



OUR TWELVE STEPS

- 1) We admitted there are things we are powerless over, and attempts to control these things made our lives unmanageable.
- 2) We came to believe that a power greater than ourselves could help restore us to serenity.
- 3) We made a decision to turn our will and our lives over to the care of a higher power, as we understood them.
- 4) We made a searching and fearless inventory of our assets and defects.
- 5) We admitted to our higher power, to ourselves, and another person the contents of our inventory.
- 6) We became entirely ready to have our higher power remove our defects of character.
- 7) We humbly asked our higher power to remove our shortcomings.
- 8) We made a list of all the harm we have done, and became willing to make amends.
- 9) We made amends wherever possible, except when to do so would cause more harm.
- 10) We continued to take personal inventory and when we were wrong promptly admitted it.
- 11) We sought through prayer and meditation to improve our conscious contact with our higher power, as we understood them.
- 12) We experienced an awakening of our spirit as a result of these steps, we tried to carry a message of serenity to those still suffering and practice spiritual principles in all our affairs.