

DR. ALLEN SUBER

SAY IT. BE IT. DO IT!

VOICESTEP 12 WORKBOOK



**TRANSFORM YOUR 12-STEP ADDICTION
RECOVERY JOURNEY WITH GUIDED
VOICE-TO-TEXT EMPOWERMENT**



ABOUT THE AUTHOR: DR. SUBER

DR. SUBER IS A PROUD MILITARY VETERAN, ACCOMPLISHED SCHOLAR, AND PASSIONATE ADVOCATE FOR PERSONAL GROWTH, WHOSE LIFE IS DEFINED BY RESILIENCE AND TRANSFORMATION. WITH OVER 20 YEARS IN RECOVERY—10 YEARS CLEAN, A PERIOD OF RELAPSE, AND NOW MORE THAN 12 YEARS OF RENEWED COMMITMENT—HE DRAWS FROM HIS JOURNEY TO INSPIRE OTHERS TO REBUILD AND THRIVE.

THROUGH HIS GROUNDBREAKING APP, VOICESTEP12, DR. SUBER EMPOWERS INDIVIDUALS TO TAKE ACTIONABLE STEPS TOWARD CHANGE, GUIDED BY THE MANTRA “SAY IT. BE IT. DO IT!”

A DYNAMIC SPEAKER, MENTOR, AND COMMUNITY LEADER, HE EMBODIES PERSEVERANCE AND THE POWER OF RENEWAL, USING HIS STORY AND EXPERTISE TO CREATE MEANINGFUL OPPORTUNITIES FOR OTHERS.



VOICESTEP12: SAY IT. BE IT. DO IT!

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INTRODUCTION

WELCOME TO THE VOICESTEP12 WORKBOOK—A POWERFUL GUIDE TO HELP YOU NAVIGATE THE TRANSFORMATIVE 12 STEPS OF ADDICTION RECOVERY. THIS WORKBOOK COMBINES INTROSPECTION WITH ACTIONABLE EXERCISES TO SUPPORT YOUR GROWTH. WHILE IT OFFERS VALUABLE TOOLS AND INSIGHTS, IT PROVIDES JUST A GLIMPSE OF THE CAPABILITIES OF THE FULL-FEATURED VOICESTEP12 APP.

THE VOICESTEP12 APP ENHANCES YOUR RECOVERY JOURNEY WITH UNMATCHED CONVENIENCE AND FUNCTIONALITY. IT OFFERS HUNDREDS OF INTROSPECTIVE QUESTIONS AND SECURELY STORES YOUR REFLECTIONS, WHILE KEEPING YOUR RECOVERY PROGRESS PORTABLE AND ORGANIZED. WHETHER YOU'RE EXPLORING KEY MOMENTS, STRUCTURING YOUR STEP WORK, OR SEEKING DAILY INSPIRATION, THE APP PROVIDES EVERYTHING YOU NEED TO STAY EMPOWERED.

BEGIN YOUR JOURNEY WITH THIS WORKBOOK AND DISCOVER HOW THE APP CAN ELEVATE YOUR RECOVERY EXPERIENCE.

SAY IT, BE IT, AND DO IT—ANYTIME, ANYWHERE






HOW TO USE THIS WORKBOOK

1. CHOOSE A QUIET TIME EACH DAY, EVEN IF IT'S ONLY 10 MINUTES.
2. START WITH THE STEP YOU'RE CURRENTLY ON (OR STEP 1 IF YOU'RE NEW TO RECOVERY).
3. READ THE GOAL AND SPIRITUAL PRINCIPLE FOR THAT STEP.
4. ANSWER THE REFLECTION QUESTIONS IN YOUR NOTEBOOK OR BY SPEAKING YOUR ANSWERS OUT LOUD.
5. COMPLETE THE EXERCISE FOR THAT STEP AS HONESTLY AS YOU CAN.
6. OPTIONAL: USE THE VOICESTEP12 APP TO RECORD YOUR ANSWERS USING VOICE-TO-TEXT SO YOUR REFLECTIONS ARE ORGANIZED, SEARCHABLE, AND EASY TO REVISIT.
7. SHARE WHAT FEELS APPROPRIATE WITH A SPONSOR, MENTOR, THERAPIST, OR TRUSTED SUPPORT PERSON.

**WORK THIS WORKBOOK AT YOUR OWN
PACE. PROGRESS, NOT PERFECTION.**

SAY IT. BE IT. DO IT!





STEP 1: EMBRACING HONESTY

GOAL: ACKNOWLEDGE YOUR POWERLESSNESS AND UNMANAGEABILITY.

