

CHOICES in Healing & Recovery © 2018

TRAUMA INFORMED 12 STEPS

1. Admitted we were powerless over alcohol – that our lives had become unmanageable.
- *Admitted we were addicted to alcohol – that our lives had become unmanageable.*
2. Came to believe that a power greater than ourselves could restore us to sanity.
- *Came to believe that a power greater than ourselves could help us to become empowered.*
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
- *Made a decision to let go of our attempts to control and asked: What would my Higher Power want for me today?*
4. Made a searching and fearless moral inventory of ourselves.
- *Made a list of our behaviors and patterns that had caused us and others harm, at a pace that was emotionally safe for us.*
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- *Admitted to our Higher Power, to ourselves and to another human being our list of behaviors and patterns that had caused us and others harm, at a pace that was emotionally safe for us.*
6. Were entirely ready to have God remove all these defects of character.
- *Became ready to allow our Higher Power to guide us in releasing behaviors that no longer serve us.*
7. Humbly asked Him to remove our shortcomings
- *Humbly asked our Higher Power to help us accept our human imperfections.*
8. Made a list of all persons we had harmed and became willing to make amends to them all.
- *Made a list of all persons we had harmed and became willing internally 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.
- *Made direct amends to such people wherever possible, except when to do so would injure them, others or ourselves.*
10. Continued to take personal inventory and when we were wrong promptly admitted it.
- *Continued to take personal inventory and responsibility for our mistakes, and promptly admitted them.*
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.
- *Sought through prayer and meditation to improve our conscious contact with the Higher Power of our understanding, asking ourselves: What would my Higher Power want for me today? And the empowerment to carry that out.*
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.
- *Having had a spiritual awakening as the result of these Steps, we tried to share our stories to support others and practice these principles in all our affairs.*