

# The Twelve Steps of Alcoholics Anonymous

- 1. We admitted we were powerless over alcohol -- 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 God as we *understand Him*.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove these defects of character.**
- 7. Humbly asked Him 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 God as we *understood him*, praying only for knowledge of his will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.**

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