

Metro-Phoenix S.A.A. Recovery Quick Start

Updated September 10, 2000

Crucial Keys to Recovery

- Read the newcomer packet as soon as possible.
- Make your recovery your top priority.
- Make a commitment to attend at least 6 meetings during the next 2 weeks.
- Find a sponsor or temporary sponsor as soon as possible (A sponsor is someone who guides you through the 12 Steps).
- Begin to work the Steps.
- Get in the habit of calling your points of contact every day. Calling other members of the fellowship will benefit you as well as them. Calls are supportive of your recovery and welcomed by other members of the group.
- Put the same amount of effort into your recovery as you did acting out.
- Your addiction never takes a day off. Your recovery shouldn't, either.

Primary Books Used In Our Groups And Fellowship

- *Hope and Recovery* - Hazelden Books
- *A Gentle Path Through The Twelve Steps* - Patrick Carnes, Ph.D., C.A.S.
- *Twelve Steps And Twelve Traditions of Alcoholics Anonymous*

Recommended Readings

- *Out of the Shadows* – Patrick Carnes, Ph.D., C.A.S.
- *Contrary to Love* – Patrick Carnes, Ph.D., C.A.S.
- *Answers in the Heart* – Hazelden Books
- *Alcoholics Anonymous (The "Big Book")* - A.A. World Services, Inc.

Where To Find Them

- Acceptance Books (12 Step/Spiritual/Recovery Store)
 - Phone: (480) 820-8381
 - Address: 2602 West Baseline Road #2, Mesa, AZ 85202
 - On the Web: www.acceptancebooks.com
- Gifts Anon Phoenix (12 Step/Spiritual/Recovery Store)
 - Phone: (602) 277-5256
 - Address: 4524 North 7th Street, Phoenix
 - On the Web: www.giftsanon.com
- Gift Anon Scottsdale (12 Step/Spiritual/Recovery Store)
 - Phone: (480) 483-6006
 - Address: 10427 North Scottsdale Road Suite A, Scottsdale
 - On the Web: www.giftsanon.com
- Barnes and Noble
 - On the Web: www.bn.com
- Amazon / Borders Books and Music
 - On the Web: www.amazon.com or www.borders.com
- Your local library

Online Resources

- S.A.A. International Web Site – www.saa-recovery.org