

# Acknowledgement of Alcoholics Anonymous as the creator of the 12-Step Programs

Drawing inspiration from the enduring strength of the 12 Steps of Alcoholics Anonymous, a methodology honed over nine decades by its originator Bill Wilson, the PTSD 12-Step Recovery Fellowship has forged a profoundly effective pathway. This approach is a sign of adaptability, and has been used by over two hundred 12-Step related recovery communities; all of which offer a similar path for overcoming a wide range of challenges.

These changes encompass not only the eradication of compulsive habits, but also the cultivation of profound inner transformations, all meticulously designed to foster a distinctive program of life and recovery. Participants frequently describe these profound changes as deep spiritual awakenings . . .