

## THE AA PROGRAMME OF RECOVERY

The AA Programme of Recovery is summarised in the suggested Twelve Steps. These are set out in the book ALCOHOLICS ANONYMOUS (The 'Big Book'), which was written and based on the experience of the first hundred AAs to get sober in America.

### HERE ARE THE TWELVE STEPS

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were 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 had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them 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.
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.

You may see the point of these steps straight away

On the other hand, they may seem completely alien to you, full of talk of God and wrongdoing. When we speak of God or spiritual awakening, we are not giving you a new theology or trying to put a new light or explanation on your own belief.

In AA there are as many different religious beliefs and interpretations as there are members. You only need to come to believe that a power greater than yourself exists and is much more capable of running your daily life than you have shown yourself to be; for some that power is the AA group, or the Fellowship as a whole.