

THE TOOLS THAT HELP US GET BETTER

- 1. Meetings are where we share our experience, strength and hope with each other to better understand our common problem and work together towards the solution.**
- 2. The telephone is our meeting between meetings. By making contact with others, we begin to break out of the isolation that is so strongly a part of the disease.**
- 3. Sponsorship is two people with the same problem helping each other to work the program. It can provide a framework for doing the 12 Steps and can bring emotional support at difficult times.**
- 4. Literature is our portable program of recovery. We also make use of AA and other 12 Step programs' conference approved literature, as well as other appropriate materials.**
- 5. The 12 Steps are a suggested program of recovery, based on the 12 Steps of AA.**
- 6. Prayer and meditation are means of establishing conscious contact with a Power greater than ourselves.**
- 7. A Shoplifting Recovery Plan is a predetermined way of shopping for things we need without putting ourselves in legal jeopardy, so that even when confused, we will have a written guideline to help us.**
- 8. Abstinence: We get support in SA by abstaining from people, places and things that we consider harmful.**
- 9. Socializing is a way of breaking down our isolation and getting to know other people: at fellowship after meetings, in supportive organizations and groups, and in the community at large.**
- 10. The Slogans are simple statements that can be used in crisis situations, so that we have some basic guidelines.**
- 11. Service is a way helping ourselves by helping others.**
- 12. Writing provides a way to become honest with ourselves and with our Higher Power. By writing in a journal, gratitude lists, letters and emails we can measure our progress, values, motives and 12 Step work.**