SPIRITUAL PRINCIPLE: HONESTY


REFLECTION QUESTIONS:

1. IN WHAT AREAS OF YOUR LIFE DO YOU FEEL POWERLESS?
2. DESCRIBE A RECENT SITUATION THAT FELT UNMANAGEABLE. WHAT EMOTIONS DID IT BRING UP?
3. WHAT HAVE YOU BEEN AVOIDING ADMITTING TO YOURSELF?

EXERCISE: WRITE ABOUT A SPECIFIC EVENT WHERE YOU RECOGNIZED YOUR LACK OF CONTROL. WHAT LESSONS CAN YOU DRAW FROM IT?

VOICESTEP12 LETS YOU SPEAK YOUR TRUTHS, TRANSCRIBING REFLECTIONS INTO WORDS TO HELP YOU FACE REALITIES MORE EASILY THAN WITH A BLANK PAGE.

*STEP 1 IN THE VOICESTEP12 APP CONTAINS **69** QUESTIONS



STEP 2: FINDING HOPE

GOAL: RECOGNIZE THAT A POWER GREATER THAN YOURSELF CAN RESTORE YOU TO SANITY.

SPIRITUAL PRINCIPLE: HOPE

REFLECTION QUESTIONS:

1. WHAT DOES HOPE MEAN TO YOU IN YOUR RECOVERY JOURNEY?
2. WHO OR WHAT INSPIRES YOU TO BELIEVE IN CHANGE?
3. WHAT FEARS HOLD YOU BACK FROM EMBRACING HOPE?

EXERCISE: LIST THREE AFFIRMATIONS THAT REFLECT YOUR BELIEF IN POSITIVE CHANGE. SPEAK TO THEM ALOUD AND RECORD THEM IN THE APP FOR DAILY PRACTICE.

*STEP 2 IN THE VOICESTEP12 APP CONTAINS **50** QUESTIONS



STEP 3: COMMITTING TO CHANGE

GOAL: TURN YOUR WILL AND LIFE OVER TO A HIGHER POWER.

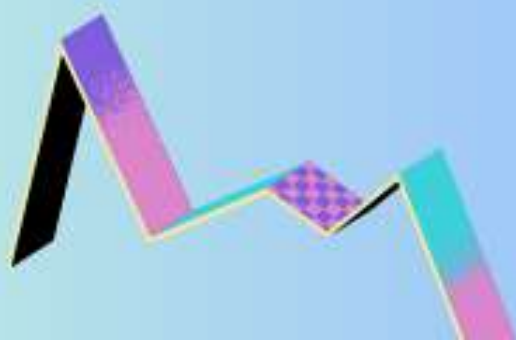
SPIRITUAL PRINCIPLE: FAITH

REFLECTION QUESTIONS:

1. WHAT DOES SURRENDERING CONTROL MEAN TO YOU?
2. HOW DO YOU FEEL ABOUT TRUSTING A HIGHER POWER?
3. WHAT ACTIONS CAN YOU TAKE TO SHOW YOUR COMMITMENT TO CHANGE?

EXERCISE: JOURNAL ABOUT A MOMENT WHEN LETTING GO OF CONTROL BROUGHT UNEXPECTED RELIEF OR CLARITY. SAVE YOUR THOUGHTS SECURELY IN THE VOICESTEP12 APP.

*STEP 3 IN THE VOICESTEP12 APP CONTAINS **42** QUESTIONS



STEP 4: FACING YOURSELF

GOAL: CONDUCT A FEARLESS MORAL INVENTORY.

SPIRITUAL PRINCIPLE: COURAGE

REFLECTION QUESTIONS:

1. WHAT RESENTMENTS ARE YOU HOLDING ONTO?
2. WHAT FEARS OFTEN INFLUENCE YOUR DECISIONS?
3. WHAT ARE YOUR MOST SIGNIFICANT STRENGTHS AND WEAKNESSES?

EXERCISE: CREATE A CHART TO LIST YOUR ASSETS, LIABILITIES, RESENTMENTS, FEARS, AND PATTERNS.

IMAGINE HOW THE VOICESTEP12 APP COULD PROVIDE AN ORGANIZED, PORTABLE, AND SAFE WAY TO DEEPEN THIS PRACTICE CONSISTENTLY.

*STEP 4 IN THE VOICESTEP12 APP CONTAINS **85** QUESTIONS



STEP 5: SHARING YOUR TRUTH

GOAL: ADMIT YOUR FAULTS TO YOURSELF, OTHERS, AND A HIGHER POWER.

