

Stage of Change	Developmental Stage	Maslow's Needs	AA Step
Contemplation			
	Early abstinence (1-3 mos)		
	Detox; establish homeostasis (nutrition, rest, etc.)	Physiological	Step One – “Admitted we were powerless...”
	Structuring time; scheduling	Safety	Step Two – “Came to believe...”
	Changing environments (residential tx?)	Safety	
Preparation			
	Early Recovery (2-6 mos)		
	Physiological Stabilization	Safety	Step Three – “Made a decision...”
	Understanding dynamics of addiction	Safety	Step Four – “Made a searching and fearless moral inventory...”
	Developing Support System	Social	Step 5 – “Admitted... our wrongs... another human being”
	Initial RET; identifying triggers	Self-esteem	Step 6 – “Were ready to remove these defects...”
Action			
	Recovery (3-12 mos)		
	RET; comprehensive relapse prevention plan	Self-esteem	Step 7 – “Humbly asked...”
	Identifying feelings, developing coping skills	Social	Step 8 – “Made a list... became willing to make amends”
	Employment	Self-esteem	
	Beginning relationship therapy	Social	Step 9 – “Made direct amends...”
	Communication, assertiveness, boundary setting		
Maintenance			
	Ongoing Recovery (9+ mos)		
	Individual and Couple/Family therapy	Self-actualization	Step 10 – “Continued to take inventory...”
	Employment and other meaningful activities (education, etc.)	Spiritual	Step 11 – “Sought to improve our conscious contact...”
	Service work; addressing self-centeredness/narcissistic tendencies	Spiritual	Step 12 – “Carry this message/practice these principles...”