

## **The Twelve Steps of Alcoholics Anonymous**

### **Step One**

We admitted we were powerless over alcohol and that our lives had become unmanageable

### **Step Two**

Came to believe that a power greater than ourselves could restore us to sanity

### **Step Three**

Made a decision to turn our will and our lives over to the care of god as we understood him

### **Step Four**

Made a searching fearless moral inventory of ourselves

### **Step Five**

Admitted to god to ourselves and to another human being the exact nature of our wrongs

### **Step Six**

Were entirely ready to have god remove all these defects of character

### **Step Seven**

Humbly asked him to remove our short comings

### **Step Eight**

Made a list of all persons we have harmed and became willing to make amends to them all

### **Step Nine**

Made direct amends to such people whenever possible except when to do so would injure them or others

### **Step Ten**

Continue to take personal inventory and when we were wrong promptly admit it

### **Step Eleven**

Sort through prayer and meditation to improve our conscience contact with god as we understood him. Preying only of knowledge of his will for us and the power to carry that out.

### **Step twelve**

Having had a spiritual awakening as a result of these steps, we tried to carry the message to the alcoholic and to practice these principals in all our affairs.

Many of us have exclaimed what an order I cannot go through with it! Do not be discouraged. No one amongst us has been able to maintain anything like these principals. We are not saints. The point is, that we are willing to grow along spiritual line. The principal we have set down are guidelines to progress. We claim spiritual progress rather than spiritual perfection.