

1.

12 STEPS OF A.A.

2. We admitted we were powerless over alcohol....that our lives had become
3. unmanageable.
Came to believe that a Power greater than ourselves could restore us to sanity.
4. Made a decision to turn our will and our lives over to the care of GOD as we
5. understood Him.
Made a searching and fearless moral inventory of ourselves.
6. Admitted to God, to ourselves, and to another human being the exact nature of
7. our wrongs.
6. Were entirely ready to have God remove
8. all these defects of character.
Humbly asked Him to remove all these defects of character.
9. .Made a list of all persons we had harmed and became willing to make amends to them all.
10. Made direct amends to such people wherever possible, except when to do so
11. would injure them or others.
Continued to take personal inventory and when we were wrong promptly admitted it.
Sought through prayer and Medication to Improve our conscious contact with God as we understood Him.
- 12..Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs

10. (page 84) We have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and will find that his has happened automatically...we feel as though we had been placed in a position of neutrality – safe and protected.
11. (page 87) Our thinking will be more and more on the plane of inspiration.
(page 88) We are in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become more efficient. We do not tire so easily.
12. (page 100) If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances.

SAY A LITTLE PRAYER

God, I offer myself to you – to build with me and to do with me as you will. Relieve me of the bondage of self, that I may better do your will. Take away my difficulties, that victory over them may bear witness to those I would help of your Power, Your Love, and Your Way of Life. May I do your will always. (page 63)