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HINTS AND SUGGESTIONS

for

12th Steppers

Alcoholics Anonymous
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National Helpline Number: 0800 917 7650

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Hints and suggestions for 12th Steppers

The following hints and suggestions for 12th Step calls are based on AA's collective experience, and the Big Book, Chapter 7, 'Working with Others'.

AA has a responsibility to ensure the safety of all its members. AA Great Britain regularly updates safeguarding guidelines, which are published on our website.

1. We cannot know what we may find. It is recommended that no fewer than two AA members go on a 12th Step call. Consider safeguarding at all times, and be aware of the pitfalls of sexual or romantic attraction.
2. Involving a newer member can help with identification, and give them valuable 12th Step experience.
3. **Ideally**, meet the person requesting help in a discreet public place, so we can share our experience, strength and hope.
4. If we cannot deal with a request promptly (e.g., if no other AA member is available) we phone the alcoholic with an explanation, making it clear that we do care and understand their need for help.
5. When taking someone to their first meeting, we introduce them to other members, help them get contact

information, and let them know that there are many different meetings.

6. After the initial contact, we maintain contact with newcomers, answer questions, talk about the benefits of sponsorship where appropriate, and above all, share our experience, strength and hope.
7. We provide newcomers with appropriate literature (Starter Pack, Big Book, etc.), and with resources such as local and national website addresses, 'Chat Now' details, and local 'Where to Finds'. These can help them learn more about AA.
8. AA does not advise about medication.
9. When making contact, particularly by phone, we practise anonymity and avoid leaving indiscreet messages on family phones or leaving our family's phone number with a prospect we have not yet met.
10. When we speak to the still-suffering alcoholic, we 'continue to speak of alcoholism as an illness, a fatal malady'. (Alcoholics Anonymous, p.92)
11. Not every person who contacts AA is ready for help. If someone does not wish to meet or come to a meeting, we let them know that 'the hand of AA' is always there if they want help in the future.
12. Remember that there is no such thing as an unsuccessful 12th Step Call. You have both planted a seed, and helped your own recovery.