

The Directions for Taking the Twelve Steps

Step 1 *We admitted we were powerless over alcohol—that our lives had become unmanageable.*

This Step is described on Roman numeral pages 25–32 (xxv–xxxii) and on pages 1–43.

[The directions for taking Step One are on page 30, paragraph 2, lines 1-3.]

Step 2 *Came to believe that a Power greater than ourselves could restore us to sanity.*

This Step is described on pages 44–60.

[The directions for taking Step Two are on page 47, paragraph 2, lines 1-3.]

Step 3 *Made a decision to turn our will and our lives over to the care of God as we understood Him.*

This Step is described on pages 60–63.

[The directions for taking Step Three are on page 63, paragraph 2, lines 1-8.]

Step 4 *Made a searching and fearless moral inventory of ourselves.*

This Step is described on pages 63–71.

[The directions for taking Step Four are on page 64, paragraph 1, lines 1-9; paragraph 2, lines 1-6 (*Assets and Liabilities Checklist*); page 64, paragraph 3, lines 1-2, 6-9 (*Resentments*); page 68, paragraph 1, lines 1-3 (*Fears*); and page 69, paragraph 1, lines 1-6 (*Harms*).]

Step 5 *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

This Step is described on pages 72–75.

[The directions for taking Step Five are on page 75, paragraph 1, lines 1-4; paragraph 2, lines 1-2.]

Step 6 *Were entirely ready to have God remove all these defects of character.*

This Step is described on pages 75–76.

[The directions for taking Step Six are on page 76, paragraph 1, lines 3-5.]

Step 7 *Humbly asked Him to remove our shortcomings.*

This Step is described on page 76.

[The directions for taking Step Seven are on page 76, paragraph 2, lines 1-7.]