

THE TWELVE STEPS

We have adopted the 12-Step recovery program from Alcoholics Anonymous with minor changes. Their 12 Steps and Traditions have proven effective for over 50 years in dealing with alcohol and alcoholism, helping millions to overcome the crippling effects of the disease. We use them to help identify and change unwanted Adult Children characteristics. Here are the 12 Steps. . .

1. We admitted we were powerless over the effects of addiction that our lives had become unmanageable.
2. Came to believe a Power greater than ourselves could restore us to wholeness.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
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 work in partnership with God to remove our ineffective behavior.
7. Humbly asked God to help us remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people whenever 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 God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

. . . All journeys begin with the first step. It is with a compassionate understanding of your suffering that we urge you to begin a recovery process. Through the reliance on our spiritual program and using a God as you understand God, you, too, can begin to change, starting from this moment on.

THE TWELVE STEPS WORK