

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

IM Harris



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