

THE TWELVES STEPS OF NARCOTICS ANONYMOUS

- 1.) We admitted that we were powerless over our addiction, that our lives had become unmanageable.
- 2.) We can to believe that a Power greater than ourselves could restore us to sanity.
- 3.) We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- 4.) We made a searching a fearless moral inventory of ourselves.
- 5.) We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6.) We were entirely ready to have God remove all these defects of character.
- 7.) We humbly asked Him to remove our shortcomings.
- 8.) We made a list of all persons we had harmed **and** became willing to make amends to them all.
- 9.) We made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10.) We continued to take personal inventory and when we were wrong promptly admitted it.
- 11.) We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for the knowledge of his will for us and the power to carry that out.
- 12.) Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.