



# **Step Workbook for Adolescent Chemical Dependency Recovery: A Guide to the First Five Steps 5 Workbooks**

*Steven L. Jaffe*

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Problems with substance abuse and chemical dependency are epidemic in our adolescent population. This workbook provides a concrete structure that enables the chemically dependent adolescent to go through the first 5 of the 12 steps toward recovery. By encouraging the adolescent to answer the questions, write down his or her thoughts, and discuss his or her conflicts contained in this useful workbook, the cognitive-emotional process can begin. Step Workbook for Adolescent Chemical Dependency Recovery: A Guide to the First Five Steps is written at a relatively simple reading level so that it may be used by adolescents with chemical dependency as well as learning disabilities. This is a package of 5.

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