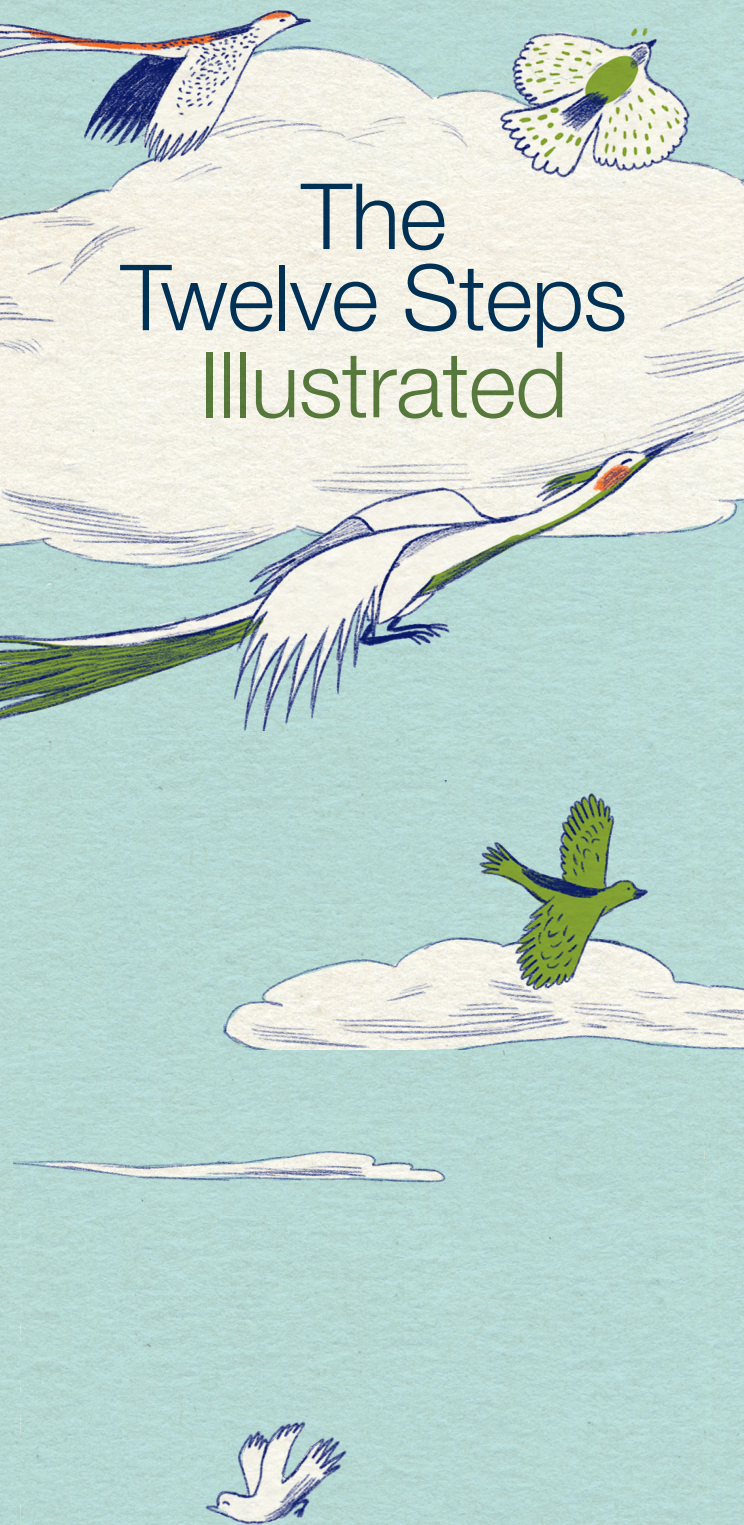


# The Twelve Steps Illustrated



## A.A. Preamble

*Alcoholics Anonymous*® is a fellowship of people 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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The Twelve  
Steps  
Illustrated







# The Twelve Steps Illustrated

A.A.'s Twelve Steps offer an every-day solution to the age-old problem of alcoholism. Adopted by its earliest members and utilized by its most recent newcomers, the Steps lie at the heart of A.A.'s suggested program of recovery.

If practiced as a way of life, these Twelve Steps can help alcoholics to expel the obsession to drink and lead sufferers to become happily and usefully whole. They are principles for personal recovery.





# Step One

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



The bottle had me beat.  
My life is a mess.

## Step Two

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



There is help.





