

The Twelve Steps

- Step One** We admitted we were powerless over our addiction, that our life had become unmanageable.
- Step Two** We came to believe that a Power greater than ourselves could restore us to sanity.
- Step Three** We made a decision to turn our will and our lives over to the care of God as we understood Him.
- Step Four** We made a searching and fearless moral inventory of ourselves.
- Step Five** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- Step Six** We became entirely ready to have God remove all these defects of character.
- Step Seven** We humbly asked Him to remove our shortcomings.
- Step Eight** We made a list of all persons we had harmed, and became willing to make amends to them all.
- Step Nine** We made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step Ten** We continued to take personal inventory and when we were wrong, promptly admitted it.
- Step Eleven** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.
- Step Twelve** Having had a spiritual awakening as the result of these Steps, we tried to carry the message to others, and to practice these principles in all our affairs.

Adapted from Alcoholics Anonymous

Overview of Twelve Steps

Cognitive Reframing & Fundamental Sobriety

- 1 One recognizes and admits the addicted reality of one's life; that the substances and/or behavior related to one's addiction can no longer be tolerated, and the lose of control over one's life.
- 2 One's hopeful expectation of recovery, believing that help can make it possible.
- 3 We make our decision. Who will run our lives? Will it be our addiction, will it be ourselves, or will it be God?

Personal & Relational Transformation

- 4 Getting real with ourselves. An exercise which brings insight and understanding about our inner condition.
- 5 Getting real with others. Freedom from secrets. Private and selected confession. Shame reduction and relational healing for our interpersonal, social and spiritual relationships.
- 6 Discover new desires. Authentic God-given ambition related to one's inner character.
- 7 Application of God's capabilities to solve the inner character problems that we cannot solve.
- 8 Recognizing one's social responsibility.
- 9 Accepting and acting on one's personal responsibility.

Living life by God's Design

- 10 Ongoing lifestyle of courageous honesty and *response-ability*.
- 11 Authentic spirituality. The practice of surrendered prayer and meditation (listening) with priority on one's personal relationship with God as the only absolute personal need.
- 12 Discovery of a life worth living. And a willingness to share this life with others and continue one's personal application of the spiritual principles that made this life possible.

