

## Taking a Problem Through the Twelve Steps

Write a brief statement describing the situation and indicating why it concerns you.

**Step One:** In what ways are you powerless over the situation or condition, and how is it showing you the unmanageability of your life?

**Step Two:** How do you see your Higher Power as assisting you in being restored to sanity? Do you really believe that your Higher Power can restore you to sanity?

**Step Three:** How does being willing to turn your life over to the care of God assist you in dealing with this? What would recovery look like in relation to this problem?

**Step Four:** What character traits have surfaced? What is my part in this? List any fears, resentments, guilts, harms.

**Step Five:** Am I willing to admit to Higher Power, myself and another person the exact nature of the wrongs that contributed to this situation?

**Step Six:** Am I entirely ready to have God remove these defects of character? If not, explain why.

**Step Seven:** Can you humbly ask God for help in removing your shortcomings? If not, what is standing in your way?

**Step Eight:** Make a list of persons who are being harmed because of this. Don't forget yourself. How have they been harmed? Are you willing to make amends?

**Step Nine:** What amends are necessary? How and when will you make them?

**Step Ten:** Review the above Steps to make sure that nothing has been overlooked. What specific actions can you take today?

**Step Eleven:** Take a moment for prayer and meditation, asking for knowledge of God's will for you. What did you discover?

**Step Twelve:** How can your understanding and spiritual guidance assist you in dealing with this problem? What spiritual awakenings and new insights have you gained as the result of working these steps on this specific problem?