

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 12 Steps	Time it takes to go through the 12 Steps	Original Presenter(s)
Kindergarten	Newcomers and Sponsors TAKE the Twelve Steps together. 1+ Day of sobriety	<i>Back to Basics</i> or <i>Back to the Basics of Recovery</i> Copyright 1997/ 2016	One-Day Seminar or Four One-Hour Sessions (Three times through the Steps minimum)	AA Pioneers-1940's Wally P. and Friends-1990's to Present
Elementary School	6-12 Months of sobriety	<i>Big Book Comes Alive</i> Copyright 1991	Weekend Seminar or Two-Three Month Big Book Study	Joe Mc Q. and Charlie P. 1970's-2000's
High School	12-24 Months of sobriety	<i>Big Book Study Guide</i>	Typically Four-Six Month Big Book Study	Don P., Herb K., and Various Others 1990's-Present
College	24 Months+ of sobriety	<i>Big Book Awakening</i> Copyright 1992	Six-Twelve Month Detailed Big Book Study	Joe H. and Mark H. 1980's-2000's

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