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The Proactive Twelve Steps are an adaptation of the original Twelve Steps that describe the steps as a self-directed process as opposed to a

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The Proactive Twelve Steps Step 1: I realize I m stuck. It makes no sense to keep trying to solve my problems with solutions that aren't working.

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A look at the sources and players in the development of the 12 Steps, AA's suggested program of recovery.

How to Be Proactive. Being proactive means thinking and acting ahead of anticipated events; this means using foresight. Not only is it a great method for avoiding

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The Proactive Twelve Steps outlines how you can take a proactive approach to life, gradually stepping up from feeling stuck and powerless to enjoying a more balanced

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