

Step Two

“Came to believe that a power greater than ourselves could restore us to sanity.”

The insanity before the drink	The consequences of the drink
1	1
2	2
3	3
4	4

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Will	Life
1	1
2	2
3	3
4	4

Step Four

“Made a searching and fearless moral inventory of ourselves.”

- 1) Resentment List**
- 2) Fear List**
- 3) Sex Inventory**

I am resentful at: Who - People, Places and Institutions	The Cause: What they did	Affects My: How I felt	My Part

Fear: What are my fears	Why do I have them:	Solutions

Sex: Whom did I hurt	How did I hurt them:	Defect:

Step Five

“Admitted to God, to ourselves, and another human being the exact nature of our wrongs.”

**God knows,
You lie to yourself,
So another human being
NEEDS TO BE someone who
Understands Alcoholism.**

Step Six

“Were entirely ready to have God remove all of these defects of character.”

From your 4th step – the last columns and your 5th step sharing from your sponsor. You can get this list of your defects –

The seven deadly sins

- 1) Pride**
- 2) Anger**
- 3) Greed**
- 4) Gluttony**
- 5) Envy**
- 6) Sloth**
- 7) Lust**

Step Seven

**“Humbly asked Him to
remove our shortcomings.”**

7th Step Prayer

Give your defects to God & work on the assets.

How to turn your defects into assets:

Hate – Love

Selfish – Work a selfish program

Greed – Want all that’s available in the program

Pride – Have the best program of anyone you know

Anger – Use as a motivator

Dishonesty – Honesty

Lust – Passion for the program

Competition – I will have the best program &
sponsor more newcomers than anyone else

Sloth – Put negative people and places behind me

Gluttony – I will fill up on this program and my
Higher Power

Envy – Happy for others

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

From the 1st column of your resentment list and sex inventory – you can add others.

- 1**
- 2**
- 3**
- 4**
- 5**
- 6**
- 7**
- 8**
- 9**

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Even ourselves!

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

**We learned how to do this from the 4th
and the 5th Step**

I am resentful at: Who - People, Places and Institutions	The Cause: What they did	Affects My: How I felt	My Part	Character Defects	Amends

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of His will for us and the power to carry that out.”

Step Twelve

“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 of our affairs.”