

Step 1

We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.
I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)

Step 2

We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to His good purpose. (Philippians 2:13)

Step 3

We made a decision to turn our wills and our lives over to the care of God.
Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship (Romans 12:1)

Step 4

We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the Lord. (Lamentations 3:40)

Step 5

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

Therefore confess your faults to each other and pray for each other so that you may be healed. (James 5:16)

Step 6

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

Humble yourselves before the Lord and He will lift you up. (James 4:10)

Step 7

We humbly asked Him to remove all our shortcomings.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

Step 8

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

Do to others as you would have them do to you. (Luke 6:31)

Step 9

We made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. (Matthew 5:23-24)

Step 10

We continued to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! (1 Corinthians 10:12)

Step 11

We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

*Let the word of Christ dwell in you richly.
(Colossians 3:16)*

Step 12

Having had a spiritual experience as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)

Principle 1

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

Happy are those who know they are spiritually poor. (Matthew 5:3)

Principle 2

Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover.

Happy are those who mourn, for they shall be comforted. (Matthew 5:4)

Principle 3

Consciously choose to commit all my life and will to Christ's care and control.

Happy are the meek. (Matthew 5:5)

Principle 4

Openly examine and confess my faults to myself, to God and to someone I trust.

*Happy are the pure in heart.
(Matthew 5:8)*

Principle 5

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

Happy are those whose greatest desire is to do what God requires. (Matthew 5:6)

Principle 6

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

Happy are the merciful. Happy are the peacemakers. (Matthew 5:7,9)

Principle 7

Reserve a daily time with God for self-examination, Bible reading and prayer in order to know God and His will for my life and to gain the power to follow His will.

Principle 8

Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

*Happy are those who are persecuted because they do what God requires.
(Matthew 5:10)*