

The Twelve Steps

Step One

Admit we are powerless

We've made a mess of our lives

Take responsibility

Step Two

Feel our pent-up feelings

Rely on God's healing love

Step Three

Give up control

Surrender our lives to God

Step Four

Make a moral inventory

Admit our sin

Give up rationalization, excuses

Step Five

Confess to a witness

Have our sin received
so it can be redeemed

Give others power to
love the vulnerable one

Step Six

Stop hiding our guilt

Let go of shame

Experience freedom to be ready
for God to remove our defects

Step Seven

Humbly ask God to remove our defects

Find wisdom through our weakness

Deepen humility and honesty

Step Eight

Look at all those we
affected by our behavior

Take ownership for our mistakes

Step Nine

Sincerely apologize

Make amends

Forgive others and self

Step Ten

Rediscover who we are

Relive feelings we never acknowledged

Continue to face darkness and denial

Step Eleven

Choose a discipline of solitude

Develop a prayer life

Open ourselves to God's loving embrace

Step Twelve

Live by Gospel values daily

Be available to help others

Grow in creativity and imagination
