

Twelve Steps in Twelve Minutes

1. We admitted we were powerless over the addict and that our lives had become unmanageable.

Can you admit that whatever is going on with you that is out of your control and is unmanageable? (Yes/No)

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

Do you believe that a power greater than yourself could help you think more clearly about your situation? (Yes/No)

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

Are you willing to turn this situation over to the care of your Higher Power and let Higher Power take care of it, for the next few minutes? (Yes/No)

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

Can you name two things that you're doing that are related to your situation that are working for you and two things that you've been thinking or doing that are not working for you or that's not helping?

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

Speaking your answers in Step Four completed Step Five. Congratulations on the things that are working. We're now going to focus on the things that don't work.

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

What could you call the defects of character in what's not working? They might be things like ... (obsession, control, expectations, moral superiority, fear, self-will, judgmental...) Are you entirely ready to have Higher Power remove these defects of character in this situation?

7. Humbly asked Him to remove our shortcomings.

Let's ask your Higher Power to remove these shortcomings. I could ask for you or you could ask silently or out loud. How would you like to do it?

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

Who have you harmed in this particular situation? Have you caused yourself harm? Are you willing to make amends, and are you willing to change your behavior?

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

Is there anyone you feel you need to make amends to in this situation? Are there any program tools or slogans you can use to remind yourself to stay on your recovery path?

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

Are you willing to keep an eye on yourself, be honest with yourself, and keep coming back to your recovery practice?

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.

Ask your Higher Power what is the next best thing for you to do right now about this issue, and just listen for a moment. Sometimes a thought or an idea or an inspiration will come through in a matter of seconds.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

Do you feel like you've had a spiritual awakening in the past few minutes on this one issue? How do you feel different now than you did when you started this activity? Are you willing to share this recovery tool with others that need help? Are you willing to keep practicing these principles in your other affairs?