

## **Quad A Tues Night Group 12 Steps**

- 1) We admitted that we were powerless over alcohol and addiction - that our lives had become unmanageable.
- 2) Came to believe and to accept that we needed strengths beyond our awareness and resources to restore us to sanity.
- 3) Made a decision to entrust our will and our lives to the care of the collective wisdom and resources of those who have searched before us.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to ourselves without reservation, and to another human being, the exact nature of our wrongs.
- 6) Were ready to accept help in letting go of all our defects of character.
- 7) With humility and openness sought to eliminate our shortcomings.
- 8) Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9) Made direct amends to such people whenever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11) Sought through meditation to improve our spiritual awareness and our understanding of the A.A.A.A. way of life and to discover the power to carry out that way of life.
- 12) Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and addicts, and to practice these principles in all our affairs.