## **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.