

# The 12 Steps of Alcoholics Anonymous

A printable copy of the twelve steps, in order.

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**Step 1 — Admission of Powerlessness:** We admitted we were powerless over alcohol—that our lives had become unmanageable.

**Step 2 — Belief in a Higher Power:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Step 3 — Surrender and Trust:** Made a decision to turn our will and our lives over to the care of God as we understood Him.

**Step 4 — Moral Inventory:** Made a searching and fearless moral inventory of ourselves.

**Step 5 — Sharing Your Truth:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Step 6 — Readiness for Change:** Were entirely ready to have God remove all these defects of character.

**Step 7 — Humility and Growth:** Humbly asked Him to remove our shortcomings.

**Step 8 — List of Amends:** Made a list of all persons we had harmed, and became willing to make amends to them all.

**Step 9 — Making Amends:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Step 10 — Ongoing Self-Reflection:** Continued to take personal inventory and when we were wrong promptly admitted it.

**Step 11 — Spiritual Connection:** 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.

**Step 12 — Service and Carrying the Message:** 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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