

Modern 12 Steps

1. We admitted we were powerless over our addiction – that our lives had become unmanageable.
2. Came to trust that resources outside of ourselves could restore us to rational thinking and behavior.
3. Made a decision to turn our direction and actions over to the guidance of those resources.
4. Made an honest and thorough list of the issues in our lives.
5. Admitted to ourselves and another person our specific role in those issues.
6. Became entirely ready to make changes in our character.
7. Began making changes in our thinking and behavior with humility and honesty.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to those people wherever possible, except when to do so would injure them or others.
10. Continued to be aware of our thoughts and actions and when we were wrong promptly admitted it.
11. Pursued a program of ongoing self-improvement and empowerment through meditation, reflection, and study.
12. Having experienced a personal transformation as a result of these steps, we tried to carry this program to other addicts and to practice these principles in all aspects of our lives.

Modern 12 Steps Single-Word Descriptions

Historically, single-word identifiers have been used by AA participants to describe the Steps. The following updated, single-word descriptions are used as part of Modern 12 Step Recovery.

<u>Step</u>	<u>Description</u>
1	Acceptance
2	Trust
3	Commitment
4	Introspection
5	Affirmation
6	Determination
7	Transformation
8	Compassion
9	Reparation
10	Diligence
11	Evolution
12	Integration

It is very effective to view each Step combined with its single-word description. This brings another level of clarity to each Step regarding what it is doing in your personal transformation.

Modern 12 Steps with Single-Word Descriptions

1. **Acceptance** – We admitted we were powerless over our addiction – that our lives had become unmanageable.
2. **Trust** – Came to trust that resources outside of ourselves could restore us to rational thinking and behavior.
3. **Commitment** – Made a decision to turn our direction and actions over to the guidance of those resources.
4. **Introspection** – Made an honest and thorough list of the issues in our lives.
5. **Affirmation** – Admitted to ourselves and another person our specific role in those issues.
6. **Determination** – Became entirely ready to make changes in our character.
7. **Transformation** – Began making changes in our thinking and behavior with humility and honesty.
8. **Compassion** – Made a list of all persons we had harmed and became willing to make amends to them all.
9. **Reparation** – Made direct amends to those people wherever possible, except when to do so would injure them or others.
10. **Diligence** – Continued to be aware of our thoughts and actions and when we were wrong promptly admitted it.
11. **Evolution** – Pursued a program of ongoing self-improvement and empowerment through meditation, reflection, and study.
12. **Integration** – Having experienced a personal transformation as a result of these steps, we tried to carry this program to other addicts and to practice these principles in all aspects of our lives.