

# The Twelve Steps Illustrated

This is A.A. General Service Conference-approved literature



*ALCOHOLICS ANONYMOUS*<sup>®</sup> is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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*Mailing address:*

PO Box 1, 10 Toft Green, York, YO1 7NJ

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Helpline: 0800 917 7650

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



The bottle has me down.  
My life is a mess.

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



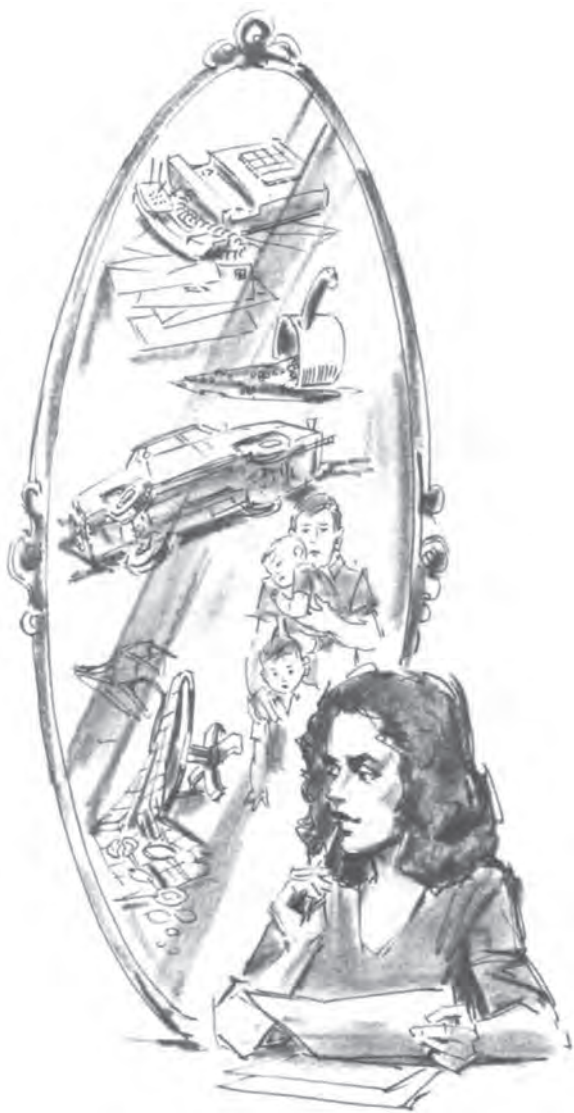
There is help.

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



I let a Higher Power take over.

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



I need to look at my life.

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



I admit all I did wrong.

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



I want to be free.



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



I ask a Higher Power  
to help me be free.

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



I ask: Who did I hurt?  
How can I fix it?

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



I try to fix things if I can.

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



I check up on myself. I am honest.

**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.*



I ask a Higher Power for help  
to live the right way.

**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.*



I live by these Steps and get better.  
I try to help other alcoholics.



## **I am responsible. . .**

When anyone, anywhere,  
reaches out for help, I want  
the hand of A.A. always to be there.  
And for that: I am responsible.