

12-Steps of Alcoholics Anonymous
Traditional Language vs. Modified for Easier Understanding

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.	1. We admitted we had no control over drugs and alcohol and that we had become powerless and could not control ourselves or our lives.
2. Came to believe that a Power greater than ourselves could restore us to sanity.	2. Came to believe in a power greater than ourselves and that this power could return us to health and being good to ourselves.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.	3. Because we wanted to feel better we made a decision to turn our lives, inside and out, over to this higher power which some of us call God.
4. Made a searching and fearless moral inventory of ourselves.	4. Learned about ourselves and made a list of all our strengths and weaknesses even though we were afraid and it was hard to do. We added to this list all of the things that we had been hurt or angry about for a long time.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	5. Told God, ourselves, and another person all of the things on our list. We kept nothing secret.
6. Were entirely ready to have God remove all these defects of character.	6. Became completely ready for our higher power to remove all these weaknesses and angry memories.
7. Humbly asked Him to remove our shortcomings.	7. Without feeling like we were better than anyone else, we quietly asked our higher power to take away our weaknesses and the things inside that cause us problems.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.	8. Made another list, this time of all the people we had hurt or made angry at us by our behavior. Once our list was done we became completely ready to make apologies to everyone on the list and to change our behavior so it would not happen again.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.	9. Made apologies to these people face to face, on the telephone, or wrote them a letter as soon as we could. The only time we did not make a direct apology was if it would hurt them or someone else.
10. Continued to take personal inventory and when we were wrong promptly admitted it.	10. Continued to look at ourselves honestly and whenever we were wrong or hurt someone else we immediately admitted it, apologized

	and worked on changing our behavior so it would not happen again.
11. 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.	11. We learned how to pray and meditate every day which helped us get to know our higher power better. When we prayed we only asked how we could help, how to behave well, and for the strength and power to do it.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.	12. Once we had done all of the other steps we realized that we had formed a close new relationship with our higher power, whom many of us now call God. We spent time trying to help other alcoholics and addicts remembering that all we could do was give them support, getting sober was their responsibility. Because we wanted to stay sober and keep recovering, every day we practiced doing all of the things we had learned.