

Twelve Steps

Preamble

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Because of their proven power and worth, A.A.'s Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of good will, of any religious faith or of none.

Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of that power.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to our innermost ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have greater powers remove all these flawed approaches from our behavior..
7. Looked to forces greater than ourselves for better ways to live.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through meditation and any other available means to improve our conscious contact with the powers that can restore us to sanity. Sought guidance in directing our lives toward sanity and serenity.
12. Having had an awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.