12
Service	1	2	3	4	5	6	7	8	9	10	11	12
Slogans	1	2	3	4	5	6	7	8	9	10	11	12
Sponseeship	1	2	3	4	5	6	7	8	9	10	11	12
Sponsorship	1	2	3	4	5	6	7	8	9	10	11	12
Step groups	1	2	3	4	5	6	7	8	9	10	11	12
Support network	1	2	3	4	5	6	7	8	9	10	11	12
Surfing the urge	1	2	3	4	5	6	7	8	9	10	11	12
Therapy	1	2	3	4	5	6	7	8	9	10	11	12
Travelling plans	1	2	3	4	5	6	7	8	9	10	11	12
Trust	1	2	3	4	5	6	7	8	9	10	11	12
Values	1	2	3	4	5	6	7	8	9	10	11	12
Workshops	1	2	3	4	5	6	7	8	9	10	11	12
WWJD	1	2	3	4	5	6	7	8	9	10	11	12

Offending cycle
- Suppression
- Fantasy
- SUDs
- High risk
- Targetting
- Grooming
- Offence
- Secrecy





Support network
- Sponsor / co-sponsors / sponsees
- Home SAA group
- Wider SAA
- AAOR
- Al-Anon
- Online SLAA
- Close family
- Extended family
- Church
- Close friends
- Other friends
- Work colleagues
- Mental health professionals
- Other professionals
- Neighbours
- Dogs
- God

Recovery cycle
- Precognitive
- Cognitive
- Recovery
- Maintenance

Precognitive	1	2	3	4	5	6	7	8	9	10	11	12
Cognitive	1	2	3	4	5	6	7	8	9	10	11	12
Recovery	1	2	3	4	5	6	7	8	9	10	11	12
Maintenance	1	2	3	4	5	6	7	8	9	10	11	12

5 Realities
- Do I REALLY want to act out this fantasy?
- What REALLY happens in this fantasy?
- What could the REAL consequences be?
- What REAL needs does this fantasy mask?
- How can I REALLY meet those needs?

2 Final rules
- Getting close?
- Get out

3 Questions
- Does it have to be done?
- Does it have to be done now?
- Does it have to be done by me?

HALT
- Hungry?
- Angry?
- Lonely?
- Tired?

7 Levels of intimacy
- Cliches
- Facts
- Opinions
- Hopes and dreams
- Feelings
- Faults, fears and failures
- Legitimate needs

Values
- Unconditional
- Two-way
- Violated
- Sought
- Resented