



## Why Step Workshops Matter to Me



by Matt T.



In my own recovery, real change didn't happen just from attending meetings or talking to my sponsor—though those things helped a lot. What truly shifted my life was when I started working the steps consistently, with guidance and support. That's why starting and running step workshops has become one of the most meaningful and fulfilling parts of my journey in SAA.

These workshops offer something many of us struggle to create on our own: structure, momentum, and a sense of shared purpose. We move through all 12 steps in under a year by doing a little each week. For those stuck on a step for months—or even years—it creates the momentum to move forward. For those who've done the steps before, it offers a chance to go deeper and grow in new ways. Recovery isn't a one-time event. It's a lifelong process, and each pass through the steps brings new awareness and healing.

What's especially powerful for me is seeing how people connect and open up in these workshops. We build trust by sharing our own experience, not speaking in generalities or offering advice, but simply being real. That kind of honesty creates a safe space where real healing can happen. And I get to witness it week after week.

Running these workshops reminds me that recovery is a “we” process. I'm not just helping others—I'm growing too. Every time I guide someone through the steps, I'm reminded of my own journey and how far I've come. And I always come away with new insights and renewed hope.

Starting these workshops is one of the most fulfilling ways I've found to give back. It keeps me grounded, connected, and grateful. And seeing others come alive in their recovery—it's a gift I never get tired of receiving.

You can find more information about these workshops at [www.indyrecovery.com](http://www.indyrecovery.com).