

# spacious\_places

## The Twelve Steps

**Step 1:** We admitted we were powerless over our addiction - that our lives had become unmanageable

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

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

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

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

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

**Step 7:** Humbly asked God to remove our shortcomings

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

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

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

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

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

## The Twelve Steps Explained

Addiction is a powerful disease, having huge consequences in our own life and in the lives of those around us. Not only does it wreak havoc in our body, mind and spirit but it also wreaks havoc amongst those closest to us: our friends, family and those in

society in general. It is indeed a cunning, baffling and powerful disease - but there is an answer.

The Twelve Steps were first implemented in the 1930's, when two alcoholics got together and formed Alcoholics Anonymous. Over the years millions of alcoholics, drug addicts, sex addicts, gamblers and other addicts have used the Twelve Steps as an important tool for recovery.

No one should come to work on the steps because they want to but, because they HAVE TO. When everything else has failed, the Twelve Steps and the principles behind them (if entered into in a wholehearted way) will guarantee a life beyond your wildest dreams.

Not only are the principles of the Twelve Steps for everyone with an addiction problem, but they are for all people everywhere. No one is perfect and we all need a relationship with a loving God.

During your time on the Spacious Places programme you will be encouraged to work through the steps with your sponsor, and at all stages of your recovery we will be giving teaching on the Twelve Steps.

At Spacious Places we have a number of publications available to buy which will help you to understand the principles of the steps.