

Forms of compulsion

Business



The 12-step program constitutes an integrated approach to recovery from any form of compulsion, addiction or other types of behavioral problems such as alcoholism.

The 12-step program starts with the plain admission that compulsion or addiction of any sort is beyond one's control and it is only the greater power that can strengthen us to overcome its grips. Secondly, one needs to examine and recognize his past errors and make relevant amends for the errors after which he will learn to live a new life that is guided by new codes of conduct. Having successfully recovered from the addiction, one is under an obligation to help other individuals who suffer the same fate of addiction. The video coverage on the 12-step program greatly influenced my view that the rehabilitation pack is equally effective and feasible method of recovery to substance addiction and behavioral problems. I also agree with the belief that some of the twelve steppers are not needed because the program could be integrated into six major steps.

It is important to deal with the hidden or unresolved psychological factors that may be prompting escapism because they altogether amount to distracters that will bar the program from meeting its objectives. Lastly, the psychotherapy and 12-step program are not compatible because the former involve the use of a dialogue by the professional practitioner to help patients overcome psychological problem. On the flipside, 12-step program extensively uses belief and powers from beyond (God) to deliver a patient from addiction.