

# AA 12-STEP PROGRAM

## STEP 1

We admitted we were powerless over our addiction - that our lives had become unmanageable.

## STEP 2

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

## STEP 3

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



## STEP 4

Made a searching and fearless moral inventory of ourselves.

## STEP 5

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

## STEP 6

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

## STEP 7

Humbly asked God to remove our shortcomings.



## STEP 8

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

## STEP 9

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

## STEP 10

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

## STEP 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.

## STEP 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs.

# Twelve Step Programs

**Christian Drosten**



## **Twelve Step Programs:**

## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Twelve Step Programs**

In a world inundated with screens and the cacophony of immediate interaction, the profound power and emotional resonance of verbal beauty usually diminish in to obscurity, eclipsed by the regular barrage of noise and distractions. However, situated within the musical pages of **Twelve Step Programs**, a captivating perform of literary beauty that pulses with organic thoughts, lies an memorable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that enchanting opus guides viewers on an emotional odyssey, softly exposing the latent possible and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key subjects, dissect its interesting publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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