



CELEBRATE RECOVERY®

TWELVE STEPS

- 1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.**
- 2. We came to believe that a power greater than ourselves could restore us to sanity.**
- 3. We made a decision to turn our lives and our wills over to the care of God.**
- 4. We made a searching and 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 all 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 whenever 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, praying only for knowledge of His will for us and power to carry that out.**
- 12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs.**