

# 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.

# The Twelve Steps

**Saul Selby**



## **The Twelve Steps:**

The Twelve Steps for Everyone Jerry Hirschfield, 2010-12-21 This compassionate insightful book is an adaptation of the Twelve Steps of Alcoholics Anonymous for anyone seeking a practical path to spiritual and emotional freedom This classic Twelve Step book has sold more than one half million copies to date A caring adaptation of the Twelve Steps of Alcoholics Anonymous for anyone seeking a practical path to spiritual and emotional freedom This compassionate insightful book is written in the language of the heart and is used by both lay people and professionals *Understanding the Twelve Steps* Terence T. Gorski, 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous **Twelve Steps and Twelve Traditions** Alcoholics Anonymous World Services, Inc., 2013-12-18 Commonly referred to as the Twelve and Twelve Twelve Steps and Twelve Traditions comprises 24 foundational essays by Alcoholics Anonymous co founder Bill W that have helped millions of AA members worldwide both to get and stay sober one day at a time and to ensure that their Fellowship Alcoholics Anonymous as a whole will be there for them tomorrow First published by Grapevine in 1952 the 12 essays in the book s opening expand upon each of AA s landmark Twelve Steps its program of recovery from alcoholism with practical applications helpful examples and personal insights many of which enlarge upon themes raised in the Big Book of Alcoholics Anonymous The second 12 illuminate the Twelve Traditions and explain how spiritual principles such as anonymity humility and self support serve to safeguard the unity of Alcoholics Anonymous and shield it from internal and external challenges Whether read aloud at meetings referred to while working with a sponsor or turned to in a quiet moment The Twelve Steps and Twelve Traditions can serve as a vital resource for those seeking a deeper understanding of the Steps and Traditions Twelve Steps and Twelve Traditions has been approved by the General Service Conference A Young Person's Guide to the Twelve Steps Stephen Roos, 1992 Introduces twelve step programs designed to help people recover from substance abuse and other addictive behavior using alcoholism as an example **The Twelve Steps Of Alcoholics Anonymous** Anonymous, 2009-10-23 This book brings together a series of short discussions from various authors who interpret the Twelve Steps The Twelve Steps of Alcoholics Anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism The steps have also been successfully adapted for use in the treatment of many other dependencies This book brings together for the first time a series of short discussions that interpret each of the Twelve Steps from the admission of individual powerlessness over alcohol that occurs in Step One to the moral inventory of Step Four and the spiritual awakening of Step Twelve Each discussion has a separate author demonstrating the diversity of voices that is at the heart of AA and each author provides insights that keep the steps fresh and meaningful whether they ve been read once or a hundred times **Understanding the Twelve Steps** Terry T. Gorski, m.a., c.a.c., 2012-09-11 Written by a certified alcoholism and drug abuse counselor with more than twenty years of experience this book offers a wealth of wisdom knowledge and genuine support for anyone in recovery Millions of people have transformed their lives by working the Twelve

