

* -- Our Steps -- *

1. We realized that our addictive patterns had become unwelcome in our lives.
2. We decided to make an effort to address our unhealthy behaviors.
3. We took a good long look at ourselves and who we had become in the wake of our addiction(s).
4. We took a survey of our past for all instances where we caused harm to another.
5. We became willing to admit and share our most notable wrongdoings with another.
6. We became willing to discuss our darkest traumas with another.
7. We made amends to those we have wronged to the best of our ability.
8. We learned the true power of forgiveness; not just for others but also ourselves; releasing any lingering shame, guilt, and resentment.
9. We used our newfound awareness to lead our lives with love, integrity, and gratitude.
10. We encouraged others to follow our example in the pursuit of progress.