

# Take a Brief Tour of the 12-Step Program and How It Can Help You

The 12-Step Program is a set of principles that can help people overcome addiction and other challenges. It was founded in 1935 by a group of alcoholics who were looking for a way to stay sober. The program has since been adapted to help people with a variety of addictions, including drug addiction, gambling addiction, and sex addiction.



## The 12 Step Program: Take a brief tour of the 12 step program and how (or if) it can help you in your recovery

by Mike Jacobsen

★★★★☆ 4.5 out of 5

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The 12 Steps are as follows:

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.

2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We 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.
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.

The 12 Steps are a guide to personal growth and change. They can help people to:

- Understand their addiction and how it has affected their lives.
- Develop a relationship with a higher power.
- Make amends for their past mistakes.
- Live a more fulfilling and meaningful life.

The 12-Step Program is not a quick fix. It takes time and effort to work through the steps. However, it can be a life-changing experience for those who are willing to commit to it.

If you are struggling with addiction or other challenges, the 12-Step Program may be able to help you. There are 12-Step meetings all over the world, and there are many resources available to help you get started.

To learn more about the 12-Step Program, visit the following websites:

- Alcoholics Anonymous
- Narcotics Anonymous
- Gamblers Anonymous
- Sex Addicts Anonymous



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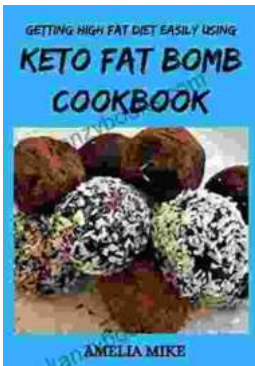
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