

The 7 Recovery Principles

1. Step 1: Lack of Power / Powerlessness / Lack of Control
2. Steps 2 & 3: Surrender / Willingness to Surrender / Faith
3. Steps 4: Accountability / Responsibility
4. Step 5: Compassion / Empathy
5. Steps 8 & 9: Humility / Forgiveness
6. Steps 6, 7, & 11: Prayer / Meditation / Consistency
7. Step 12: Altruism / Dignity / Respect

THE MAIN INGREDIENT

- Rigorous Honesty

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