

The Twelve Steps

*With the Principles we "Practice in All Our Affairs." The First Principle of – **Commitment** is where we begin. This is exactly what the question, "Are you willing to go to any lengths?" means. Are we **Committed** to our sobriety? The Steps to that sobriety are:*

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

The Principles of...

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.

The Principles of...

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.

The Principles of...

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.

The Principles of...

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.

The Principles of...

Service

Unconditional-Love

*The 26th and OVERRIDING Principle of all our Traditions
vitally important of **GRATITUDE***