What Are The

The state of the s

Offering recovery from the effects of addiction through a twelve-step program, including regular attendance at group meetings.

STEP ONE
We admitted to

We admitted we were powerless – that our lives had become unmanageable

In this step, you face the reality of your addiction and come to terms with the fact that your life is out of control. You are preparing yourself to receive the help you need.

We came to believe that a power greater than ourselves could restore us to sanity.

In many ways, this is one of the most important steps: you are surrendering

your fate to a Higher Power in order to help restore your life to stability. For many people, giving up this control will be a major challenge.

Made a decision to turn our will and our lives over to

Giving yourself over to the God of your choice and asking Him for help is a beautiful moment and one that will give you the strength to succeed.

the care of god as we understood him.

STEP FOUR

Made a searching and fearless moral inventory of

ourselves.

your addiction has changed your behavior and caused you to behave in harmful ways. However, you also need to identify your positive traits and work towards strengthening them: balance cannot be achieved without positive and negative traits.

STEP FIVE

Total honesty is a must in this step. You need to grasp the ways that

Here, you come to the realization of where your moral failings originated during your addiction. Were you abusing drugs to punish yourself? Were you rebelling against your true self and your faith in God? Whatever the reason,

Admitted to god, to ourselves and to another human

you identify it here and work to eliminate it from your life.

STEP SIX

Were entirely ready to have god remove all these

defects of character.

Create a drug-free life.

STEP SEVEN

Humbly asked him to remove our shortcomings.

This is a huge moment, as you are officially inviting your God to

cleanse your life and help you make the changes you need to

God to remove your flaws and give you the strength to overcome addiction.

STEP EIGHT

willing to make amends to them all.

STEP NINE

During this step, the power of your belief allows you to ask

assess the loved ones in your life, consider the pain you may have caused, and create a list of ways you will try to make things right.

During your addiction, there is a chance you've hurt others. Honestly

Made a list of all persons we had harmed, and became

Made direct amends to such people wherever possible,

except when to do so would injure them or others.

accept you right away, while others will reject your overtures. As a result, you need to approach this step with honesty, humility, and the understanding that you might need help from either your sponsor or God.

Continued to take personal inventory and

Making amends with hurt loved ones will be incredibly difficult: some will

Once you've learned about the poor habits and behaviors that influenced your addiction, you must make a lifetime commitment

watch out for and eliminate them from your behavior.

STEP ELEVEN
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.

this step you dedicate yourself to prayer and meditation. This process allows you to reach out to your God for help and guidance through a continually difficult process.

STEP TWELVE

Personal reflection is a vital part of the 12-step process, and in

tried to carry this message to alcoholics and to practice these principles in all our affairs.

After you have earned the confidence and skills to live a drug-free

life, you can help spread the word by sharing your journey of

recovery with others who suffer from an addiction.

Having had a spiritual awakening as the result of these steps, we

The Narcotics Anonymous 12-step process is designed to help people beat their addictions in a private manner. It is just one tool that you can utilize in your fight against addiction.