

Getting Sober



Aaron's Situation

Having just completed addiction treatment, Aaron, age 30, will be moving into a sober living facility in two weeks. He has a history of relapse, and he's never done a Fourth and Fifth Step. Within 24 hours of arriving at Hazelden's Renewal Center, Aaron has filled out a questionnaire and met individually with a staff member to review program recommendations and options.

Aaron's Path

Aaron will follow the Lodge's Getting Sober track for his first week. His second week will include additional sessions of interest to Aaron, including Grief and Recovery, Basics of Meditation, and the weekend retreat Preventing Spiritual, Emotional, and Chemical Relapse. Aaron also has time built into his schedule to work on his Fourth Step in preparation for presentation of his Fifth Step. He will also develop a personal plan for incorporating newfound recovery practices and behaviors into his daily life.

Aaron's Schedule

Week One

DAY	AM	PM
Monday	Steps One, Two, and Three	Step Four
Tuesday	Steps Five through Nine	Step Ten
Wednesday	Step Eleven	Grief and Recovery
Thursday	Step Twelve	History of AA
Friday	Roots of Our Spiritual Malady	Big Book Lecture
Saturday	The Wheel of Life	Type of Sponsorship that Grew AA
Sunday	Our Human Instincts	Progressive Disease/Recovery

Week Two

DAY	AM	PM
Monday	Personal Fourth Step Work	Basics of Meditation
Tuesday	Relief from the Bondage of Self	Mindfulness
Wednesday	Personal Fourth Step Work	Grief and Recovery
Thursday	Personal Fourth Step Work	Personal Fourth Step Work
Friday	Adult Children of Alcoholics	Fifth Step; retreat begins in evening
Saturday	Preventing Relapse retreat	Preventing Relapse retreat
Sunday	Preventing Relapse retreat	Preventing Relapse retreat; depart at 4 p.m.

Daily Schedule

Meditation and yoga classes, guest lectures, wonderful meals, and plenty of personal time are all a part of the Lodge experience.

7:15 a.m. to 7:45 a.m.	Morning Reflection
7:45 a.m. to 9:00 a.m.	Breakfast
8:30 a.m. to 9:00 a.m.	Optional Lecture
9:15 a.m. to 10:15 a.m.	Yoga
10:30 a.m. to 12:00 p.m.	Group
12:00 p.m. to 1:00 p.m.	Lunch
1:00 p.m. to 1:30 p.m.	Optional Lecture
2:00 p.m. to 4:00 p.m.	Group
4:00 p.m. to 5:00 p.m.	Personal Time
5:00 p.m. to 5:30 p.m.	Afternoon Reflection
5:30 p.m. to 6:30 p.m.	Dinner
7:00 p.m. to 7:30 p.m.	Optional Lecture
7:30 p.m. to 10:00 p.m.	Personal Time