A DECLARATION OF UNITY

This we owe to A.A.'s future: To place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.

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.

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

The
Twelve
Steps
Illustrated
**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.

*(Copyright © by AA Grapevine, Inc.; reprinted with permission.)*

Copyright © 2018 by Alcoholics Anonymous World Services, Inc.

All rights reserved.

*Mail address:*
Box 459, Grand Central Station, New York, NY 10163

[www.aa.org](http://www.aa.org)

55M – 09/19 (DG3)
We admitted we were powerless over alcohol — that our lives had become unmanageable.

The bottle has me down. My life is a mess.
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.
Made a searching and fearless moral inventory of ourselves.

I need to look at my life.
Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

I admit all I did wrong.
Were entirely ready to have God remove all these defects of character.

I want to be free.
Humbly asked Him to remove our shortcomings.

I ask a Higher Power to help me be free.
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?
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.
Continued to take personal inventory and when we were wrong promptly admitted it.

I check up on myself. I am honest.
I ask a Higher Power for help to live the right way.

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.
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.
A.A. PUBLICATIONS  Below is a partial listing of A.A. publications. Complete order forms are available from the General Service Office of ALCOHOLICS ANONYMOUS, Box 459, Grand Central Station, New York, NY 10163. Telephone: (212) 870-3400; Website: aa.org.

BOOKS  
ALCOHOLICS ANONYMOUS  
TWELVE STEPS AND TWELVE TRADITIONS  
DAILY REFLECTIONS  
ALCOHOLICS ANONYMOUS COMES OF AGE  
AS BILL SEES IT  
DR. BOB AND THE GOOD OLDTIMERS  
"PASS IT ON"  

BOOKLETS  
LIVING SOBER  
CAME TO BELIEVE  
A.A. IN PRISON: INMATE TO INMATE  

PAMPHLETS  
Experience, Strength and Hope:  
WOMEN IN A.A.  
A.A. FOR THE BLACK AND AFRICAN-AMERICAN ALCOHOLIC  
A.A. FOR THE NATIVE NORTH AMERICAN  
YOUNG PEOPLE AND A.A.  
A.A. FOR THE OLDER ALCOHOLIC — NEVER TOO LATE  
LGBTQ ALCOHOLICS IN A.A.  
THE "GOD" WORD: AGNOSTIC AND ATHEIST MEMBERS IN A.A.  
A.A. FOR ALCOHOLICS WITH MENTAL HEALTH ISSUES — AND THEIR SPONSORS  
ACCESS TO A.A.: MEMBERS SHARE ON OVERCOMING BARRIERS  
A.A. AND THE ARMED SERVICES  
DO YOU THINK YOU'RE DIFFERENT?  
MANY PATHS TO SPIRITUALITY  
MEMO TO AN INMATE  
IT SURE BEATS SITTING IN A CELL  
(An illustrated pamphlet for inmates)  

About A.A.:  
FREQUENTLY ASKED QUESTIONS ABOUT A.A.  
IS A.A. FOR ME?  
IS A.A. FOR YOU?  
A NEWCOMER ASKS  
IS THERE AN ALCOHOLIC IN YOUR LIFE?  
THIS IS A.A.  
QUESTIONS AND ANSWERS ON SPONSORSHIP  
THE A.A. GROUP  
PROBLEMS OTHER THAN ALCOHOL  
THE A.A. MEMBER—MEDICATIONS AND OTHER DRUGS  
SELF-SUPPORT: WHERE MONEY AND SPIRITUALITY MIX  
THE TWELVE STEPS ILLUSTRATED  
THE TWELVE TRADITIONS ILLUSTRATED  
THE TWELVE CONCEPTS ILLUSTRATED  
HOW A.A. MEMBERS COOPERATE WITH PROFESSIONALS  
A.A. IN CORRECTIONAL FACILITIES  
A.A. IN TREATMENT SETTINGS  
BRIDGING THE GAP  
A.A. TRADITION—HOW IT DEVELOPED  
LET'S BE FRIENDLY WITH OUR FRIENDS  
UNDERSTANDING ANONYMITY  

For Professionals:  
A.A. IN YOUR COMMUNITY  
A BRIEF GUIDE TO A.A.  
IF YOU ARE A PROFESSIONAL  
ALCOHOLICS ANONYMOUS AS A RESOURCE  
FOR THE HEALTH CARE PROFESSIONAL  
A MESSAGE TO CORRECTIONS PROFESSIONALS  
IS THERE A PROBLEM DRINKER IN THE WORKPLACE?  
MEMBERS OF THE CLERGY ASK ABOUT A.A.  
A.A. MEMBERSHIP SURVEY  
A MEMBER'S-EYE VIEW OF ALCOHOLICS ANONYMOUS  

VIDEOS  
A.A. VIDEOS FOR YOUNG PEOPLE  
HOPE: ALCOHOLICS ANONYMOUS  
A NEW FREEDOM  
CARRYING THE MESSAGE BEHIND THESE WALLS  

For Professionals:  
A.A. VIDEO FOR HEALTH CARE PROFESSIONALS  
A.A. VIDEO FOR LEGAL AND CORRECTIONS PROFESSIONALS  
A.A. VIDEO FOR EMPLOYMENT/HUMAN RESOURCES PROFESSIONALS  

PERIODICALS  
AA GRAPEVINE (monthly)  
LA VINA (bimonthly, in Spanish)
A DECLARATION OF UNITY

This we owe to A.A.’s future: To place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.

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.

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