

# The 12 Steps of Addiction Recovery and Healing

*(Adapted from the original 12 Steps of Alcoholics Anonymous and The Church of Jesus Christ of Latter-day Saints' Addiction Recovery Program (ARP). Compiled by Laura M. Brotherson – "The Marital Intimacy Institute")*

## “COMING UNTO CHRIST THROUGH THE 12 STEPS”

### **STEP 1: Honesty/Powerlessness... (“I can’t”) – Powerlessness and Unmanageability**

*Admit that you, of yourself, are powerless to overcome your [weaknesses] and that your life has become unmanageable.*

### **STEP 2: Hope/Belief... (“God can”) – Emotional and Spiritual Healing through Christ**

*Come to believe that the power of God can restore you to complete spiritual [and emotional] health.*

### **STEP 3: Trust in God... (“I will let Him”) – Surrendering my Will and Life to God**

*Decide to turn your will and your life over to the care of God the Eternal Father and His Son, Jesus Christ.*

### **STEP 4: Truth... Writing our Personal Inventories**

*Make a searching and fearless written moral inventory of yourself.*

### **STEP 5: Confession... Self-Understanding and Receiving the Mercy of Christ**

*Admit to yourself, to your Heavenly Father in the name of Jesus Christ, to proper priesthood authority, and to another person the exact nature of your wrongs.*

### **STEP 6: Change of Heart... Becoming Willing to Give Up our Weaknesses**

*Become entirely ready to have God remove all your character weaknesses.*

### **STEP 7: Humility... Surrendering our Weaknesses to God**

*Humbly ask Heavenly Father to remove your shortcomings.*

### **STEP 8: Seeking Forgiveness... Preparing to Make Amends**

*Make a written list of all persons you have harmed and become willing to make restitution to them.*

### **STEP 9: Restitution and Reconciliation... Making Amends**

*Wherever possible, make direct restitution to all persons you have harmed.*

### **STEP 10: Daily Accountability... Doing a Daily Review**

*Continue to take personal inventory, and when you are wrong promptly admit it.*

### **STEP 11: Personal Revelation... Daily Contact with God through Prayer, Scripture Study & Meditation**

*Seek through prayer and meditation to [improve your conscious contact with God], know the Lord's will and to have the power to carry it out.*

### **STEP 12: Service... Helping Others find Hope and Healing**

*Having had a spiritual awakening as a result of the Atonement of Jesus Christ, share this message with others and practice these principles in all you do.*