

*Step 1:
We admitted we were
powerless over alcohol [our
addiction] – that our lives had
become unmanageable.*

*Step 2:
We came to believe that a
Power greater than ourselves
could restore us to sanity.*

*Step 3:
We made a decision to turn
our will and our lives over to
the care of God as we
understood Him.*

*Step 4:
We made a searching
and fearless moral
inventory of ourselves.*

Step 5:
We admitted to God, to
ourselves, and to another
human being the exact nature of
our wrongs.

Step 6:
We are entirely ready to have
God (Higher Power) remove
all these defects of character.

Step 7:
We humbly asked Him
(Higher Power) to remove
our shortcomings.

Step 8:
We made a list of all persons
we had harmed, and became
willing to make amends to
them all.

Step 9:

We made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10:

We continued to take personal inventory, and when we were wrong, we promptly admitted it.

Step 11:

We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.

Step 12:

Having had a spiritual experience as a result of these steps, we tried to carry this message to other alcoholics, and to practice these principles in all our affairs.

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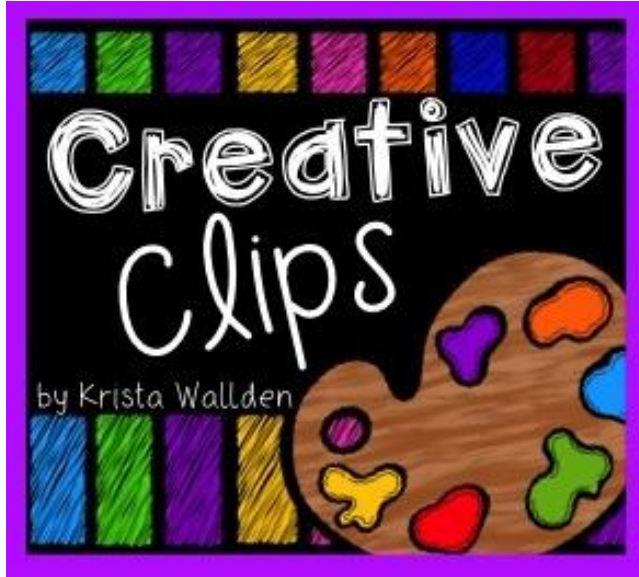
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Credits



[Creative Clips by Krista Wallden](#)
-Thank you for the frames!

[Paula Kim Studio](#)
-Thank you for the colorful frames!