Steps of Alcoholics Anonymous Their success has come from their ability to truly understand these principles and to apply them in their daily lives Yet for many embarking on the road to recovery the Steps can seem vague even confusing This practical no nonsense guide takes the mystery out of the Twelve Steps presenting a straightforward explanation of what each step means as well as examples of how it translates to real life Written by a certified alcoholism and drug abuse counselor with more than twenty years of experience it offers a wealth of wisdom knowledge and genuine support for anyone in recovery Understanding the Twelve Steps features Clear easy to understand interpretation of the Twelve Steps the vital building blocks of recovery Checklists that summarize the tasks and objectives of each step The Twelve Promises the positive changes you can expect in your life if you follow the Twelve Steps What happens at Twelve Step meetings and why it is important to have a sponsor The experiences strength and hope of other recovering people Twelve Step Christianity Saul Selby,2010-06-04 Twelve Step Christianity teaches Christians in recovery to connect their faith with their program and shows any Christian a clear path to a more intimate relationship with Christ Genuine Christianity is more than a set of beliefs it is a relationship with Jesus Christ that involves hearing His voice and following His directions But how does one do this What tools or spiritual disciplines enable Christians to live out their lives in dynamic submission to God s will Perhaps no set of principles is better suited to help Christians hear God s voice and submit to His will than the Twelve Steps As a Christian who practices the Steps Saul Selby knows them to be an invaluable tool for living out the Christian faith Selby brings his knowledge to bear in Twelve Step Christianity which teaches Christians in recovery to connect their faith with their program and shows any Christian a clear path to a more intimate relationship with Christ Laid out in a workbook format with room for readers to write answers and track their progress Twelve Step Christianity explores the roots of Twelve Step spirituality Examines the connections and distinctions between Christianity and Twelve Step programs and offers readers a deeper and broader understanding of the myriad powerful reasons for applying the Twelve Steps to their lives *Twelve Steps to Spiritual Awakening* K. Herb,2010-08 Herb K author of Twelve Step Guide to Using the Alcoholics Anonymous Big Book continues sharing his insights to the Twelve Steps by explaining the how and why using his own experience along with traditional and universal spiritual wisdom This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace purpose and fulfillment **A Gentle Path through the Twelve Steps** Patrick J Carnes,2012-06-01 A revised and expanded edition of the recovery classic by Patrick Carnes Ph D a leading expert on addictive behaviors It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that Carnes wrote A Gentle Path through the 12 Steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment Carnes s new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery **The**

**Twelve Steps Revisited** Ronald L. Rogers,1990 Since the original 12 Steps of Alcoholics Anonymous were first published in 1939 they have remained the single most effective program for recovery This concise handbook makes the Steps easier to understand and more accessible than ever before *Living In Balance Supplemental Session 14 The Twelve Steps - Item 2242* ,

**Twelve Steps and Twelve Traditions Trade Edition** Bill W.,1953 Twelve Steps to recovery **Recovery--the Sacred Art** Rami M. Shapiro,2009 Deepen Your Capacity to Live Free from Addiction and from Self and Selfishness Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors Twelve Step recovery is about freeing yourself from playing God and since almost everyone is addicted to this game Twelve Step recovery is something from which everyone can benefit from the Introduction In this hope filled approach to spiritual and personal growth the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God centered life This special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings Drawing on the insights and practices of Christianity Judaism Buddhism Taoism Hinduism and Islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system *Beyond the Twelve Steps* Lynn Grabhorn,2001-05-01 From a New York Times bestselling author a recovery book for twelve steppers or anyone interested in finding inner peace after overcoming addiction What will it take for us to stop living dreary lives What will it take for us to fill the deep ache and longing we all have for that elusive something more In a courageous departure from the traditional twelve step views of spirituality Lynn takes our hungry souls on a life changing journey to the kingdom within laying out a path of startling new concepts to reconnect us with our own divinity For years Lynn Grabhorn was a passionate student of thought and our divine relation to Self Raised in Short Hills New Jersey she moved to California in 1963 the same year she joined A A In her own words Our inner beings are crying out for us to remember who and what we really are because the call is out big time for us to wake up All it takes is a deep desire and anyone can make this journey with ease Grabhorn shows us how to access that inner source of energy to create the reality we want in our lives This is a great book for those serious about their spiritual growth and ready for the next steps into mastery Convergence magazine Truly this is an important new book which stands out from the plethora of recovery literature Acknowledging the debt she owes to Alcoholics Anonymous the author encourages the reader to move beyond self imposed limitations Small Press magazine

**Beyond Mystery** E. M. James,2007 This study of the origin of Alcoholics Anonymous takes all mystery out of how the Twelve Step Program for addiction recovery works The author explores the historical influences from which the Twelve Steps were conceived and delves into the essential meaning of the Higher Power concept The author contends that the Twelve Step Program is a straightforward comprehensible and

