

# 12 Steps of Alcoholics Anonymous

## The CALL – The RESPONSE

### Admission Steps

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
  - **Calls us to be HONEST**
2. Came to believe that a Power greater than ourselves could restore us to sanity.
  - **Calls us to have HOPE**

### Submission Steps

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
  - **Calls us to FAITH**
4. Made a searching and fearless moral inventory of ourselves.
  - **Calls us to have COURAGE**
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
  - **Calls us to have INTEGRITY**
6. Were entirely ready to have God remove all these defects of character.
  - **Call us to WILLINGNESS**
7. Humbly asked Him to remove our short-comings.
  - **Calls us to HUMILITY**

## **Restitution Steps**

8. Made a list of all persons we had harmed, and became willing to make amends to them all.
  - **Calls us to FORGIVENESS**
  
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
  - **Calls us to JUSTICE**
  
10. Continued to take personal inventory and when we were wrong promptly admitted it.
  - **Calls us to PRESERVERANCE**
  
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.
  - **Calls us to SPIRITUAL AWARENESS**

## **Spreading the Message – Giving Back 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.
  - **Calls us to SERVICE**