

16 Steps for Discovery & Empowerment Group

The 16-step empowerment model is a holistic approach to overcoming addiction that views people in their wholeness—mind, body and spirit. A fundamental basis of this model is flexibility and an openness which leads to continually ask:

- What works?
- Who does it work for?
- How can we help it work better?

It encourages people to be continually open to new information and not to become trapped in dogmatic teachings.

At its core, this model is based on love not fear; internal control not external authoritarianism; affirmation not deflation; and trust in the ability of people to find their own healing path when given education, support, hope and choices.

Comments about Kasl's 16-Step Groups:

"Your program has given me validation and strength within myself I didn't know existed"

"I am very grateful you risked writing such a powerful book—for you, for me and for our planet. I am 39, a successful African-American writer, teacher, bulimic, food addict—in recovery."

"Charlotte Kasl's approach breaks new ground to help women claim their power. We've used her program for over ten years."

- Frankie Tack, M.S., Director, Cascade Services, Community Choices Inc.

16 Steps for Discovery & Empowerment Group Meetings Wednesdays, 7 — 8:30pm

SpiritWorks Foundation
5800 Mooretown Road
Williamsburg, VA 23188

For more information, please contact:

Phone: (757) 564-0001

or

www.spiritworksfoundation.org

16 Steps for Discovery & Empowerment Group



Join others in a safe, supportive, open environment in learning to heal from our unhealthy, addictive behaviors and DISCOVER our true, authentic selves.

Based on Charlotte Kasl's book
Many Roads, One Journey: Moving Beyond the 12 Steps
www.charlottekasl.com

16 Steps for Discovery & Empowerment

The 16-steps that follow were developed by Charlotte Kasl and are published in her books, *Many Roads, One Journey: Moving Beyond the 12 Steps* and in *Yes, You Can! A Guide to Empowerment Groups*. They are currently in use in an estimated 200– 300 groups nationwide, as well as a rapidly growing number of treatment programs.

1) We affirm we have the power to take charge of our lives and stop being dependent on substances or other people for our self-esteem and security.

Alternative: We admit/acknowledge we are out of control with/powerless over _____ yet have the power to take charge of our lives and stop being dependent on substances or other people for our self-esteem and security.

2) We come to believe that God/Goddess/ Universe/Great Spirit/Higher Power awakens the healing wisdom within us when we open ourselves to the power.

3) We make a decision to become our authentic selves and trust in the healing power of the truth.

4) We examine our beliefs, addictions and dependent behavior in the context of living in a hierarchical, patriarchal culture.

5) We share with another person and the Universe all those things inside of us for which we feel shame and guilt.

6) We affirm and enjoy our intelligence, strengths and creativity, remembering not to hide these qualities from ourselves and others.

7) We become willing to let go of shame, guilt, and any behavior that keeps us from loving ourselves and others.

8) We make a list of people we have harmed and people who have harmed us, and take steps to clear out negative energy by making amends and sharing our grievances in a respectful way.

9) We express love and gratitude to others and increasingly appreciate the wonder of life and the blessings we do have.

10) We learn to trust our reality and daily affirm that we see what we see, we know what we know and we feel what we feel.

11) We promptly admit to mistakes and make amends when appropriate, but we do not say we are sorry for things we have not done and we do not cover up, analyze, or take responsibility for the shortcomings of others.

12) We seek out situations, jobs, and people who affirm our intelligence, perceptions and self-worth and avoid situations or people who are hurtful, harmful, or demeaning to us.

13) We take steps to heal our physical bodies, organize our lives, reduce stress, and have fun.

14) We seek to find our inward calling, and develop the will and wisdom to follow it.

15) We accept the ups and downs of life as natural events that can be used as lessons for our growth.

16) We grow in awareness that we are sacred beings, interrelated with all living things, and we contribute to restoring peace and balance on the

The group will examine one of the 16 steps each week as determined by the participants. Charlotte Kasl's book, *Yes, You Can! A Guide to Empowerment Groups*, will be used during the meeting. Copies will be available for use at no charge during the meeting. If you would like to purchase a book of your own, copies will be available at a reduced cost for participants. This is a **FREE** meeting for those who are interested in working with others to heal from their own unhealthy behaviors or addictions.

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