

# THE 12-STEP PROGRAM

• a road to recovery for many •

The steps outlined below are taken directly from the Alcoholics Anonymous *The Big Book* and are not representative of GoodTherapy.org's views or of every participant's journey through the program. Other programs may use an adapted version of these steps. Some present a plainly secular message, while some maintain a religious or spiritual element. Not everyone experiencing addiction will follow the same path. Recovery is a journey complete with challenges, successes, and setbacks that are different for each individual.

## ADMISSION

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

1

## RECOGNITION

Came to believe that a Power greater than ourselves could restore us to sanity.

2

## SUBMISSION

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

3

4

## UNDERSTANDING

Made a searching and fearless moral inventory of ourselves.

5

## CONFESSION

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6

## READINESS

Were entirely ready to have God remove all these defects of character.

7

## HUMILITY

Humbly asked Him to remove our shortcomings.

8

## REPARATION

Made a list of all persons we had harmed and became willing to make amends to them all.

9

## APOLOGY

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

10

## INTEGRITY

Continued to take personal inventory and when we were wrong promptly admitted it.

## MEDITATION

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.

11

12

## AWAKENING

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.