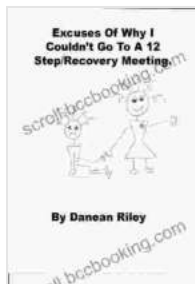


Excuses: Why People Don't Go to 12-Step Recovery Meetings



Excuses Of Why I Couldn't Go To A 12 Step/Recovery

Meeting by Jimmy Moncrief

★★★★★ 5 out of 5

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12-step recovery programs, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), have been helping people overcome addiction for decades. However, not everyone who struggles with addiction attends 12-step meetings. In fact, many people give excuses for why they don't go.

This article explores the various reasons why people give for not attending 12-step recovery meetings. It provides insight into the underlying fears and misconceptions that prevent individuals from seeking the support they need on their recovery journey.

Common Excuses

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

- **I don't have time.**
- **I don't need it.**
- **I'm not ready.**
- **I'm afraid of what people will think.**
- **I'm not religious.**
- **I've tried it before and it didn't work.**

These excuses are all valid in some way. However, they are also all based on fear. Fear of change, fear of judgment, fear of failure, and fear of the unknown.

Underlying Fears and Misconceptions

The fears and misconceptions that prevent people from attending 12-step recovery meetings are often subconscious. They may not even be aware of these fears, but they are still holding them back.

Some of the most common fears and misconceptions about 12-step recovery meetings include:

- **Fear of change.** Many people are afraid of change, even if it is for the better. They may be afraid of what will happen if they give up their addiction. They may be afraid of losing their friends or their job.
- **Fear of judgment.** Many people are afraid of what other people will think of them if they admit to having a problem with addiction. They may be afraid of being judged or ridiculed.

- **Fear of failure.** Many people are afraid of failing at recovery. They may be afraid of relapsing or of not being able to live a sober life. They may be afraid of letting themselves or others down.
- **Fear of the unknown.** Many people are afraid of the unknown. They may not know what to expect at a 12-step recovery meeting. They may be afraid of what will happen if they share their story.

These fears and misconceptions are all valid. However, they are also all based on ignorance. Ignorance of what 12-step recovery programs are really like. Ignorance of the benefits that 12-step recovery programs can offer.

Benefits of 12-Step Recovery Meetings

12-step recovery meetings offer a



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