

# THE 12 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.

## STEP 3: SURRENDER

A lifetime of self-will run riot can come to a screeching halt and change forever, by making a simple decision to turn it all over to a higher power.

## STEP 4: SEARCHING

There is a saying in the 12-step programs that recovery is a process, not an event. The same can be said for this step-more will surely be revealed.

## STEP 5: INTEGRITY

Probably the most difficult of all the steps to face, Step 5 is also the one that provides the greatest opportunity for growth.

## STEP 6: ACCEPTANCE

The key to Step 6 is acceptance-accepting character defects exactly as they are and becoming entirely willing to let them go.

## STEP 7: HUMILITY

The spiritual focus of Step 7 is humility, asking a higher power to do something that cannot be done by self-will or mere determination.

## STEP 8: WILLINGNESS

Making a list of those harmed before coming into recovery may sound simple. Becoming willing to actually make those amends is the difficult part.

## STEP 9: FORGIVENESS

Making amends may seem like a bitter pill to swallow, but for those serious about recovery, it can be great medicine for the spirit and soul.

## STEP 10: MAINTENANCE

Nobody likes to admit to being wrong. But it is absolutely necessary to maintain spiritual progress in recovery.

## STEP 11: MAKING CONTACT

The purpose of Step 11 is to discover the plan God (as you understand Him) has for your life.

## STEP 12: SERVICE

For those in recovery programs, practicing Step 12 is simply 'how it works.'

Something Promised

# Love Psicoastrology Cosmoanalysis Of 12 Steps

**R Barnett**



## **Love Psicoastrology Cosmoanalysis Of 12 Steps:**

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Love Psicoastrology Cosmoanalysis Of 12 Steps**

In a world inundated with displays and the cacophony of immediate communication, the profound energy and psychological resonance of verbal art often fade in to obscurity, eclipsed by the constant barrage of sound and distractions. However, nestled within the lyrical pages of **Love Psicoastrology Cosmoanalysis Of 12 Steps**, a captivating work of literary splendor that pulses with natural thoughts, lies an unique journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that exciting opus courses visitors on an emotional odyssey, softly exposing the latent possible and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central themes, dissect its charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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