

12 STEPS OF RECOVERY

- ACCEPTANCE.** *We admitted we were powerless over our addiction, that our lives had become unmanageable.*
- HOPE.** *Came to believe that a power greater than ourselves could restore us to sanity.*
- WILLINGNESS.** *Made a decision to turn our will and our lives over to the care of GOD as we understood Him.*
- PERSONAL INVENTORY.** *Made a searching and fearless moral inventory of ourselves.*
- SELF DISCLOSURE.** *Admitted to GOD, to ourselves and to another human being the exact nature of our wrongs.*
- REFLECTION.** *Were entirely ready to have God remove all these defects of character.*
- HUMILITY.** *Humbly asked Him to remove our shortcomings.*
- AMENDS LIST.** *Made a list of all persons we had harmed, and became willing to make amends to them all.*
- MADE AMENDS.** *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
- CONTINUED INVENTORY.** *Continued to take personal inventory and when we were wrong promptly admitted it.*
- SPIRITUAL GROWTH.** *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.*
- GIVING BACK.** *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.*

SOURCE/S: aa.org, "THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS", A.A. World Services, Inc.