SPIRITUAL PRINCIPLE: INTEGRITY

REFLECTION QUESTIONS:

1. HOW DOES IT FEEL TO ACKNOWLEDGE YOUR FAULTS?
2. WHO DO YOU TRUST TO SHARE YOUR TRUTH WITH?
3. WHAT SUPPORT DO YOU NEED DURING THIS STEP?

EXERCISE: WRITE A SCRIPT FOR SHARING YOUR TRUTH WITH A TRUSTED PERSON. PRACTICE IT IN FRONT OF A MIRROR OR WITH A FRIEND. CONSIDER HOW HAVING A SECURE DIGITAL SPACE LIKE THE VOICESTEP12 APP COULD MAKE REFINING AND REVISITING THIS SCRIPT EASIER AND MORE SECURE.

*STEP 5 IN THE VOICESTEP12 APP CONTAINS **28** QUESTIONS



STEP 6: OPENING TO GROWTH

GOAL: BECOME WILLING TO HAVE DEFECTS REMOVED.

SPIRITUAL PRINCIPLE: WILLINGNESS

REFLECTION QUESTIONS:

1. WHAT BEHAVIORS OR ATTITUDES NO LONGER SERVE YOU?
2. HOW CAN RELEASING THESE DEFECTS IMPROVE YOUR LIFE?
3. WHAT OBSTACLES MAKE YOU RESISTANT TO CHANGE?

EXERCISE: IN YOUR NOTEBOOK, LIST THREE CHARACTER DEFECTS OR BEHAVIORS YOU ARE WILLING TO LET GO OF AND THREE YOU ARE NOT YET WILLING TO RELEASE. FOR EACH ONE, WRITE WHY. THEN RECORD A SHORT VOICE NOTE (60–90 SECONDS) DESCRIBING WHAT BECOMING WILLING WOULD LOOK LIKE IN YOUR LIFE. CONSIDER USING THE VOICESTEP12 APP TO CAPTURE AND SAFELY STORE THESE REFLECTIONS SO YOU CAN REVISIT HOW YOUR WILLINGNESS CHANGES OVER TIME.

*STEP 6 IN THE VOICESTEP12 APP CONTAINS **22** QUESTIONS



STEP 7: SEEKING HUMILITY

GOAL: ASK FOR HELP IN REMOVING SHORTCOMINGS.

SPIRITUAL PRINCIPLE: HUMILITY

REFLECTION QUESTIONS:

1. WHAT DOES HUMILITY MEAN TO YOU?
2. HOW DO YOU FEEL ABOUT ASKING FOR HELP?
3. WHO OR WHAT GIVES YOU STRENGTH DURING DIFFICULT TIMES?

EXERCISE: WRITE A PERSONAL PRAYER OR STATEMENT OF HUMILITY IN YOUR NOTEBOOK. CONSIDER HOW THE VOICESTEP12 APP COULD KEEP THIS REFLECTION ACCESSIBLE, ALLOWING YOU TO REVISIT AND REFINE YOUR PROGRESS AT ANY TIME.

*STEP 7 IN THE VOICESTEP12 APP CONTAINS **21** QUESTIONS



STEP 8: MAKING AMENDS

GOAL: LIST THOSE YOU'VE HARMED AND PREPARE TO MAKE AMENDS.

SPIRITUAL PRINCIPLE: COMPASSION

REFLECTION QUESTIONS:

1. WHO HAVE YOU HARMED THROUGH YOUR ACTIONS OR INACTIONS?
2. WHAT AMENDS FEEL MOST CHALLENGING TO MAKE, AND WHY?
3. HOW DO YOU ENVISION THESE AMENDS IMPROVING YOUR RELATIONSHIPS?

EXERCISE: DRAFT YOUR AMENDS IN YOUR NOTEBOOK. CREATE A STEP-BY-STEP PLAN FOR EACH RELATIONSHIP AND REFLECT ON HOW THE VOICESTEP12 APP COULD STREAMLINE THIS PROCESS BY KEEPING YOUR AMENDS LIST ORGANIZED, SECURE, AND EASY TO UPDATE

*STEP 8 IN THE VOICESTEP12 APP CONTAINS **18** QUESTIONS



STEP 9: TAKING ACTION

GOAL: MAKE DIRECT AMENDS WHEREVER POSSIBLE.

SPIRITUAL PRINCIPLE: ACCOUNTABILITY

REFLECTION QUESTIONS:

1. HOW DO YOU FEEL ABOUT TAKING RESPONSIBILITY FOR YOUR ACTIONS?
2. WHAT FEARS DO YOU HAVE ABOUT MAKING AMENDS?
3. HOW CAN YOU ENSURE YOUR ACTIONS ARE SINCERE AND MEANINGFUL?

