



## The 12 Steps to Change My Relationships

1. We admit we are powerless over ourselves and other people and that our lives are unmanageable.
2. We come to believe that God will restore us and our loved ones to sanity.
3. We turn our will, our lives, and other people over to the care of God, trusting in his sovereign will.
4. We make a searching and fearless moral inventory of ourselves.
5. We admit to God, to ourselves, and to another person the exact nature of our wrongs.
6. We become entirely ready to have God remove all these defects of character.
7. We humbly ask him to remove our shortcomings.
8. We make a list of all persons we had harmed and become willing to make amends to them all.
9. We make direct or indirect amends to such people wherever possible, except when to do so would injure them or others.
10. We continue to take personal inventory and when we are wrong, promptly admit it.
11. We seek through prayer and meditation to improve our conscious contact with God, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we try to carry this message to others, and to practice these principles in our lives and relationships.

## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

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 God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him 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 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.
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.

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