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.