## Step Three

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

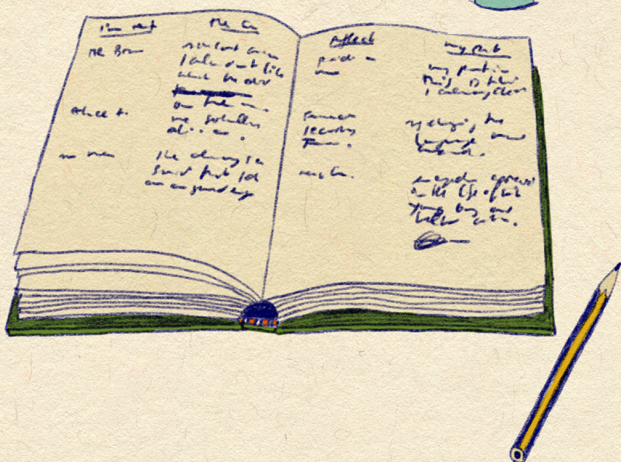


I let a Higher Power  
take over.



## Step Four

Made a searching and fearless moral inventory of ourselves.



I need to look at my life.



## Step Five

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



I admit all I did wrong.





## Step Six

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



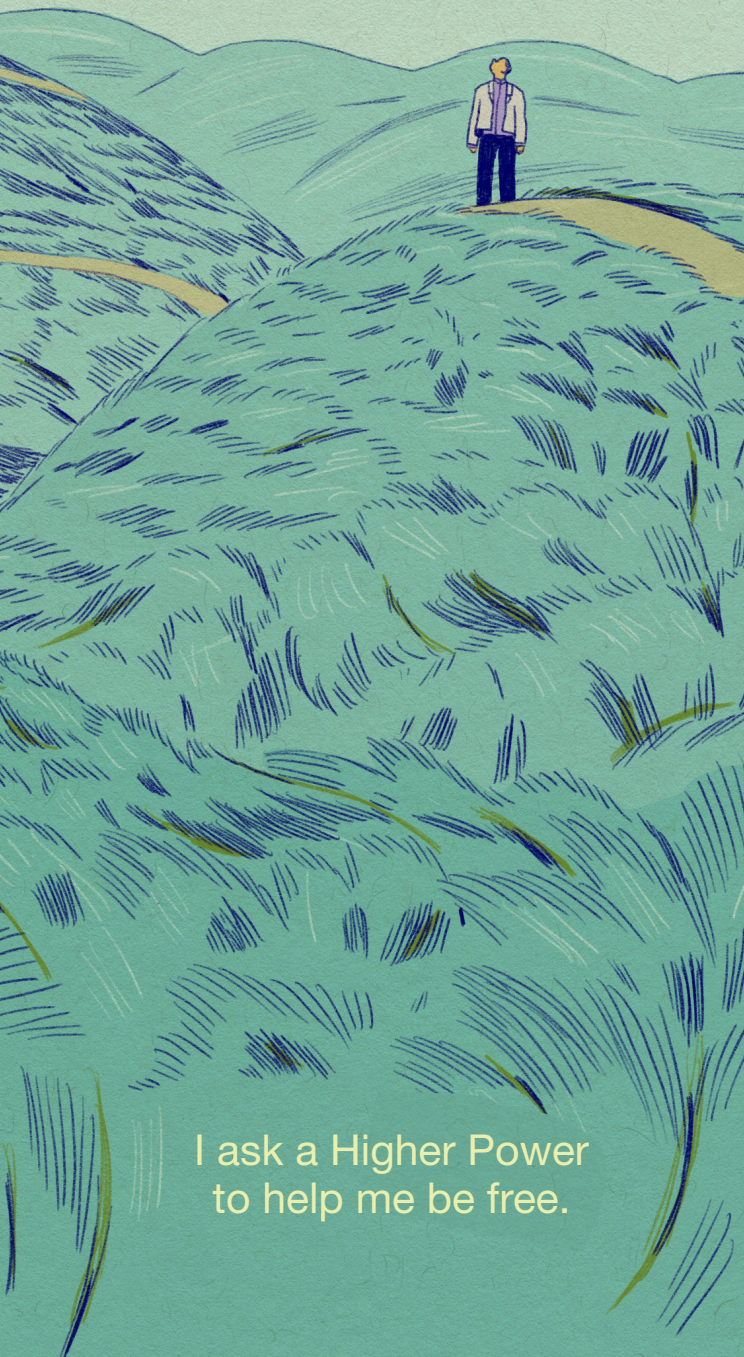
I want to be free.





## Step Seven

Humbly asked Him to  
remove our shortcomings.



I ask a Higher Power  
to help me be free.



