

## **The 12 Step Program**

### **Step 1**

We admitted that we were powerless over alcohol and drugs and that our lives had become unmanageable

### **Step 2**

Came to believe in a Power greater than ourselves who could restore us to sanity

### **Step 3**

Made a decision to turn our Will and life over to the care of God as we understood God

### **Step 4**

Made a fearless and searching moral inventory of ourselves

### **Step 5**

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

### **Step 6**

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

### **Step 7**

Humbly asked God to remove our shortcomings

### **Step 8**

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

### **Step 9**

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

### **Step 10**

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

### **Step 11**

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

### **Step 12**

Having had a spiritual awakening as the result of these steps We try and carry this message to other alcoholics and addicts and to practice these principles in all our affairs