

THE AA TWELVE STEP PROGRAMME.

(Drawings by Geoff Scott)

1. I Can't



We admit we are powerless over alcohol-
that our lives have become unmanageable.

2. God Can



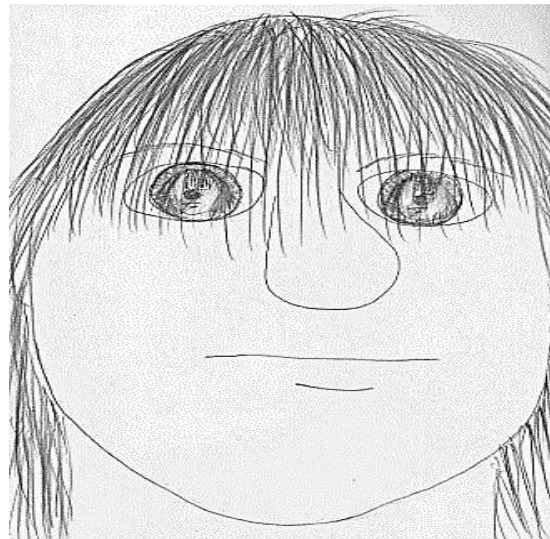
Come to believe that God can help us
out of this mess.

3. Let God



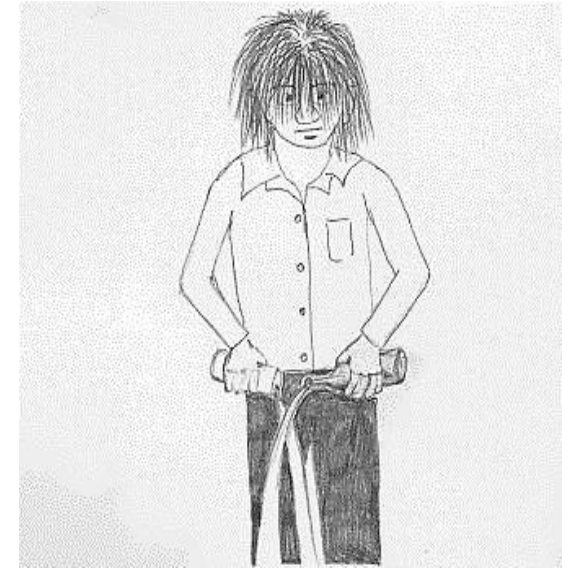
Make a decision to turn our will and
our lives over to the care of God.

4. Look Within



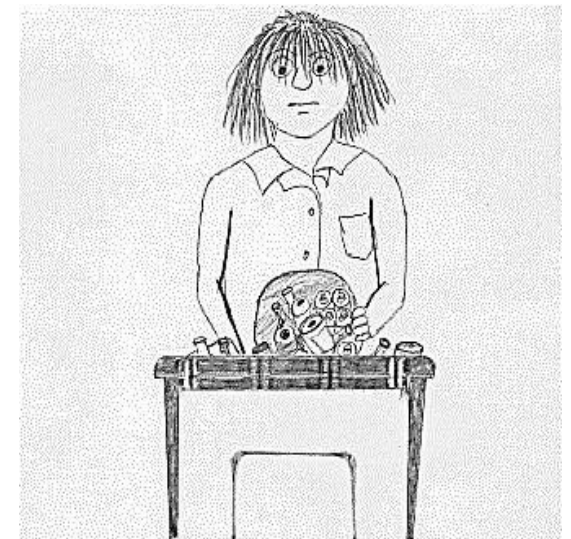
Honestly search and look into our
lives and ourselves.

5. Admit Wrongs



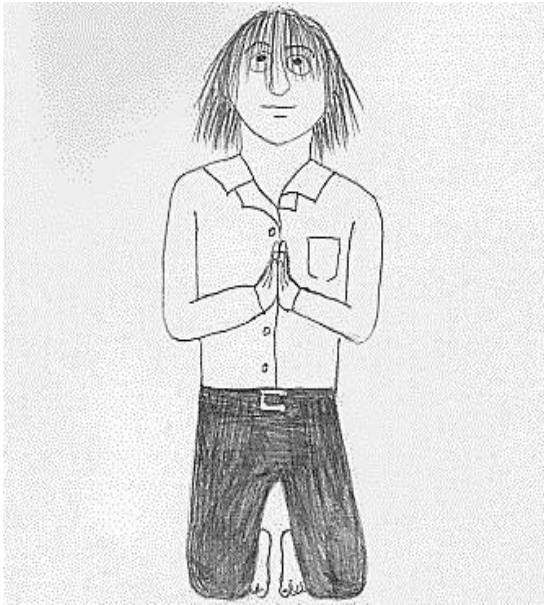
Admit to God, to ourselves, and to
another person what we did wrong.

6. Ready Self for Change



Be ready to have God remove
all our defects of character.

7. Seek God's Help



Humbly ask God to remove our shortcomings.

8. Become Willing



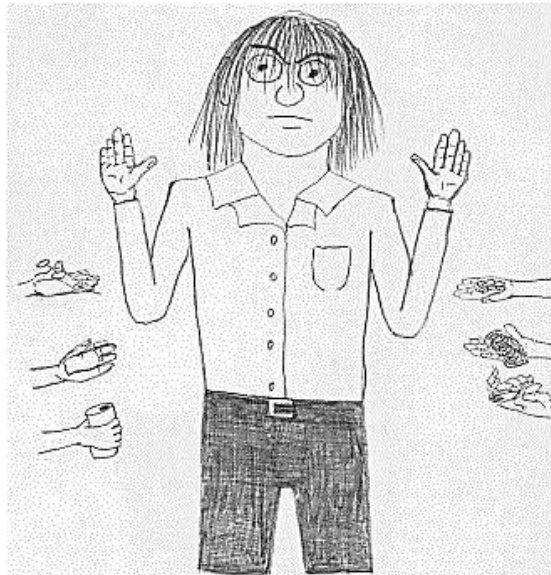
Make a list of persons we had harmed, and think of how we could fix it with them.

9. Make amends.



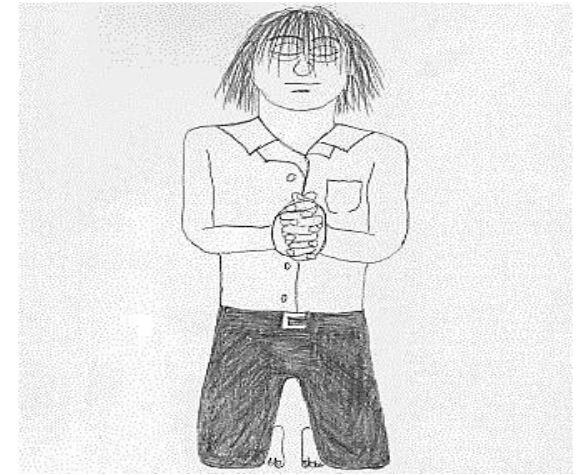
Make a list of persons we had harmed, and think of how we could fix it with them.

10. Daily Inventory



Make direct amends to those people wherever possible, except when to do so would injure them or others.

11. Pray and Meditate



Continue to check up on ourselves and our behaviours; and when we are wrong, admit it.

12. Give It Away



Try to bring this message to others who have the same problems with us and to practice these steps in all our life.



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