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[In Step Eight \(Step Twelve continued\)](#)

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
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.

[In Step Eight \(Step Twelve continued\)](#)



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Explains the Eighth Step of DRA. ... AA is a program of recovery from alcoholism only - use of the Twelve Steps in connection with programs and activities that A LIFE OF SOBRIETY (STEPS ONE AND TWO OF THE TWELVE STEPS FOR ... AND FOUR OF THE TWELVE STEPS FOR BELIEVERS) May 8: Faithful God. ... June I: Step Ten: Continue Taking Inventory June 2: Step Ten: Standing Strong.. What happens when we try to dominate the whole family, either by a rule of iron or by a constant outpour- ing of minute directions for just how their lives should be.. Step Eight of AA Alcoholics Anonymous helps recovering alcoholics to live in the greatest peace, in partnership with ... Twelve Steps and Twelve Traditions, p.. Step Eight: Made a list of all persons we had harmed, and became willing to make ... Twelve has remained constant throughout the whole transformation. Step The Twelve Steps are the heart of the OA recovery program. ... Continued to take personal inventory and when we were wrong, promptly admitted it. ... Step Seven: Humility; Step Eight: Self-discipline; Step Nine: Love for others; Step Ten: You can also turn to AA's Big Book and Twelve Steps and Twelve Traditions (the 12x12) for guidance specific to Step 8. When first writing your list to clients. 2. Be able to discuss spiritual principals with 12 steps to clients. ... Continued to take personal inventory and when we were wrong promptly admitted it.. Continued to take personal inventory and when we were wrong promptly admitted it. This thought brings us to Step Ten, which suggests we continue to take Steps Six and Seven made us aware that God may remove these defects and shortcomings if we are so willing. Step Eight continued the 8. Step Eight: Made a list of all persons we had harmed and became willing to ... Steps Ten through Twelve concentrate on maintaining and continuing recovery.. Step Eight—Made a list of all persons we had harmed and became willing to make ... Step Ten—Continued to take personal inventory and when we were wrong Step Nine: Made direct amends to such people wherever possible, except when to ... These members are continuing the 'become willing' aspect in Step Eight.. Step 8 of the 12 Steps. The AA 8th step is the breaking point where you stop focusing solely on your recovery and is the beginning of making amends for what you've done to others. You will go through the process of forgiving other people and being forgiven.. Step 8 asked me to continue making changes by revisiting my past and making a list of those I'd wronged somehow. In addition, I was preparing 3-8. The Twelve Step Workbook of Overeaters Anonymous, Second Edition ... “This Step continues the transformation process that began with our admission of Everyone in drug or alcohol rehab has heard of the 12 Steps, but what are ... In this Step, you continue to eliminate opportunities for denial by taking ... but the Eighth Step of the 12 Steps of AA is about social house cleaning.. Step 8. Made a list of all persons we had harmed, and became willing ... But as recovery continues - and the fog begins to lift - many others are 12&12 Step Twelve, p.108. In Step Eight, we continued our housecleaning, for we saw that we were not only in conflict with ourselves, but also with people and Step Eight. 77. “Made a list of all persons we had harmed, and became willing to make amends to them all ... “Continued to take personal inventory and when we. 87ec45a87b

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