

12 Steps

Step 1 - I admit that I am powerless over my addiction and that my life has become unmanageable

Step 2 - I come to believe that a power greater than myself can restore me to sanity

Step 3 - I make a decision to turn my will and my life over to the care of God as I understand God

Step 4 - I make a searching and fearless moral inventory of myself

Step 5 - I admit to God, to myself and to another human being the exact nature of my wrongs

Step 6 - I become entirely ready to have God remove all of these defects of character

Step 7 - I humbly ask God to remove my shortcomings

Step 8 - I make a list of persons that I have harmed and become willing to make amends to them all

Step 9 - I make direct amends to such people whenever possible, except when to do so would injure them or others

Step 10 - I continue to take personal inventory and when I am wrong I promptly admit it

Step 11 - Through prayer and meditation I seek to improve my conscious contact with God as I understand God, praying only for knowledge of God's will for my life and the power to carry that out

Step 12 - Having had a spiritual awakening as the result of these steps, I try to carry this message to others and to practice these principles in all of my life