

## **The 12-Step Program for PTSD (Non-combat) – Clinician Supervised**

*Chaplain (Rabbi) Phil Goodman of Coatesville VA Medical Center - Revised*

**STEP ONE (POWER):** Our first step is to accept the fact that we have become powerless to live effectively with our traumatic past.

**STEP TWO (SEEKING MEANING):** Our next step is to seek meaning in having survived.

**STEP THREE (TRUST):** Our third step is to begin to find relief by seeking help from a Higher Power as we understand It, and from persons we can learn to trust.

**STEP FOUR (SELF-INVENTORY):** We will make a searching positive inventory of ourselves.

**STEP FIVE (RAGE):** We will admit to ourselves, to a Higher Power and to a person whom we trust, all our angry feelings and self-destructive impulses.

**STEP SIX (FEAR):** We will open the doors to the past and reveal to a Higher Power and another person who we trust, our frightening, traumatic memories.

**STEP SEVEN (GUILT):** We will seek a deeper understanding of our past trauma and recognize we are thus free from condemnation.

**STEP EIGHT (GRIEF):** We seek strength and support from a higher power and another person to finally grieve for our traumatized past.

**STEP NINE (FORGIVENESS vs SELF-CONDEMNATION):** We reveal to ourselves, to a Higher Power and another person, the notion that I must have caused my trauma.

**STEP TEN (FORGIVENESS vs REVENGE):** We reveal to ourselves, to a Higher Power and those we trust, our self-destructive attitudes and make a commitment to living.

**STEP ELEVEN (FINDING PURPOSE):** We seek knowledge and direction from a Higher Power for a renewed purpose for our lives.

**STEP TWELVE (LOVING AND HEALING OTHERS):** Having experienced spiritual rebirth, we seek strength to love others and help those who suffer as we have.