

# The 12 Steps

Step 1: We admitted we were powerless over our toxic thoughts and behaviors- that our lives had become unmanageable.

Step 2: Came to believe that a Power Greater than Ourselves could restore us to sanity.

Step 3: Made a decision to turn our will and our lives over to the care of G-d *as we understood Him*.

Step 4: Made a searching and fearless moral inventory of ourselves.

Step 5: Admitted to G-d, to ourselves, and to another human being the exact nature of our wrongs.

Step 6: Were entirely ready to have G-d remove all these defects of character.

Step 7: Humbly asked Him to remove our shortcomings.

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

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11: Sought through prayer and meditation to improve our conscious contact with G-d *as we understood Him*, praying only for knowledge and His will for us and the power to carry that out.

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others who are suffering, and to practice these principles in all our affairs.