

The Top Excuses for Not Going to 12-Step Recovery Meetings

There are many excuses people give for not going to 12-step recovery meetings. Some of the most common excuses include:



Excuses Of Why I Couldn't Go To A 12 Step/Recovery Meeting by Jimmy Moncrief

★★★★★ 5 out of 5

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- I don't have time.
- I don't feel like it.
- I'm too embarrassed.
- I don't think it will help.

However, it is important to remember that 12-step recovery meetings can be an invaluable resource for people in recovery. They provide a safe and supportive environment where people can share their experiences, learn from others, and gain strength and encouragement.

If you are struggling with addiction, it is important to consider attending a 12-step recovery meeting. It could be the first step on your journey to recovery.

Here are some of the benefits of attending 12-step recovery meetings:

- You can connect with other people who are in recovery.
- You can learn from the experiences of others.
- You can gain strength and encouragement from others.
- You can develop a support network.
- You can learn about the 12 steps of recovery.
- You can find a sponsor who can guide you through the recovery process.

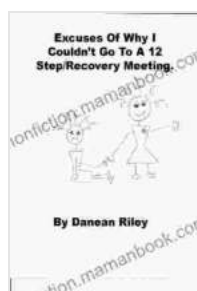
12-step recovery meetings are not a magic bullet, but they can be a valuable resource for people in recovery. If you are struggling with addiction, it is important to consider attending a 12-step recovery meeting.

Here are some tips for getting started with 12-step recovery meetings:

- Find a meeting that you feel comfortable with.
- Introduce yourself and share your story.
- Listen to the stories of others.
- Share your thoughts and feelings.
- Be open to learning from others.
- Get a sponsor.

- Work the steps.

12-step recovery meetings can be a lifeline for people in recovery. If you are struggling with addiction, it is important to consider attending a 12-step recovery meeting.

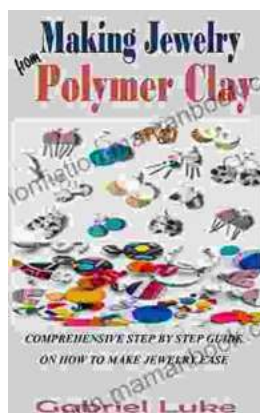


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Meeting by Jimmy Moncrief

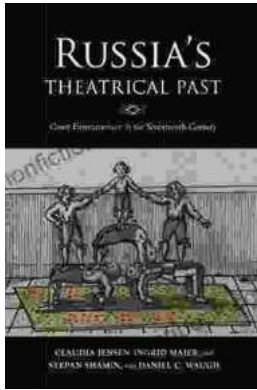
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