

12 STEPS OF ALCOHOLICS ANONYMOUS

Universal Edition

- 1. We admitted we were powerless over alcohol—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 external spiritual resources as we understood these.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to remove all our defects of character.**
- 7. Humbly took action 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 reflection and meditation to improve our understanding of our new spiritual principles, seeking only knowledge for their meaning and the power to carry these out.**
- 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.**