

The 12 Steps of Wellbriety

Steps 1, 2, 3

WE FACE THE EAST AND PRAY - We find the Creator

STEP 1 - CALLS US TO HONESTY

We admitted we were powerless over alcohol/drugs-
That we had lost control over our lives.

STEP 2 - CALLS US TO HOPE

We came to believe that a Power greater than ourselves
Could help us regain control.

STEP 3 - CALLS US TO FAITH

We made a decision to ask for help from a Higher Power
and others who understand.

Steps 4,5,6

WE FACE THE SOUTH AND PRAY -We find ourselves

STEP 4 – CALLS US TO COURAGE

We stopped and thought about our strengths and our
weaknesses
and thought about ourselves.

STEP 5 – CALLS US TO INTEGRITY

We admitted to the Creator, to ourselves,
and to another person
the things we thought were wrong about ourselves.

STEP 6 – CALLS US TO WILLINGNESS

We are ready, with the help of the Creator, to change.

Steps 7-8-9

**WE FACE THE WEST AND PRAY - We find our relationship with
others**

STEP 7 - CALLS US TO HUMILITY

We humbly ask a Higher Power
and our friends to help us change.

STEP 8 - CALLS US TO FORGIVENESS

We made a list of people who were hurt by our drinking and using and want to make up for these hurts.

STEP 9 – CALLS US TO JUSTICE

We are making up to those people whenever we can, except when to do so would hurt them more.

Steps 10, 11, 12

WE FACE THE NORTH AND PRAY - We find the wisdom of the Elders

STEP 10 – CALLS US TO PERSEVERANCE

We continue to think about our strengths and weaknesses and when are wrong we say so.

STEP 11 - CALLS US TO SPIRITUAL AWARENESS

We pray and think about ourselves, praying only for the strength to do what is right.

STEP 12 - CALLS US TO SERVICE

We try to help others and to practice these principals in everything we do.