

Download Family Guide To The Twelve Steps

The Twelve Steps. Made a decision to turn our will and our lives over to the care of God as we understood Him. Made a searching and fearless moral inventory of ourselves. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Were entirely ready to have God remove all these defects of character. The Twelve Steps. Step 1: Honesty After many years of denial, recovery can begin when with one simple admission of being powerless over alcohol—for alcoholics and their friends and family. Step 2: Faith It seems to be a spiritual truth, that before a higher power can begin to operate, you must first believe that it can. This Twelve Step Workbook Guide substitutes terms and phrases related to alcoholism to include ANY acting-out or obsessive-compulsive addiction patterns such as, drugs and all mind altering substances, sugar/food/overeating, nicotine, gambling, sex / love / pornography, electronic. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs. The Twelve Steps reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc.