



## The 12 Steps of Alcoholics Anonymous

**1. We admitted we were powerless over alcohol - that our lives had become unmanageable.**

*Journaling Prompt: What does Step 1 mean to you in your life right now?*

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

*Journaling Prompt: What does Step 2 mean to you in your life right now?*

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

*Journaling Prompt: What does Step 3 mean to you in your life right now?*

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**4. Made a searching and fearless moral inventory of ourselves.**

*Journaling Prompt: What does Step 4 mean to you in your life right now?*

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

*Journaling Prompt: What does Step 5 mean to you in your life right now?*

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

*Journaling Prompt: What does Step 6 mean to you in your life right now?*

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**7. Humbly asked Him to remove our shortcomings.**

*Journaling Prompt: What does Step 7 mean to you in your life right now?*

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

*Journaling Prompt: What does Step 8 mean to you in your life right now?*

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

*Journaling Prompt: What does Step 9 mean to you in your life right now?*

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**10. Continued to take personal inventory and when we were wrong promptly admitted it.**

*Journaling Prompt: What does Step 10 mean to you in your life right now?*

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**11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

*Journaling Prompt: What does Step 11 mean to you in your life right now?*

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**12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.**

*Journaling Prompt: What does Step 12 mean to you in your life right now?*

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