EXERCISE: WRITE A DETAILED PLAN FOR MAKING AMENDS IN YOUR NOTEBOOK. REVISIT AND REFINE IT UNTIL YOU FEEL READY TO ACT. IMAGINE USING THE VOICESTEP12 APP AS A SAFE, ORGANIZED SPACE TO STORE THIS INSIGHT DIGITALLY, MAKING IT EASIER TO TRACK AND BUILD ON OVER TIME.

*STEP 9 IN THE VOICESTEP12 APP CONTAINS **28** QUESTIONS



STEP 10: STAYING ACCOUNTABLE

GOAL: CONTINUE PERSONAL INVENTORY AND PROMPTLY ADMIT WRONGS.

SPIRITUAL PRINCIPLE: PERSEVERANCE

REFLECTION QUESTIONS:

1. WHAT RECURRING PATTERNS HAVE YOU NOTICED IN YOUR BEHAVIOR?
2. HOW DO YOU FEEL ABOUT ADDRESSING MISTAKES AS THEY ARISE?
3. WHAT HELPS YOU STAY COMMITTED TO ACCOUNTABILITY?

EXERCISE: USE YOUR NOTEBOOK TO JOURNAL YOUR DAILY REFLECTIONS AND IDENTIFY PATTERNS. REFLECT ON HOW A SECURE VOICE-TO-TEXT DIGITAL JOURNAL COULD PROVIDE AN EASIER WAY TO TRACK AND REVIEW YOUR PROGRESS.

*STEP 10 IN THE VOICESTEP12 APP CONTAINS **53** QUESTIONS



STEP 11: DEEPENING CONNECTION

GOAL: THROUGH PRAYER AND MEDITATION SEEK TO IMPROVE YOUR CONNECTION WITH A HIGHER POWER.

SPIRITUAL PRINCIPLE: SPIRITUAL AWARENESS

REFLECTION QUESTIONS:

1. HOW DOES PRAYER OR MEDITATION BRING CLARITY TO YOUR LIFE?
2. WHAT PRACTICES DEEPEN YOUR SPIRITUAL CONNECTION?
3. HOW DO YOU FEEL AFTER MOMENTS OF SPIRITUAL REFLECTION?

EXERCISE: WRITE DOWN YOUR PRAYERS OR MEDITATIONS IN YOUR NOTEBOOK. CONSIDER USING THE VOICESTEP12 APP TO ACCESS, REFINE, AND EXPAND ON THIS PRACTICE WHENEVER NEEDED.

*STEP 11 IN THE VOICESTEP12 APP CONTAINS **32** QUESTIONS



STEP 12: GIVING BACK

GOAL: CARRY THE MESSAGE AND PRACTICE SPIRITUAL PRINCIPLES IN ALL AFFAIRS.

SPIRITUAL PRINCIPLE: SERVICE & GRATITUDE

REFLECTION QUESTIONS:

1. HOW CAN YOU SHARE YOUR RECOVERY STORY TO INSPIRE OTHERS?
2. WHAT PRINCIPLES GUIDE YOUR DAILY ACTIONS?
3. HOW DOES GIVING BACK ENRICH YOUR OWN RECOVERY?

EXERCISE: WRITE A MESSAGE OF ENCOURAGEMENT FOR OTHERS IN YOUR NOTEBOOK. REFLECT ON HOW SHARING YOUR STORY COULD INSPIRE AND SUPPORT OTHERS ON THEIR JOURNEY. ENVISION THE VOICESTEP12 APP AS A DIGITAL PLATFORM THAT MAKES REVISITING AND ENHANCING THIS WORK SIMPLE, SECURE, AND ACCESSIBLE.

*STEP 12 IN THE VOICESTEP12 APP CONTAINS **26** QUESTIONS





The VoiceStep12 Workbook is just the beginning of your journey to recovery and growth.

Take the next step by downloading the VoiceStep12 app to unlock its full potential. With its secure, portable, and innovative features, the app empowers you to deepen your journey anytime, anywhere.

Visit www.voicestep12.com today and experience the transformation firsthand. Your recovery deserves the best tools—start now!

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Recovery & Safety Disclaimer

The VoiceStep12 Workbook and the VoiceStep12 app are tools to support personal recovery and growth. They do not provide counseling, psychotherapy, medical treatment, or emergency services and are not a substitute for meetings, sponsors, or professional care. Always seek the advice of a qualified health provider regarding any mental health, substance use, or medical concerns. VoiceStep12 is not endorsed by, affiliated with, or sponsored by Narcotics Anonymous (NA), Alcoholics Anonymous (AA), or any other 12-Step fellowship. All references to steps and spiritual principles are offered for personal reflection only.

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