



# **Twelve Steps for Those Afflicted with Chronic Pain: A Guide to Recovery from Emotional and Spiritual Suffering**

*Stephen Colameco*

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The 12 steps presented in this book are intended to help individuals recover from the emotional suffering that so often accompanies and exacerbates chronic pain. When emotional suffering is severe, doctors often refer to this condition as the "chronic pain syndrome". Those who do develop the chronic pain syndrome are apt to experience increasing physical, emotional, and social deterioration over time. Also, they are at risk for the abusing medications; the chronic pain syndrome and addiction co-exist. For those who are already familiar with 12-Step recovery, this book provides a way to use the 12-Step approach to help manage their chronic pain. For those unfamiliar with the steps, this book provides an introduction to "step work", recovery stories, inspirational readings, and recovery exercises. This book draws upon the rich tradition of other 12 Step programs and of cognitive behavioral therapy. For those who continue to suffer despite traditional medical treatments such as medications, surgery, or spinal injections, these steps offer hope for a better future with little, if any, risk. They offer a solution to problems that contribute to suffering: lack of trust, fear, worry, blame, isolation, and resentment. They provide a path for recovery from suffering—a path that leads to trust, honesty, reconciliation, peace and joy.

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