

# Drop Your Rock Workshop

Please join us for a free Workshop based on  
the Principles of Steps Six & Seven

**Sunday, July 17, 2022**  
**1-3pm**

**First Presbyterian Church**

**715 N Carlton Ave, Wheaton, IL**

## **Workshop Activities Include:**

- ◆ Open discussions relating to fear, resentment, and humility.
- ◆ Activities to help identify our 'rocks'
- ◆ Reflection on steps 6 & 7 and moving towards a willingness to change.



**This is an OPEN Workshop to all 12-Step Recovery Programs.  
Questions? Contact Stacie @ (847) 997-0183**

*Resentment. Fear. Self-pity. Dishonesty. Anger. This cast of character defects undermines the best-laid plans for recovery from addiction. It is not uncommon for individuals in recovery to cling to negative, self-defeating behaviors long after giving up their addiction. These behaviors are the "rocks" that can sink recovery - or at the least, block further progress.*  
*from 'Drop the Rock' 2<sup>nd</sup> Ed*