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The

Twelve Step



guide



maps



A BRIEF HISTORY OF THE *TWELVE STEPS*

Alcoholics Anonymous (AA) started in 1935 in Akron, Ohio, as a result of the meeting between a New York stockbroker and an Akron surgeon who were both hopeless alcoholics. They realized that alcoholism was a disease that could be treated by a system of applying spiritual values to daily living. Both men began working with themselves and with other alcoholics. In four years, there were three groups and 100 sober alcoholics. In 1939, based on their experiences (both the failures and the successes), the fellowship published its basic textbook, *Alcoholics Anonymous*¹, describing the AA philosophy and methods, and establishing the ***Twelve Steps***. This book has been in continuous publication since then. Although it has been revised and updated, the ***Twelve Steps*** have remained the core, touching the lives of a countless number of people around the world.

Shortly after the founding of AA, the families and friends of alcoholics banded together to form *AL-ANON*, an organization that teaches the ***Twelve Steps*** to individuals who are most affected by the alcoholics in their lives. Since then, other groups have adopted the AA philosophy and successfully applied it to many problems. There are, for example, ***Twelve Step*** groups addressing drug abuse (such as *Narcotics Anonymous*, *Cocaine Anonymous*, *Crystal Meth Anonymous*), support for substance abusers' family and friends (such as *AL-ANON*, *AL-ATEEN*, *NARC-ANON*, *Co-dependents Anonymous*), other addictive problems (such as *Debtors Anonymous*, *Gamblers Anonymous*, *Workaholics Anonymous*, *Eating Addictions Anonymous*, and *Overeaters Anonymous*), relationship issues (such as *Incest Survivors Anonymous*, *Relationships Anonymous*, and *Parents Anonymous*), as well as mental health issues (such as *Obsessive-Compulsive Anonymous*, and *Emotions Anonymous*).

