

The Simple Approach to the 12 Steps

1. There's a power that will kill me.
2. There's a power that wants me to live.
3. Which do I want? (If you want to die, stop here. If you want to live, go on.)
4. Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear control your actions.
5. Tell all your private, embarrassing secrets to another person.
6. Decide whether or not you want to live that way any more.
7. If you want your life to change, ask a power greater than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)
8. Figure out how to make right all the things you did wrong.
9. Fix what you can without causing more trouble in the process.
10. Understand that making mistakes is part of being human (When you make a mistake, fix it, immediately if you can.)
11. Ask for help to treat yourself and others the way you want your higher power to treat you.
12. Don't stop doing 1 through 11, and Pass It On!!

--Author Unknown