

Al-Anon Twelve Steps

Because of their proven power and worth, AA's Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of goodwill, of any religious faith or of none. Note the power of the very words!

- 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 a 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 others, and to practice these principles in all our affairs.