



AA/NA 12 Steps

- 1. We admitted we were powerless over alcohol and that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of our higher power as *we understood it*.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to our higher power, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have our higher power remove all these defects of character.**
- 7. Humbly asked our higher power to remove our shortcomings.**
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with our higher power *as we understood it* for knowledge of our higher power's will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as the result of those steps we tried to carry this message to others, and to practice these principles in all our affairs.**