

The Awakening

SEVEN Steps or Stages Toward Saving Your Life

The UNAWARE Phase

1

Ignorant and “Happy”

(My addiction is growing, but I have not experienced enough seriously negative consequencesYET.)

2

Ignorant and Sad

(I have a problem, and my life is getting REALLY messy, but I have no idea how serious it is. DENIAL.)

3

Self-Aware but Apathetic

(I know and see that I have a growing problem, but I DON'T WANT to LET GO of it. Not yet.)

4

Self-Aware and Confused

(I know and see that I have a growing problem, and I care, but I don't know WHAT TO DO about it.)

5

Self-Aware and Sick-of-It (?)

(I know that I have a growing problem, and I am “sick-of-it” BUT I am not ready or willing to make ALL the NECESSARY sacrifices to get better.)

6

Self-Aware and Sick-of-It (!)

(I know that I have a growing problem, and I am sick-of-it AND I am ready and willing to do ANYTHING necessary to change.)

7

Healthy, Sustained Recovery

- Meetings
- Sponsor
- Working Steps
- New Identity
- Restoring Family & Friends
- Help Others



The Twelve Steps

Honesty Step ▲

“I have a problem, and I need help.”

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.

Hope Step ▼

2. Came to believe that a Power greater than ourselves could restore us to sanity.

“I am **READY** and **WILLING** to get better.”

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

“to do **WHATEVER** it takes to get sober”

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.