ACE Anonymous' Niche in 'Wellness' Materials

What are ACE Anonymous' *unique contributions* to recovery, as a field?

1. ACE Anonymous *updates the practice* of the principles that made AA, AlAnon and the many 'spin-off' 12-Step programs trusted and trustworthy.
2. ACE Anonymous 12-Step materials are *compatible* with *every platform, therapy, spiritual framework* that uses (or adapts) AA's original 12-Steps.

ACE Anonymous isn't 'just another' 12-Step program. It is *the original program*[1] brought up to date. 12-Step recovery is *a process that engages those who want to experience meaningful, lasting change in their lives and in themselves.*

Issues–substance abuse, domestic violence, workaholism—*are where we start*.

But *issues* aren't what make 12-Step recovery 'a way of life.' *Recovery* is more than that!

12-Step recovery—living life on life's terms with an adequate source of power and the clarity to make wise decisions—is vastly more than 'staying dry' or 'clean.' It's not just recognizing the warning signs and having boundaries to fend off being abused and used. Recovery—as AA's original program and fellowship saw it and lived it—is freedom. It's security, empowerment, self-trust, compassion and getting across to other people. Recovery is effective living, being modest but not invisible, caring but not a tool to be used or disrespected by other people. Recovery is a practice, a *method* we can learn.

ACE Anonymous demonstrates 'how to.' We welcome and support *people* who want the fruits of personal recovery. ACE Anonymous is an 'umbrella' of reliable approaches to the Steps that works and strengthens *all* the programs for the many *issues* that bring us.

'Wellness' equals 'spiritual awakening' + 'practice these principles.[2]'

'Singleness of purpose' defines the focus of the various issue-centered 12-Step fellowships, which is a 'keep it simple' necessity in groups that tackle an addiction. The *effects* of adversity—abuse, neglect, PTSD, discrimination, being bullied, hated, mislead—don't fit neatly in one trait or behavior to be changed. That's where ACE Anonymous fits in.

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[1] Bill Wilson, co-founder of AA, in his 1952 second AA textbook, *Twelve Steps and Twelve Traditions* states, *". . . the Twelve Steps can mean more than sobriety for problem drinkers. [We] see in them a way to happy and effective living, alcoholic or not."* (Foreword, pg. 16.) ACE Anonymous materials are based on, and comprise, revisions to AA's '12X12;' they incorporate the ACA/ACoA 'Problem/Solution,' and they developed in fellowship with Claudia Black, John Bradshaw, Ernie Larsen and others who like Kathleen S., offered these updates/revisions to AA/AlAnon in the 1980s and then created the early ACA/ACoA groups.

[2] AA Step Twelve: *"Having had a spiritual awakening as a result of these Steps, we carry this message to those who still suffer, and practice these principles in all our affairs"* sums up the goal of 12-Step recovery.

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