

A BRIEF INTERPRETATION OF THE TWELVE STEPS

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1. WE ADMITTED WE WERE POWERLESS OVER ALCOHOL(And Drugs) ** THAT OUR LIVES HAD BECOME UNMANAGABLE.

On the surface this step appears comparatively easy since all alcoholics are powerless over alcohol, and all persons are powerless over drugs so far as addiction is concerned. However it is a noted characteristic of all drug addicts to rationalize that they are keener, more alert, and happier when they are taking drugs. Honest introspection will readily convince us that such a school of thought is false.

2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Everyone who has habitually used alcohol or drugs has sometimes said to himself, "Well, just this once and then tomorrow I will quit." Tomorrow never comes. Every addict has been pleaded with by his loved ones to 'please stop'. Even strangers have tried to reason him into quitting. Likewise, threats are of no avail. In short there is no mere human power great enough. It takes a Power greater than ourselves.

3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTAND HIM.

The existence of a God (call Him what you will) must be taken for granted and on faith. For him who can honestly say, "I do not believe in God," our profound pity". To such a person this program is of little value. It is beyond the scope of this discussion to point out or even suggest proof of God's existence.

4. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

This step is the most difficult one so far. In each of our minds are hidden corners and recesses, closed to even our own consciousness. The doors to these recesses must be opened to root out their contents. We must be honest with ourselves. Here should be listed all our faults and our shortcomings.

5. ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

It has been said by teachers and philosophers ever since God, admonished us to confess our sins and repent, that confession is "good for the soul." This confession will bring into our consciousness our misdeeds and shortcomings, and thereby compare them with the shortcomings and misdeeds for which we blame our fellow man.

6. WERE ENTIRELY READY TO HAVE GOD REMOVE THESE DEFECTS OF CHARACTER.

Having recognized our faults and shortcomings, we naturally want them removed, and since it is beyond the power of mere man to relieve them, we must appeal to the Higher Power to do so and then stand ready to do the foot-work, as we may be directed.

