

# 12 Steps

- (1) *We admitted we were powerless over alcohol – that our lives had become unmanageable.*
- (2) *Came to believe that a power greater than ourselves could restore us to sanity.*
- (3) *Made a decision to turn our will and our lives to the care of God as we understood him.*
- (4) *Made a searching and fearless moral inventory of ourselves.*
- (5) *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
- (6) *Were entirely ready to have God remove all these defects of character.*
- (7) *Humbly asked Him to remove our shortcomings.*
- (8) *Made a list of all persons we had harmed and became willing to make amends to them all.*
- (9) *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
- (10) *Continued to take personal inventory and when we were wrong promptly admitted it.*
- (11) *Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will and the power to carry that out.*
- (12) *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.*

*These steps are from the book, "Alcoholics Anonymous."*