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The 12 STEPS of ALCOHOLICS ANONYMOUS [Spiritual Principles]

- Step 1** We admitted we were powerless over alcohol — that our lives had become unmanageable. [Honesty]
- Step 2** Came to believe that a Power greater than ourselves could restore us to sanity. [Hope]
- Step 3** Made a decision to turn our will and our lives over to the care of God, *as we understood Him*. [Trust]
- Step 4** Made a searching and fearless moral inventory of ourselves. [Courage]
- Step 5** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. [Integrity]
- Step 6** Were entirely ready to have God remove all these defects of character. [Willingness]
- Step 7** Humbly asked Him to remove our shortcomings. [Humility]
- Step 8** Made a list of all persons we had harmed, and became willing to make amends to them all. [Compassion]
- Step 9** Made direct amends to such people wherever possible, except when to do so would injure them or others. [Justice]
- Step 10** Continued to take personal inventory and when we were wrong promptly admitted it. [Perseverance]
- 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. [Spiritual awareness]
- Step 12** Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. [Service]