

12 steps for therapists

Craig McAndrew – 3/1/2023

- 1) I realized I was powerless over my client's choices and behaviors.
- 2) Came to believe that my supervisor or consultant could restore me to sanity.
- 3) Made a decision to direct my caretaking to myself with the aid of a trusted colleague.
- 4) Made a fearless inventory of my irrational beliefs.
- 5) Admitted to myself, my supervisor, and the unicorn that visits when I can't sleep, the exact nature of inability to control the universe.
- 6) Were entirely ready for my therapist to remind me to remove these inabilities.
- 7) Gently reminded myself that I can CHOOSE to let go of my inability to control the universe.
- 8) Made a list of all the times I let myself down and became willing to take better care of myself.
- 9) I began treating myself better, by reframing past criticisms.
- 10) Continued to take a daily personal inventory of MY needs and wants, and met them as best I could.
- 11) Sought through play and medication, (Okay, maybe just play) to improve my self-care in order to be the best for my family, friends, and clients.
- 12) Having had a self-aware awakening as a result of my inner reflection, I carried this message of ethical self-care to other therapists and to practice daily self-love.