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The Twelve Steps

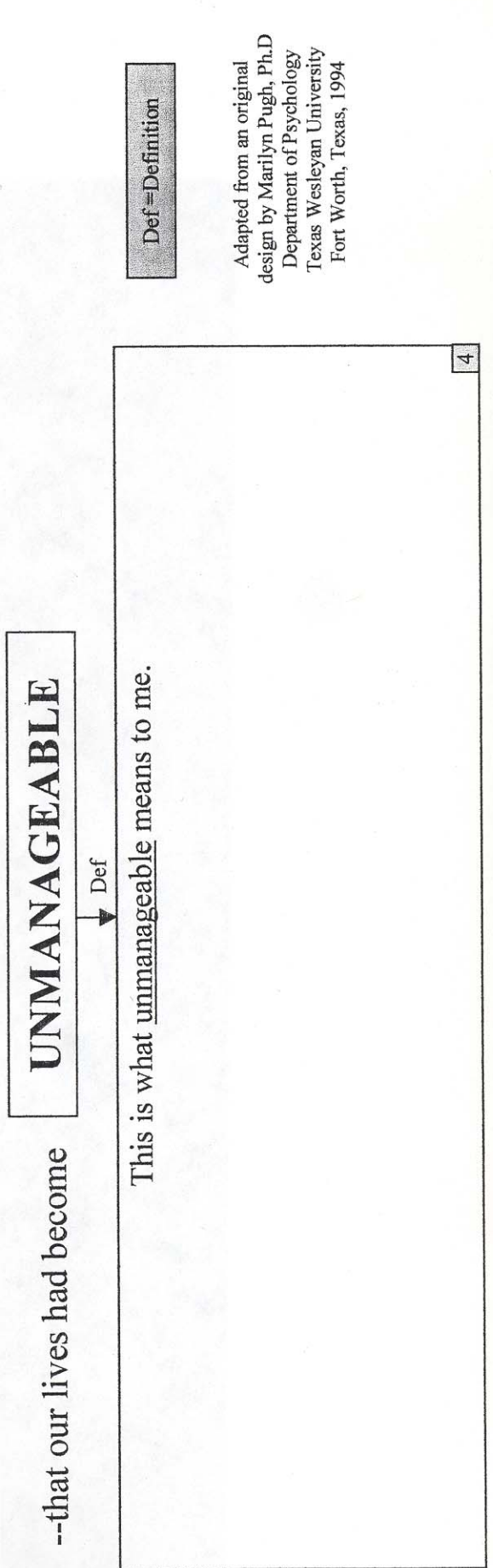
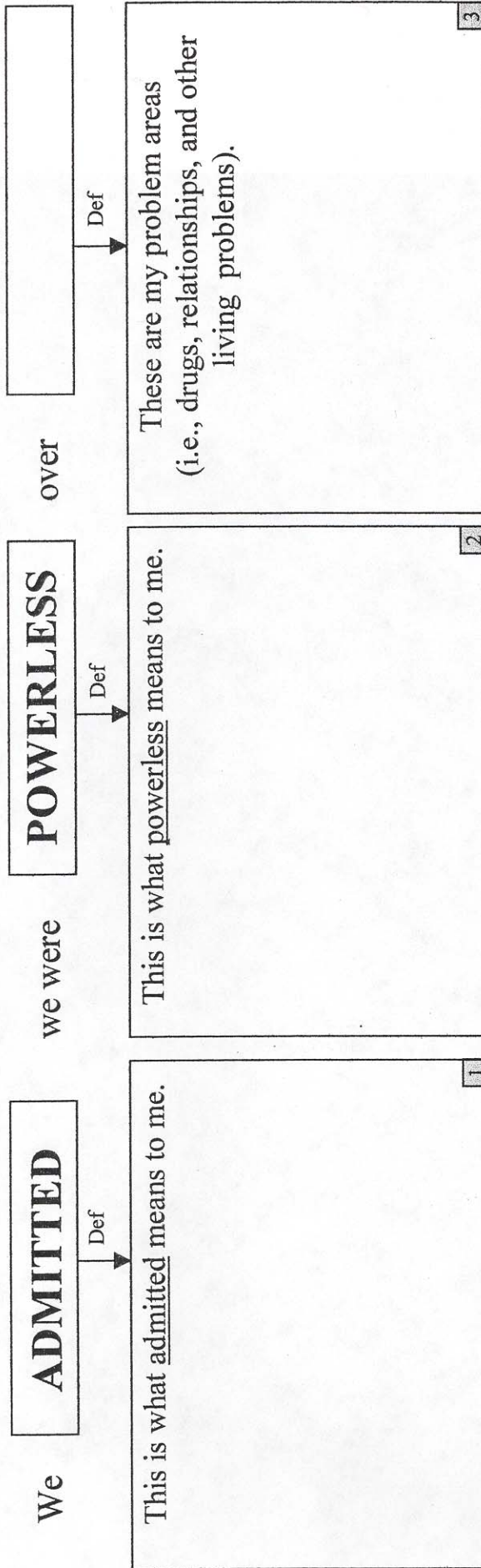
1. We admitted we were powerless over _____ -that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, 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 characters.
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 when 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 the result of these steps, we tried to carry this message to fellow sufferers of _____, and to practice these principles in all our affairs.

Step 1 maps

We admitted we were powerless
over _____ (our problem
area)- that our lives had become
unmanageable.



STEP 1. We admitted we were powerless over _____ -- that our lives had become unmanageable.



Def = Definition

Adapted from an original design by Marilyn Pugh, Ph.D
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STEP 1. Map 2 of 4

STEP 1. We admitted we were powerless over _____ -- that our lives had become unmanageable.

We were powerless over

These are my problem areas (i.e., drugs, relationships, and other living problems).

Def

This is what this phrase means to me.

Ex

Here are some times that let me know that I am powerless.

C

This is how being powerless makes me feel.

C

This is a picture that shows how I feel about being powerless. (Draw or describe.)

Def = Definition Ex = Example C = Characteristic

STEP 1. We admitted we were powerless over _____ -- that our lives had become unmanageable.

Our lives had become unmanageable.

Def →

This is what this phrase means to me.

Ex

There are some ways in which my life is unmanageable.

C

This is how I feel when my life is unmanageable.

C

This is a picture that shows how I feel about having an unmanageable life. (Draw or describe.)

Def = Definition Ex = Example C = Characteristic

STEP 1. We admitted we were powerless over _____ -- that our lives had become unmanageable.

Def

This is how I would say this in my own words.

L

This is who I have admitted my powerlessness and unmanageability to.

C

This is how I do or will feel about admitting my powerlessness and unmanageability.

C

This is a picture that shows how admitting it feels or will feel to me. (Draw or describe.)

Def = Definition L = Leads to C = Characteristic