

ALCOHOLICS ANONYMOUS — STEP TWELVE

Participant Handout

Recovery • Service • Carrying the Message

Step Twelve: “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.”

Understanding Step Twelve

Step Twelve is often described as the action step of recovery. It brings together the spiritual growth experienced through the Twelve Steps and turns that growth outward through service, sharing the message of recovery, and practicing the principles of the program in everyday life.

The Three Parts of Step Twelve

1. Spiritual Awakening	A change in perspective, attitudes, priorities, and behavior that develops through working the Steps. It may be gradual rather than dramatic.
2. Carry the Message	Share experience, strength, and hope with other alcoholics—especially by example. We carry the message; we do not force it on anyone.
3. Practice These Principles	Apply principles such as honesty, humility, acceptance, responsibility, forgiveness, patience, and service in all areas of life—not only at meetings.

What Step Twelve Looks Like in Practice

- Being available to another alcoholic who is struggling.
- Sharing your own experience rather than giving orders or trying to control someone else's recovery.
- Doing service at meetings, groups, or in the fellowship.
- Listening without judgment and offering hope.
- Making amends and taking responsibility when you are wrong.
- Practicing honesty, humility, patience, tolerance, and compassion at home, at work, and in relationships.

Reflection & Discussion

1. What does “spiritual awakening” mean to me today?

2. How has working the Steps changed the way I treat other people?

3. What are some ways I can carry the message without trying to control another person's recovery?

STEP TWELVE — PERSONAL ACTION PLAN

Service

One way I can be of service this week:

Carrying the Message

Someone I can encourage, listen to, or share my experience with:

Practicing the Principles

Principle	How I can practice it this week
Honesty	
Humility	
Acceptance	
Patience / Tolerance	
Responsibility	
Forgiveness	

Group Discussion

- How can service strengthen my own recovery?
- What is the difference between carrying the message and trying to “fix” someone?
- Which principle is easiest for me to practice? Which is most difficult?
- How can I practice Step Twelve outside of AA meetings?

My Step Twelve Commitment

One specific action I will take to practice Step Twelve this week:

“The spiritual life is not a theory. We have to live it.”

Note: This handout is an educational discussion aid. It is not a substitute for the AA literature or guidance from a sponsor/group.