

The Twelve Steps for Everything

(slightly adapted from experience based description courtesy of Recovering Alcoholics from www.aa.org.au)

One

We admitted we were powerless over (insert addiction here) - that our mind and our life had become unmanageable.

Two

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

Three

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Four

Made a searching and fearless moral inventory of ourselves.

Five

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Six

Were entirely ready to have God remove all these defects of character.

Seven

Humbly asked Him to remove our shortcomings.

Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Nine

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

Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Twelve

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.

Completing the 12 Steps sincerely is the hardest thing any of us can do. AA members notice the difference between those who can live the 12 Steps sincerely, and those who can not. It has so little to do with alcohol!