

# The Continuum of Recovery

## Steps in the Rehabilitation Process

Kindergarten, Elementary School, High School, and College

| Stage in the Recovery Process | Typical Length of Sobriety for Attendees                             | Format Used to Take Attendees through the Big Book 12 Steps                  | Time it takes to go through the Big Book 12 Steps | Original Presenter(s)   |
|-------------------------------|--|--|---|---|
| Kindergarten                  | Newcomers and Sponsors <b>TAKE</b> the Twelve Steps together. 1 Day+ | <b><i>Back to Basics</i></b> or <b><i>Back to the Basics of Recovery</i></b> | One-Day Seminar or Four One-Hour Sessions         | AA Pioneers-1940's<br>Wally P. and Friends-1990's<br>Copyright 1997 |
| Elementary School             | 6-12 Months  | <b><i>Big Book Comes Alive</i></b>   | Weekend Seminar or Two-Three Month Big Book Study | Joe Mc Q. and Charlie P.-1970's<br>Copyright 1991                   |
| High School                   | 12-24 Months   | <b><i>Big Book Study Guide</i></b>   | Typically Four-Six Month Big Book Study           | Various Presenters<br>1990's-today                                  |
| College                       | 24 Months+   | <b><i>Big Book Awakening</i></b>   | Six-Twelve Month Detailed Big Book Study          | Joe H. and Mark H.<br>1980's<br>Copyright 1992                      |

There are many formats used to take the Steps—These are examples of a few of them.