



CORNERSTONE STEP STUDY

Purpose

- To achieve an effective understanding of the Cornerstone Twelve Step recovery process.
- To learn how you may, in conjunction with your sponsor, apply the Cornerstone Twelve Step recovery process to yourself.
- To enhance the work you will do with your Sponsor when working your Twelve steps.

Materials

You will need to obtain the following and bring them to each session:

- **Fourth edition of Alcoholics Anonymous** (a.k.a. The Big Book).
- **Twelve Steps and Twelve Traditions.**
- **Study Outline** (this will be handed out at the beginning of each study group).
- **Step Four Guide** (this will be handed out at the beginning of each study group).
- **Personal Notebook** for recording thoughts (your own and others) on each week's assignments and for use with the Fourth step.

Expectations

- Commit to attending each week of the Step Study – including attending the regular parent meeting/s after step study.
- Must have a sponsor.
- Must have worked Step 1 with your sponsor.
- Must have been in Cornerstone for three months.
- Must be able to commit to completing the reading and study assignments before the material is covered in the Step Study.
- Confidentiality is of the utmost importance – nothing shared in step study is to be discussed with spouses, teens or any other person.
- Individuals who do not meet these expectations will be asked to drop out.