simple prescription for living that if carefully followed makes recovery from addiction a certainty A comparative study of and commentary on A A s two central texts the Big Book and the Twelve Twelve is the centerpiece of this definitive work *The Twelve Steps And Dual Disorders* Tim Hamilton,Pat Samples,2009-12-10 A gentle spiritual and supportive approach to bolster our recovery The Twelve Steps and Dual Disorders provides an adaptation and discussion of each of the Twelve Steps of Dual Recovery Anonymous With compassion and encouragement this book helps us to begin and strengthen our recovery from our addictions and emotional or psychiatric illnesses A gentle spiritual and supportive approach to bolster our recovery The Twelve Steps and Dual Disorders provides an adaptation and discussion of each of the Twelve Steps of Dual Recovery Anonymous *Step by Step* Muriel Zink,2010-11-17 Since Muriel Zink began her own recovery work over thirty years ago many people in self help and anonymous recovery programs have shared their concern with her about finding concrete practical ways to use the Twelve Step model developed originally by Alcoholics Anonymous In STEP BY STEP Muriel devotes each month of the year to an in depth exploration of one of the Twelve Steps with daily entries The steps are presented in the chronological order of the months though any of the meditations can be used out of sequence No matter where we are in our recovery these wise inspiring messages and meditations can help us step our way to healthier more productive lives *The Mind-Body Guide to the Twelve Steps* Nina Pick,2023-09-05 A trauma sensitive companion to the Twelve Steps body based exercises for deepening your recovery expanding your spiritual practice preventing relapse and understanding the root of your addiction For readers of In the Realm of Hungry Ghosts and Trauma and the 12 Steps Considering addiction through a trauma informed lens The Mind Body Guide to the Twelve Steps offers an accessible lyrical and practical guide to Twelve Step recovery that emphasizes self compassion relationship embodied awareness and ecological connection Whether you re suffering from an active addiction seeking freedom from self limiting behaviors or hoping to establish or grow your spiritual practice this innovative guide offers a holistic roadmap to navigating the journey of recovery Somatic and spiritual counselor educator and writer Nina Pick shows how addiction is rooted in survival strategies that protect us from overwhelmingly painful experiences Pick draws on attachment theory polyvagal theory somatics mindfulness trauma therapy Jewish and integrative spirituality and her own long time experience in recovery to expand the Twelve Step practice beyond the conventional cognitive approach into one of soul recovery a profound and sensuously embodied spiritual path With reflections and practices designed to complement the literature and tools offered by your specific Twelve Step program The Mind Body Guide to the Twelve Steps shows you how to Explore powerlessness and unmanageability Integrate dance vocalization and other creative arts to enhance your recovery Create transformative ritual and ancestral healing practices Expand your ideas of Higher Power and prayer Forgive yourself and others Cultivate daily practices for reflection and meditation Understand the intersections of addiction developmental trauma and intergenerational trauma Drawing on plant medicine mindfulness poetry self directed touch ritual and guided imagery The Mind Body Guide to the Twelve Steps

nurtures a joyful and heart centered path to recovery and complements the healing work of Peter Levine Bessel van der Kolk and Arielle Schwartz

**The Twelve Steps and the Sacraments** Scott Weeman, 2017-11-10 Winner of a 2018 Catholic Press Association Award Sacraments Second Place In the first book to directly integrate the Twelve Steps with the practice of Catholicism Scott Weeman founder and director of Catholic in Recovery pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve step programs and the merciful God that he rediscovered in the heart of the sacraments Weeman entered sobriety from alcohol and drugs on October 10 2011 and he s made it his full time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery an organization he founded and directs In *The Twelve Steps and the Sacraments* Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments Catholics in recovery and those moving toward it as well as the people who love them will recognize Weeman s story and his spiritual struggle to personally encounter God He tells us how Baptism helps you admit powerlessness over an unmanageable problem face your desperate need for God and choose to believe in and submit to God s mercy Reconciliation affirms and strengthens the hard work of examining your life admitting wrongs and making amends The Eucharist provides ongoing sustenance and draws you to the healing power of Christ The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ Weeman s words are boldly challenging and brimming with compassion and through them you will discover inspiration hope sage advice and refreshingly practical help

*A Hunger for Healing* J. Keith Miller, 2011-06-28 An exploration of the Twelve Steps and their unique benefits for Christians

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