

# The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing 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.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
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.
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.

# Codependency Guide To The Twelve Steps

**JA Banks**



## **Codependency Guide To The Twelve Steps:**

## Whispering the Techniques of Language: An Psychological Journey through **Codependency Guide To The Twelve Steps**

In a digitally-driven earth where displays reign supreme and instant transmission drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words frequently move unheard. Yet, located within the pages of **Codependency Guide To The Twelve Steps** a charming literary value pulsing with raw thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus invites visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within ab muscles material of every word. Within the emotional depths of this poignant evaluation, we can embark upon a genuine exploration of the book is primary themes, dissect its charming writing fashion, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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