



Basic Recovery with Wally P. and Brit S. Four Week Workshop

Thursday, October 22 thru November 12, 2020

7:00 pm - 8:30 pm

[Back to Basics Registration](#)

Basic Recovery is a 2020 version of the 1946 **Back to Basics** Beginners Meetings that produced a 50-75% recovery rate during the early days of the Twelve-step movement. Wally has rewritten his **Back to Basics** book for use within ALL Twelve-step communities. The material has been modified for all addictive, compulsive, and problematic behaviors, and the “Big Book” passages have been converted to gender neutral.

The **Basic Recovery** program, which encourages its members to take the steps "early and often", is a wonderful first exposure to working the steps, having a sponsor, and finding a “power greater than yourself (that) will solve your problem.”

We are excited to bring this opportunity to our alumni in a four-week workshop with the author of the book, **Back to Basics**, Wally P and the director of the Back to Basics Foundation, Brit S. **Join us on October 22nd from 7:00 pm - 8:30 pm for the start of a four-week long step-working journey!**

You can purchase your copy of the **Back to the Basics of Recovery** book or the **Back to the Basics of Recovery** booklet [here](#). They are not required for this workshop, but they are helpful for your journey.



Wally P., is the originator of the Back to Basics Beginners' Meetings, which have grown to more than 6,000 groups and produced more than 700,000 recoveries since its reintroduction into the 12-Step community in 1997.



Brit S. has been a Back to Basics presenter since 2017 and serves as the President/Executive Director of the Back to Basics Foundation. For the last 20 years she has been and continues to be an audio archivist and historian for the 12-step community. It's her passion and life mission to keep the voices and stories of the founders and pioneers alive for future generation

If you have any questions, please contact our Alumni Coordinator, Louis Marcell at lmarell@ashleytreatment.org

Basic Recovery for ALL Addictive, Compulsive, and Problematic Behaviors

Thursday, October 22, 2020 ~ 7:00pm - 8:30pm EDT

Session One ~ The Surrender (Steps One, Two, and Three)

Steps 1, 2, and 3 (50 minutes)

Match up Sharing Partners

Take Steps 1, 2, and 3

One-On-One Breakout (20 minutes)

Meet with Your Sponsor, Sponsee, or Sharing Partner to Discuss Your Surrender

Back to the Main Room for Questions and Answers (20 minutes)

Surrender is a three-part process. First, we must acknowledge we have a problem that has separated us the **“Power greater than ourselves”** and the people about us, no matter what the problem may be such as alcohol, drugs, relationships, food, gambling, sex, anger, fear, procrastination, etc.

Second, we “(come) to believe” or become willing to believe that there is a spiritual solution to our problem. If we have no belief of our own, we take the Second Step based on Wally P’s. or Brit S-P’s belief until we develop a belief of our own

Third, to be effective, our Surrender must be complete. We need to consider turning every aspect of our lives over to **“the One who has all power.”** We must not hold anything back. If we do, we will find ourselves blocked from a life beyond our wildest dreams.

After we take Steps One, Two, and Three as a group, we move into a one-on-one breakout room with our Sponsor, Sponsee, or Sharing Partner to discuss our individual Surrender.

1. What addictive, compulsive, or problematic behavior are you taking through the Steps today?
2. How was your life unmanageable before you found recovery, whether it was four weeks, four months, four years, or forty years ago?
3. How do you feel now that you have taken the first Three Steps?

Then, we reconvene to address any questions we might have about the surrender process.