

TWELVE STEPS

OF

ALCOHOLICS ANONYMOUS



THE STEPS:

TIPS:

1

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

The recovery process begins after acknowledging that you are unable to stop drinking on your own.

2

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

Look to something greater than yourself to recover.

3

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

Turn yourself over to whatever or whomever your higher belief is.

4

Made a searching and fearless moral inventory of ourselves.

Identify any areas of regret, embarrassment, anger or guilt.

5

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

Admit to any past poor behavior.

6

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

Allow higher power to remove any wrongs listed in Step 4.

7

Humbly asked Him to remove our shortcomings.

Ask higher power to eliminate character defects, such as apathy, anger, apathy, or negativity.

8

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

Write down all people you have hurt through your alcoholism.

9

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

Make amends with people affected by the alcoholism.

10

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

Monitor yourself for any wrong behaviors and admit when you are wrong.

11

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.

Commit to a spiritual practice. Meditation, prayer, or scripture reading.

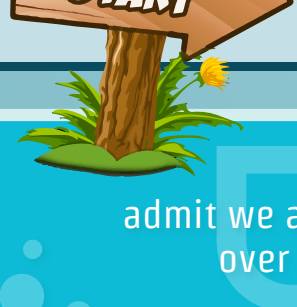
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Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Help others in recovery heal.

THE TWELVE-STEP PROCESS TO RECOVERY

..... A LIFE OF SOBRIETY IS MORE THAN A GAME



admit we are powerless over alcohol

1

believe a Power greater than ourselves could restore sanity

2

turn our will and our lives over to the care of God

3

make a searching and fearless moral inventory

4

admit our wrong doings

5

have God remove all these defects of character

6

humbly ask Him to remove our shortcomings

7

make a list of all persons harmed and make amends

8

make direct amends wherever possible

9

admit when we are wrong

10

reconnect with your higher power

11

carry this message to others

12

1



ONE DAY AT A TIME



*"GOD,
GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE,
THE COURAGE TO CHANGE THE THINGS I CAN,
AND THE WISDOM TO KNOW THE DIFFERENCE."*