

## Alcoholic Anonymous

## Straight

1. We admitted we were powerless over drugs—that our lives had become unmanageable. Admit I am powerless over drugs.
2. Came to believe that a power greater than ourselves could restore us to sanity. And come to believe that a power greater than myself can restore me to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understand Him. Make a decision to turn my will and my life over to the care of God as I understand Him.
4. Made a searching and fearless moral inventory of ourselves. Make a searching and fearless moral inventory of myself daily.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Admit to God, myself, and another human being the exact nature of my wrongs, immediately.
6. We're entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we have harmed, and become willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others. Make direct amends to such people whenever possible except when to do so would injure them, myself or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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. Seek through prayer and meditation to improve my conscious contact as I understand Him, praying only for knowledge of His will for me and the power to carry that out.
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. Having received the gift of awareness, I will practice these principles in all my daily affairs and carry this message to all I can help.