

12 STEP PROGRAM GUIDE



DETOX TO REHAB
JUMP INTO A NEW FUTURE

Step 1 Admit powerlessness: “

We admitted we were powerless over alcohol, that our lives had become unmanageable.



Step 2 Find Hope:

Believe that a power greater than ourselves could restore us to sanity.



“ *Step 3* Surrender:

Made a decision to turn our will and our lives over to the care of God as we understand Him to be.

”

Step 4 Take Inventory:

Made a searching and fearless moral inventory of ourselves.

Step 6 Become Ready:

“ Were entirely ready to have God remove all these defects of character. ”

Step 5 Share Inventory:

“ Admit to God, to ourselves, and to another human being the exact nature of our wrongs. ”

Step 7 Ask God:

Humbly asked Him to remove our shortcomings.

Step 8 List Amends:

“ Make a list of all those we have harmed and make amends to them all. ”

Step 9 Make Amends:

Make direct amends to such people wherever possible, except when to do so would injure them or others. ”

Step 10 Continue Inventory :

Take a personal inventory, and when we were wrong, promptly admitted it. ”

Step 11 Pray and Meditate :

“ Through prayer and meditation to improve our conscious and connect with God. We do this to understand Him, praying only for His knowledge will give us the power to carry that out. ”

Step 9 Help Others:

“ Having a spiritual awakening as the result of these steps, to carry this message to alcoholics and to practice these principles. ”

How To Guide 12 Step List

Julia Schneider



How To Guide 12 Step List:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **How To Guide 12 Step List**

In a global inundated with displays and the cacophony of fast interaction, the profound energy and psychological resonance of verbal art frequently diminish in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, set within the lyrical pages of **How To Guide 12 Step List**, a interesting work of fictional elegance that pulses with organic emotions, lies an unique journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that magical opus manuals visitors on a psychological odyssey, softly exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect its captivating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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