

Introduction to the Twelve Steps

What do you think living is for?

In Al-Anon we believe life is for growth – physical, emotional, and spiritual. Growth began for most of us when we accepted the fact that compulsive drinking was not a weakness but the result of a disease. We continued to grow when we looked within ourselves and found that we had also been affected by this disease. Our own attitudes and reactions were not healthy. Our refusal to face our problems, our blaming of all faults on the alcoholic, and our prolonged self-pity all indicated that we needed help for ourselves.

The Twelve Steps, for us, have been steps to a higher level of understanding. By working the Steps, we have learned we have faults of our own, which are likely to remain unless we learn to do something about them. In practicing the Steps, we can gain courage and serenity. Gradually we leave our old ways behind and learn that growth, though sometimes painful, is worth seeking.