

# Some Say the Cup is Half-Empty While Others Say it is Half-Full. We Say Fill it Up a Little at a Time.


**Recovery is like a cup of coffee:** If you put a little bit of coffee a cup, you have some coffee but it isn't going to last long. The more you put into it, the more you have to enjoy. In other words, you get out of it what you put into it. Don't settle for just a little bit when you can have the whole thing!

**12step** RECOVERY  
[www.12steprecovery.com](http://www.12steprecovery.com)

**1**  When we come to our first meeting, we see people looking happy and having fun. We have hope for the first time in a very long time.

**4**  We work the 12 steps with our sponsor and begin to let go of our past and feel good about ourselves,

**2**  After we attend more meetings and make some friends, we actually start having fun and look forward to the next meeting. We start socializing after the meetings.

**5**  We have a spiritual awakening from working the steps and begin to see our place in the world.

**3**  We keep going to meetings and get a sponsor. We get a sense of belonging that we have never felt before.

**6**  We use the principles found in the 12 Steps through sharing and service. Our lives are transformed and our recovery gets better every day.

IF YOU WOULD LIKE MORE INFORMATION ABOUT FINDING A LOCAL DRUG REHAB, PLEASE CALL 866-840-5754