

# 12-STEP IMMERSION AT LEGACY TEXAS

At Legacy Texas, the 12 Steps are built into all 3 phases of treatment, driving structure, growth, and real accountability.

## PHASE 01.

### BUILDING THE FOUNDATION

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**STEP WORK BEGINS ALONGSIDE STRUCTURED ROUTINES AND HONEST SELF-REFLECTION.**

- Daily 12-Step practices and early Big Book study
- Step-based assignments woven into therapy
- Sponsor connections often start here
- Peer-driven accountability builds trust and discipline

## PHASE 02.

### THERAPY & SKILL BUILDING

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**MEN DIG DEEPER, FACING THE PAST, MAKING AMENDS, + STRENGTHENING SPIRITUAL GROWTH.**

- Steps 4–5 worked with sponsor or staff support
- Structured literature study and step processing
- Honest inventory and emotional unpacking
- Commitments & consistent meeting attendance

## PHASE 03.

### REINTEGRATION & INDEPENDENCE

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**THE STEPS BECOME A WAY OF LIFE: GUIDING LEADERSHIP, SERVICE, AND RELAPSE PREVENTION.**

- Application of Steps 10–12 in daily life
- Leadership roles in the peer community
- 12-Step discharge planning & relapse prevention
- Continued engagement through The Lyndon Club & Collective