

STEP GUIDE

BEFORE STEP ONE

1. Read from the beginning of the Basic Text, "Our Symbol" pg. IX to the end of Chapter 5, "What can I do".
2. Answer in writing the questions in the first paragraph after the italicize section of Chapter 4 "How it Works".
3. Write what you expect from NA.
4. Write what you expect from your sponsor.
5. Get a Good Dictionary.

STEP ONE

1. Read Step One out of the Basic Text every day before writing.
2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.
3. Write what each of these parts mean to you:
 - a. We admitted
 - b. That we were Powerless
 - c. Our Addiction
 - d. That our lives
 - e. Had become unmanageable.

4. Every day write on events that happened that caused strong feelings Today and from the Past. Write about the circumstances leading up to the event, the event itself, and the consequences arising from the event, be they good or bad.
5. Look up Control. Write about what part your need to control played in the above events.
6. Look-up Surrender. Write about how an Attitude of Surrender may have helped.

STEP TWO

1. Read Step Two out of the Basic Text Every Day before writing.
2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the Dictionary says it means.
3. Write your concept of insanity. Then look it up and write what you have learned.
4. Write your concept of sanity. Then look it up and write what you have learned.
5. Write your concept of Faith. Then look it up and write what you have learned.
6. Write what each Part means to you:
 - a. We Came
 - b. To Believe

c. That a Power

d. Greater than Ourselves

e. Could Restore us to Sanity

7. Write what is your "Power Greater than Yourself".

8. Every Day write on events that relate to, "Making the same mistake and expecting different results". And Write on Events that a "Power Greater than Yourself" participated in your life.

STEP THREE

1. Read Step Three out of the Basic Text Every Day before writing on this Step.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the Dictionary says it means.

3. Write your concept of willingness then look it up and write what you have learned.

4. Write what each of these parts means to you:

a. We Made

b. A Decision

c. To Turn Our Will

d. And Our Lives

e. Over to the Care of God

f. As We Understood Him

5. Write how you understand God.

6. Every Day write on Events you thought about longer than you needed to and events that you left in God's Hands.

STEP FOUR

1. Read Step Four out of the Basic Text at least every week during the writing of this Step.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts mean to you:

a. We made

b. a searching and fearless

c. Moral inventory

d. of ourselves

4. Read carefully the Guideline(s) and Instructions your Sponsor gives you.

5. Remember your not alone. You can ask questions or talk about anything before, during, or after working this Step. If in doubt call your Sponsor.

6. Call your Sponsor within 24 hrs. of completing this Step.

STEP FIVE

1. Read Step Five out of the Basic Text every day until you go over Step Four with your Sponsor.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts mean to you:

a. We admitted

b. to God

c. to Ourselves

d. and to another Human Being

e. the exact nature of

f. our wrongs.

4. Make a Date with your Sponsor and God to finish this Step.

STEP SIX

1. Read Step Six out of the Basic Text every day before writing.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts mean to you:

a. We were

b. entirely ready

c. to have God remove

d. all these defects of character.

4. Write the most profound Asset and the most glaring Defect of everyone you know. Especially everyone you see at Meetings.

5. Look up Willingness, Rebellion and Decisively.

6. Every day write on events that happened were your character defects clouded your ability to think logically or wasted your time and energy.

STEP SEVEN

1. Read Step Seven out of the Basic Text every day before writing.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts mean to you:

a. We Humbly

b. asked Him

c. to remove

d. our shortcomings.

4. Every day write on events that happened where you were afraid to be yourself.

5. Every day write on events that happened that you accepted and honestly tried to be yourself.

6. Look up Humility. Write about how an Attitude of Humility may have or did allow you to be yourself.

STEP EIGHT

1. Read Step Eight out of the Basic Text every day before writing.
2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.
3. Write what each of these parts mean to you:
 - a. We made
 - b. a list of all persons
 - c. we had harmed
 - d. and became willing
 - e. to make amends
 - f. to them all.
4. Make a list of all persons who you feel have harmed you.
5. Look up Forgive, Forgiven, and Forgiving.
6. Go over this list with your Sponsor.
7. Make a list of all persons who you feel you have harmed.
8. Take each name and write what you are willing to do to make things right.

STEP NINE

1. Read Step Nine out of the Basic Text every day before writing.

2. Look up each word individually and write what you learn about. the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts mean to you.

a. We made

b. direct amends

c. to such people

d. wherever possible

e. except when to do so

f. would injure

g. them or others.

4. Taking your list from Step Eight write how you could contact each person.

5. Write about anyone who may be harmed by direct amends. How or Why?

6. Write about how you could make indirect amends to the people who you cannot make direct amends.

7. Do Not make Amends without First Talking to your Sponsor about it.

STEP TEN

1. Read Step Ten out of the Basic Text every day before writing.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts mean to you:

- a. We continued
- b. to take personal inventory
- c. and when we were wrong
- d. promptly admitted it.

4. Every day complete the inventory in IP #9 "Living the Program" or Every day write on events that happened be they good or bad.

5. Look up Promptly. Write how Promptly admitting your wrongs (to yourself or others) could have or did help Today.

STEP ELEVEN

1. Read Step Eleven out of the Basic Text every day before writing.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts mean to you:

- a. We sought
- b. through Prayer and Meditation
- c. to improve
- d. our conscious contact
- e. with God as we understood Him
- f. Praying only for Knowledge

g. of His will

h. for us

i. and the power

j. to carry that out.

4. Every day Pray and Meditate as suggested in Step Eleven of the Basic Text.

5. Every day write on events that happened were your will was different than God's will for you and what happened.

6. Every day write on events that happened were your will and God's will for you were the same and what happened.

STEP TWELVE

1. Read Step Twelve out of the Basic Text every day before writing.

2. Look up each word individually and write what you learn about the difference between what you thought it meant and what the dictionary says it means.

3. Write what each of these parts means to you:

a. Having had

b. a Spiritual Awakening

c. as a result

d. of these Steps

e. we tried

f. to carry

g. this Message

h. to Addicts

i. and to practice

j. these Principles

k. in all our Affairs.

4. Every day write on events that happened that are proof of an Awakening of a Spiritual Nature in you.

5. Every day read Chapter 5 "What Can I Do" before doing the next writing assignment.

6. Every day write on events that happened were you tried to carry the NA message to Addicts.

7. Every day write on events that happened were you "Practiced these Principles".

8. "The Steps do not end here; they are a New Beginning!!!"