



# Red Road to Wellbriety

Kim Enos, Behavioral Health Technician



# Red Road to Wellbriety

## Wellbriety Means



- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- You must create a Healing Forest





# Wellbriety 12 Steps

**Wellbriety Steps**

**FACE THE EAST - FIND THE CREATOR**

**STEP 1 - HUMILITY**  
We admitted we were powerless over alcohol - that we had lost control of our lives.

**STEP 2 - HOPE**  
We came to believe that a Power greater than ourselves could help us regain control.

**STEP 3 - FAITH**  
We made a decision to ask for help from a Higher Power and others who understand.

**FACE THE SOUTH - FINDING OURSELVES**

**STEP 4 - COURAGE**  
We stopped and thought about our strengths and our weaknesses and thought about ourselves.

**STEP 5 - INTEGRITY**  
We admitted to the Great Spirit, to ourselves, and to another person the things we thought were wrong about ourselves.

**STEP 6 - WILLINGNESS**  
We are ready, with the help of the Great Spirit, to change.

**FACE THE WEST - FINDING OUR RELATIVES**

**STEP 7 - HUMILITY**  
We humbly ask a Higher Power and our friends to help us change.

**STEP 8 - FORGIVENESS**  
We made a list of people who were hurt by our drinking and want to make up for these hurts.

**STEP 9 - JUSTICE**  
We are making up to those people whenever we can, except when to do so would hurt them more.

**FACE THE NORTH - FINDING THE ELDERS' WISDOM**

**STEP 10 - PERSEVERANCE**  
We continue to think about our strengths and weaknesses and when we are wrong we say so.

**STEP 11 - SPIRITUAL AWARENESS**  
We pray and think about ourselves, praying only for the strength to do what is right.

**STEP 12 - SERVICE**  
We try to help other alcoholics and to practice these principles in everything we do.

© 2010 Phoenix



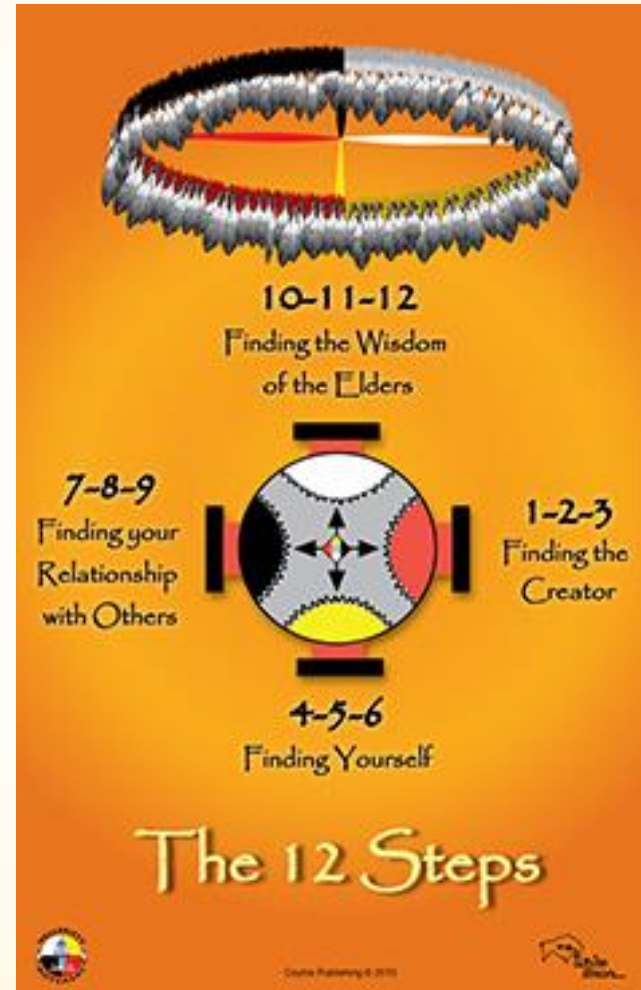
# Wellbriety Traditions





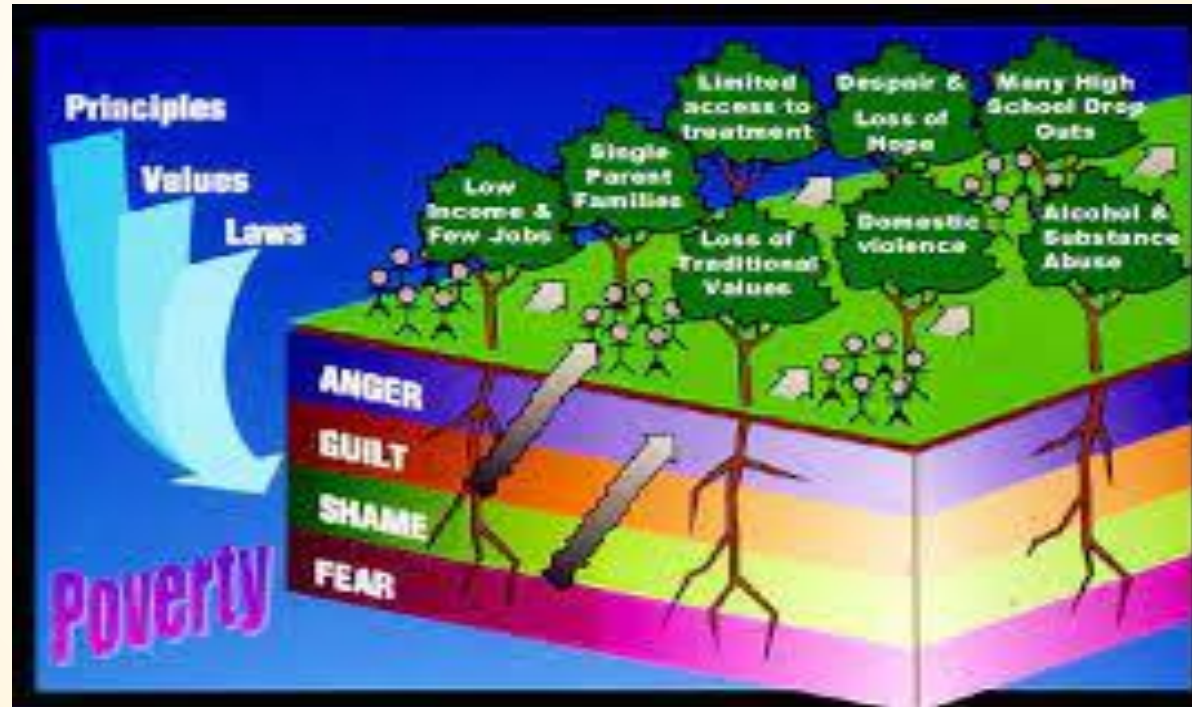


# Medicine Wheel





# Red Road to Wellbriety Forest







# Talking Circle Alter





# Talking Circle

