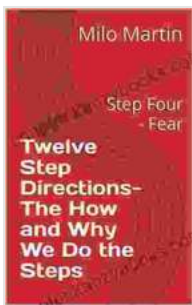


Twelve Step Directions: The How and Why We Do the Steps

The Twelve Steps of Alcoholics Anonymous (AA) are a set of principles that guide individuals through the recovery process from alcoholism. These steps provide a roadmap for personal transformation and spiritual growth, helping individuals to overcome addiction and live fulfilling lives.



Twelve Step Directions- The How and Why We Do the Steps: Step Four - Fear by Milo Martin

★★★★☆ 4.7 out of 5

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In this article, we will explore the Twelve Steps in detail, examining the how and why of each step. We will provide practical guidance on how to work through the steps effectively and gain the maximum benefit from the AA program.

Step 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.

The first step of AA is admitting powerlessness over alcohol. This means recognizing that we cannot control our drinking and that our lives have become unmanageable as a result.

Admitting powerlessness can be a difficult step, as it requires us to let go of the illusion of control. However, it is a necessary step for recovery, as it allows us to surrender to a higher power and begin to heal.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

The second step of AA is believing that a Power greater than ourselves can restore us to sanity. This Power can be anything we choose to believe in, such as God, nature, or the universe.

Coming to believe in a Higher Power is important for recovery because it gives us hope that we can change and that we are not alone in our struggles.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

The third step of AA is making a decision to turn our will and our lives over to the care of God as we understand Him. This means surrendering our ego and allowing God to guide our lives.

Turning our will over to God can be a challenging step, but it is essential for recovery. It allows us to let go of our own plans and ambitions and to trust in a higher power.

Step 4: Made a searching and fearless moral inventory of ourselves.

The fourth step of AA is making a searching and fearless moral inventory of ourselves. This means taking an honest look at our past and present behavior and identifying our strengths and weaknesses.

Making a moral inventory can be a difficult and painful process, but it is necessary for recovery. It allows us to see ourselves clearly and to begin to make amends for our past mistakes.

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The fifth step of AA is admitting to God, to ourselves, and to another human being the exact nature of our wrongs. This means confessing our sins and asking for forgiveness.

Admitting our wrongs can be a difficult step, but it is necessary for recovery. It allows us to clear our conscience and to begin to make amends for our past mistakes.

Step 6: Were entirely ready to have God remove all these defects of character.

The sixth step of AA is being entirely ready to have God remove all our defects of character. This means surrendering our ego and allowing God to change us.

Being ready to change can be a difficult step, but it is necessary for recovery. It allows us to let go of our old ways and to become a new person.

Step 7: Humbly asked Him to remove our shortcomings.

The seventh step of AA is humbly asking God to remove our shortcomings. This means asking for help in overcoming our weaknesses and becoming a better person.

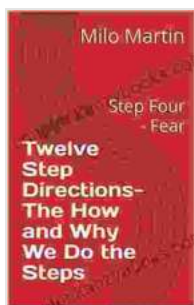
Asking for help can be a difficult step, but it is necessary for recovery. It allows us to let go of our pride and to trust in a higher power.

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

The eighth step of AA is making a list of all persons we had harmed, and becoming willing to make amends to them all.

Making amends can be a difficult and time-consuming process, but it is necessary for recovery. It allows us to make amends for our past mistakes and to restore broken relationships.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.



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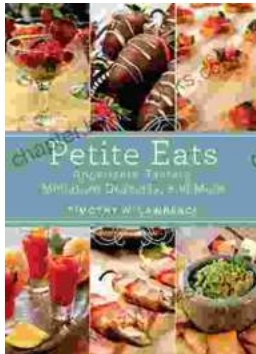
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