

THE 12 STEPS ARE IN THE BIG BOOK

STEP 1— WE ADMITTED WE WERE POWERLESS OVER ALCOHOL— THAT OUR LIVES HAD BECOME UNMANAGEABLE.
This Step is described in ‘The Doctor’s Opinion’ (xxvii-xxxii), and on pages 1-43. More unmanageability questions are on page 52. *The directions for taking Step One are on page 30, para. 2*

STEP 2— CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
This Step is described on pages 44-60. *The directions for taking Step Two are on page 47, para. 2.*
(also read Appendix II: Spiritual Experience. pg 567)

STEP 3— MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM. This Step is described on pages 60-63. *The directions for taking Step Three are on page 63, para. 2*

STEP 4— MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES. The taking of Step Three “could have little permanent effect unless AT ONCE followed by a strenuous effort...” (you may ‘take your time’ if you are non-alcoholic) This Step is described on pages 63-71. *The directions for taking Step Four are on page 64.*

STEP 5— ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS. This Step is described on page 72-75. *The directions for taking Step Five are on page 75.*

STEP 6— WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
This Step is described on page 75-76. *The directions for taking Step Six are on page 76.*

STEP 7— HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS. This Step is described on page 76.
The directions for taking Step Seven are on page 76, para. 2.

STEP 8— MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL. This Step is described on page 76. *The directions for taking Step Eight are on page 76, para. 3, line 3.*

STEP 9— MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS. This Step is described on pages 76-84. *The directions for taking Step Nine are on page 76, para. 3, line 6 (Now we go out to our fellows...) We ask God for the willingness to do this. (“We feel a man is unthinking when he says that sobriety is enough.” pg 82)*

STEP 10— CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.
This Step is described on page 84-86. *The directions for taking Step Ten are on page 84, para. 2.*

STEP 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.
This Step is described on pages 85-88. *The directions for taking Step Eleven are on page 86 para. 2.* (also read Appendix II: Spiritual Experience. pg 567)

STEP 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.
This Step is described on pages 89-103 and page 565. *The directions for taking Step Twelve are on page 89.*
If you have thoroughly followed directions up to this point, have had a spiritual awakening, and can demonstrate that you are practicing these spiritual principles in all areas of your life, then follow the instructions on pages 89-103 for how to carry our life-saving message of recovery to others.