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.