



THE 12 PRINCIPLES AND VIRTUES OF RECOVERY

HONESTY

Step 1: We admitted that we were powerless over our addictions – that our lives had become unmanageable.

HOPE

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

FAITH

Step 3: Made a decision to turn our will and our lives over to the care of God.

COURAGE

Step 4: Made a fearless and moral inventory of ourselves.

INTEGRITY

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

WILLINGNESS

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

HUMILITY

Step 7: Humbly asked Him to remove our shortcomings.

BROTHERLY LOVE

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

DISCIPLINE

Step 9: Made direct amends to such people whenever possible, except when to do so would injure them or others.

PERSISTENCE

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

SPIRITUALITY

Step 11: Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

SERVICE

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, especially to our brothers and sisters who may be struggling with any type of addiction, and to practice these principles in all our affairs.