

# How We Recover



Staying free from opiates after we have detoxed is our dilemma. All of us are familiar with the battle that we face in our minds, the excuses we tell ourselves. The pain is too great. I can't handle life's troubles. We all have given in to the delusion that it will be different this time or we will handle it this time. We of Opiates Anonymous understand. We have all been there. So how is it that we have recovered you must be asking? The first step towards recovery is admitting we are powerless over opiates and all other mind altering substances; that we are unable to not start the terrible cycle of addiction all over again. Opiates Anonymous is a Spiritual program not a religious one. Each of us gets to choose our own idea of a Power greater than our selves.

Here are the steps we took to recover from addiction.

1. We admitted we were powerless over opiates and all other mind-altering substances — 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 understood 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 all 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 addicts, and to practice these principles in all our affairs.

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