

8 Principals: Why it Works

12 Steps: How it Works

GRATITUDE

- 8 Yield myself to God to be used to bring this good news to others, both by my example and my words.
- 7 Reserve a daily time with God for self-examination, Bible reading and prayer in order to know God and His will for my life and to gain the power to follow His will.

HONESTY

- 6 Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others.

VULNERABILITY

- 5 Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
- 4 Openly examine and confess my faults to myself, God, and someone I trust.

HUMILITY

- 3 Consciously choose to commit my life and will to Christ's care and control.
- 2 Earnestly believe God exists, that I matter to Him and that He has the power to help me recover.
- 1 Realize I'm not God. Admit I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

Start Here

12 Having had a spiritual experience as a result of these steps we try to carry this message to others and practice these principles in all our affairs.

11 We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

10 We continue to take personal inventory and when were wrong, promptly admitted it.

9 We made direct amends to such people whenever possible, except when to do so would injure them or others.

8 We made a list of all the people we had harmed and became willing to make amends to all of them.

7 We humbly asked Him to remove all of our shortcomings.

6 We were entirely ready to have God remove all of these defects of character.

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

4 We made a searching and fearless moral inventory of ourselves.

3 We made a decision to turn our lives and our wills over to the care of God.

2 We came to believe that a power greater than ourselves could restore us to sanity.

1 We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

**GIVING BACK/
SERVING**

**RECONCILIATION
WITH OTHERS**

**RECONCILIATION
WITH SELF**

**RECONCILIATION
WITH GOD**

How and why it is so successful for people who struggle with anger, anxiety, depression, grief, resentment, low self-worth, abusive relationships, substance abuse and many other behavioral issues arising from our hurts, habits, and hangups.