

PRINCIPLES OF RECOVERY

	PRINCIPLE	ACTION	RESULTS IN	DEFECT
1	Honesty	surrender	easier abstinence	self-deception
2	Hope	act 'as if'	encouragement	disbelief
3	Faith	acceptance	serenity	fear
4	Courage	self-examination	self-insight	self-pity, isolation
5	Integrity	communication	relief	phoniness
6	Willingness	help for defects	strength	resentment
7	Humility	practice virtue	restoration	false pride
8	Love	consider others	self-esteem	intolerance
9	Self-Discipline	do the right thing	promises in BB	procrastination
10	Perseverance	admit our wrongs	balance	laziness
11	God conscious	prayer & meditation	freedom	willfulness
12	Service	do for others	spiritual awareness	selfishness

from 2004 AWAAY workshop
 'Principles Behind the 12 Steps'
 by Faye B (Fairburn, GA) and

12 STEPS IN EVERY DAY LIFE



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