

The Twelve Steps

1. Admit powerlessness over alcohol or addiction and that life has become unmanageable.
2. Believe in a Power greater than oneself that can restore sanity.
3. Decide to turn one's will and life over to the care of God, as personally understood.
4. Conduct a searching and fearless moral inventory of oneself.
5. Admit the exact nature of wrongs to God, oneself, and another human being.
6. Become ready to have God remove all character defects.
7. Humbly ask God to remove shortcomings.
8. Make a list of all persons harmed and become willing to make amends.
9. Make direct amends to those harmed whenever possible, except when doing so would cause further injury.
10. Continue to take personal inventory and promptly admit mistakes.
11. Seek through prayer and meditation to improve conscious contact with God as understood, praying for knowledge of His will and the power to carry it out.
12. Having had a spiritual awakening from these steps, carry the message to others and practice these principles in all affairs.