

Twelve Steps of Narcotics Anonymous

- 1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.**
- 2. We came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. We made a decision to turn our will and our lives to the care of God *as we understood him*.**
- 4. We made a searching and fearless moral inventory of ourselves.**
- 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. We were entirely ready to have God remove all these defects of character.**
- 7. We humbly asked Him to remove our shortcomings.**
- 8. We made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. We made direct amends to such people wherever possible except where to do so would injure them or others.**
- 10. We continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. We 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.**
- 12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.**