

ON RECOVERY

We, who have addiction(s) and mental disorders, are compelled to walk a long and narrow path. When we go out of control with our substances of choice, we become lost.

In our fellowship, we band together for common good and recovery. With open-minded understanding of each other, with honesty, we expose our problems and weaknesses. The humility we show shall never mask or cover the courage it takes to admit who and what we are. Together, we will find the hope and strength that leads to serenity and a meaningful life.

Therefore, working the DTR Twelve Steps and regular attendance at DTR and other appropriate self-help groups will help us gain the rewards of sanity, serenity and freedom from addictions.

DTR invites you to join us and continue or begin your mental, physical and spiritual recovery.

DTR Group Meeting

DAY: MONDAYS

TIME: 5:00 p.m. to 6:00 p.m.

PLACE: The Mental Health Association
in Passaic County
404 Clifton Avenue
Clifton NJ 07011

(First floor Conference Room)
ENTER THROUGH REAR OF BUILDING
CONTACT: PARK ON STREET

973 478-4444

WELCOME TO

**DOUBLE
TROUBLE
RECOVERY**



*SANITY
SERENITY
SOBRIETY*

**A recovery group for the
Dually Diagnosed**

*For those recovering from
mental disorders and
addiction problems*

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Double Trouble in Recovery (DTR) is a twelve-step fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and mental disorder(s).

DTR is designed to meet the needs of the dually diagnosed, and is clearly for those having addictive substance problems as well as having been diagnosed with a psychiatric disorder.



We also address the problems and benefits associated with psychiatric medication; thus, we recognize that, for many, having addiction and mental disorders represents *Double Trouble in Recovery*.

There are no dues or fees for DTR membership; we are self-supporting through our own contributions.

HOW IT WORKS

We band together to help ourselves recover from our addictions and mental problems. We share our experiences to help ourselves become honest, open-minded, and willing. Sharing helps all of us to remember how it was and how we arrived at where we are today. We live "one day at a time" and practice the following DTR Twelve-Steps:

THE TWELVE STEPS of Double Trouble in Recovery

- 1 We admitted we were powerless over mental disorders and substance abuse – that our lives had become unmanageable.
- 2 Came to believe that a Power greater than ourselves could restore us to sanity.
- 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4 Made a searching and fearless moral inventory of ourselves.
- 5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6 Were entirely ready to have God remove these defects of character.
- 7 Humbly asked Him to remove our shortcomings.
- 8 Made a list of all persons we had harmed and became willing to make amends to them all.
- 9 Made direct amends to such people whenever possible, except when to do so would injure them or others.
- 10 Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to others with addictions and mental disorders, and to practice these principles in all our affairs.

THE TWELVE STEPS of Alcoholics Anonymous

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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