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| Age | Date | Milestone | Feelings | Next Steps / Notes / Steps |
| 0-6 |  | Birth, Infancy, Pre-School |  |  |
| 0-6 |  |  |  |  |
| 0-6 |  |  |  |  |
| 0-6 |  |  |  |  |
| 6-12 |  | Elementary School |  |  |
| 6-12 |  |  |  |  |
| 6-12 |  |  |  |  |
| 6-12 |  |  |  |  |
| 6-12 |  |  |  |  |
| 12-14 |  | Middle School/Junior High School |  |  |
| 12-14 |  |  |  |  |
| 12-14 |  |  |  |  |
| 12-14 |  |  |  |  |
| 12-14 |  |  |  |  |

**Step Reference:** 1: Powerlessness/Unmanagability 4: Resentments/Fears/Defects 8: Victim List 10: Daily Inventory 11: Higher Power Moments 12: Carry the Message/Service

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| Age | Date | Milestone | Feelings | Next Steps / Notes / Steps |
| 15-17 |  | High School |  |  |
| 15-17 |  |  |  |  |
| 15-17 |  |  |  |  |
| 15-17 |  |  |  |  |
| 18-20 |  |  |  |  |
| 18-20 |  |  |  |  |
| 18-20 |  |  |  |  |
| 18-20 |  |  |  |  |
| 21-25 |  | Young Adulthood |  |  |
| 21-25 |  |  |  |  |
| 21-25 |  |  |  |  |
| 21-25 |  |  |  |  |
| 21-25 |  |  |  |  |

**Step Reference:** 1: Powerlessness/Unmanagability 4: Resentments/Fears/Defects 8: Victim List 10: Daily Inventory 11: Higher Power Moments 12: Carry the Message/Service

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| Age | Date | Milestone | Feelings | Next Steps / Notes / Steps |
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**Step Reference:** 1: Powerlessness/Unmanagability 4: Resentments/Fears/Defects 8: Victim List 10: Daily Inventory 11: Higher Power Moments 12: Carry the Message/Service