## Step Eight

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

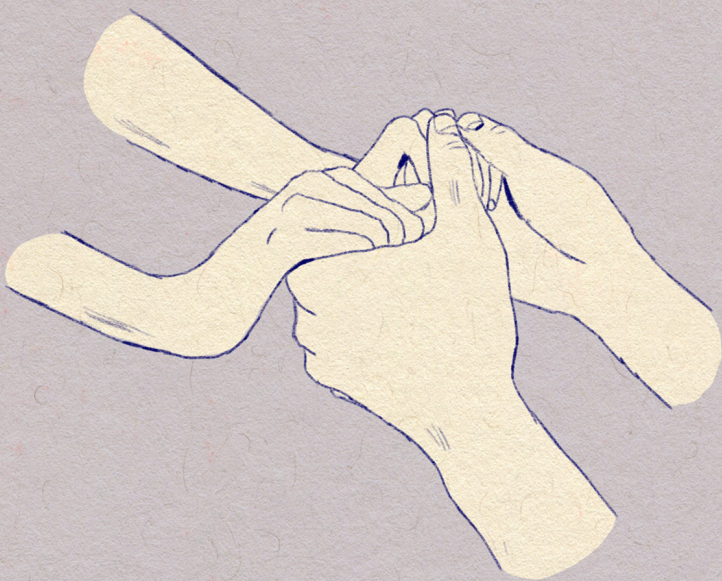


I ask: Who did I hurt?  
How can I fix it?



## Step Nine

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.



## Step Ten

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



I check up on myself.  
I am honest.



## Step Eleven

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.



## Step Twelve

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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Illustrations by Karlotta Freier

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

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Box 459, Grand Central Station, New York, N.Y. 10163



# Where to find A.A.

There are A.A. groups in large cities, rural areas and villages throughout the world. These resources can help direct you to a meeting in your community:

- Many A.A. intergroup or central offices have websites where information about local A.A. meetings can be found, and almost anywhere in the United States or Canada you can use the “A.A. Near You” section on the A.A. website: [www.aa.org](http://www.aa.org).
- You can also find a meeting by downloading the Meeting Guide app at no cost on your smartphone.
- Additionally, information about local meetings can often be obtained from healthcare workers, faith leaders, media outlets, hospitals and alcoholism facilities that are familiar with our program.



Each A.A. group endeavors to provide a safe meeting place for all attendees and to encourage a secure and nurturing environment. In A.A., the shared experience, strength and hope of sober alcoholics is the lifeline to sobriety; our common suffering and our common solution transcend most difficulties, helping us to create the conditions in which to carry A.A.'s message of hope and recovery to the still-suffering alcoholic.

If you cannot locate a group in your area, please contact the A.A. General Service Office, Box 459, Grand Central Station, New York, NY 10163, (212) 870-3400, [www.aa.org](http://www.aa.org). They will put you in touch with the group nearest you.





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

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**BOOKS**

ALCOHOLICS ANONYMOUS  
TWELVE STEPS AND TWELVE TRADITIONS  
DAILY REFLECTIONS  
AS BILL SEES IT  
OUR GREAT RESPONSIBILITY  
ALCOHOLICS ANONYMOUS COMES OF AGE  
DR. BOB AND THE GOOD OLDTIMERS  
'PASS IT ON'

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**BOOKLETS**

LIVING SOBER  
CAME TO BELIEVE  
A.A. IN PRISON: A MESSAGE OF HOPE  
A.A. FOR THE OLDER ALCOHOLIC — NEVER TOO LATE

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**PAMPHLETS**

**Experience, Strength and Hope:**

WOMEN IN A.A.  
BLACK IN A.A.  
INDIGENOUS PEOPLE IN A.A.  
YOUNG PEOPLE IN A.A.  
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  
HISPANIC WOMEN IN A.A.  
BEHIND THE WALLS: A MESSAGE OF HOPE  
IT SURE BEATS SITTING IN A CELL  
(An illustrated pamphlet for those in custody)

**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  
EXPERIENCE HAS TAUGHT US:  
AN INTRODUCTION TO OUR TWELVE TRADITIONS  
THE TWELVE STEPS ILLUSTRATED  
THE TWELVE CONCEPTS ILLUSTRATED  
THE TWELVE TRADITIONS 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?  
FAITH LEADERS ASK ABOUT A.A.  
A.A. MEMBERSHIP SURVEY

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**VIDEOS** (available on [www.aa.org](http://www.aa.org))

A.A. VIDEOS FOR YOUNG PEOPLE  
HOPE: ALCOHOLICS ANONYMOUS  
A NEW FREEDOM

**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

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**PERIODICALS**

AA GRAPEVINE (monthly, [www.aagrapevine.org](http://www.aagrapevine.org))  
LA VIÑA (bimonthly, in Spanish, [www.aalavina.org](http://www.aalavina.org))  
ABOUT A.A. (digital-only, [www.aa.org/about-aa](http://www.aa.org/about-aa))



## 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.**



Scan the QR code to learn more about this pamphlet at  
**[www.aa.org/twelve-steps-illustrated](http://www.aa.org/twelve-steps-illustrated)**.

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

