

THE TWELVE STEPS OF A.A.

Admit

The grog got to me. I'm no longer my own boss.

Step 1

We admitted we were powerless over alcohol. That our lives had become unmanageable.

Believe

Only God can save me from the grog straighten me out.

Step 2

Came to believe that Power Greater than ourselves could not restore us to sanity.

Decide to

Let God have ago in my life.

Step 3

Made a decision to turn our lives over to the care of God as we understood Him.

I am Going to

Have a good honest look at myself.

Step 4

Made a searching and fearless moral inventory of ourselves.

I will

Tell God and anyone else the wrong things I've done.

Step 5

Admitted to God, ourselves, and to other human beings the exact nature of our wrongs.

I want

God to straighten me out.

Step 6

We're entirely ready to have God remove all these defects of character.

I will ask

God to straighten me out and help me do right.

Step 7

Humbly ask Him to remove our short comings.

I'll try

To remember who I've done wrong to and try to put it right.

Step 8

Made a list of all people we had harmed, and became willing to make amends.

I will

Only put it right if it doesn't hurt anyone.

Step 9

Made direct amends to such people wherever possible, except when to do so would injure others.

Keep on

Checking up on myself and put it right straight away.

Step 10

Continued to take personal inventory and when we're wrong, promptly admitted it.

Pray

To God to know how he wants me to behave and help me do it.

Step 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.

I want

To know God better and to help others find His help too.

Step 12

Having a spiritual awakening as the result of these steps, we tried carrying this message to alcoholics, and practice these principles in all our affairs.