

The Twelve Steps Illustrated

This is A.A. General Service Conference-approved literature



ALCOHOLICS ANONYMOUS[®] is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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To find out more about A.A. write to
General Service Office
Box 459, Grand Central Station,
New York, NY 10163
—or look up A.A. in your phone book.

www.aa.org

1 *We admitted we were powerless over alcohol — that our lives had become unmanageable.*



The bottle has me down.
My life is a mess.

2 *Came to believe that
a Power greater
than ourselves could
restore us to sanity.*



There is help.

3 *Made a decision to turn
our will and our lives
over to the care of God
as we understood Him.*



I let a Higher Power take over.

4 *Made a searching and fearless moral inventory of ourselves.*



I need to look at my life.

5 *Admitted to God,
to ourselves and to another
human being the exact
nature of our wrongs.*



I admit all I did wrong.

6 *Were entirely ready
to have God remove
all these defects of character.*



I want to be free.

7 *Humbly asked Him to
remove our shortcomings.*



I ask a Higher Power
to help me be free.

8 *Made a list of all persons we had harmed, and became willing to make amends to them all.*



I ask: Who did I hurt?
How can I fix it?

9 *Made direct amends to such people wherever possible, except when to do so would injure them or others.*



I try to fix things if I can.

10 *Continued to take personal inventory and when we were wrong promptly admitted it.*



I check up on myself. I am honest.

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.*



I ask a Higher Power for help
to live the right way.

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.*



I live by these steps and get better.
I try to help other alcoholics.

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I am responsible. . .

When anyone, anywhere,
reaches out for help, I want
the hand of A.A. always to be there.
And for that: I am responsible.

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