

The Twelve Steps

1. We admitted we were powerless over our addiction(s)—that our lives had become unmanageable.

Defeat

Acceptance

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

Open-Mindedness

Hope

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

Surrender

Faith

4. Made a searching and fearless moral inventory of ourselves.

Honesty

Courage

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

Confession

Integrity

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

Willingness

Patience

7. Humbly asked God to remove our shortcomings.

Humility

Choice

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

Forgiveness

Compassion

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

Restitution

Justice

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

Stewardship

Perseverance

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

Consciousness

Spirituality

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

Service

Unconditional-Love