



The 12 Steps of AA

January

Step 1 – We admitted that we were powerless over our problems and that our lives had become unmanageable.

Spiritual Principle – Honesty

February

Step 2 – We came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle – Hope

March

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

Spiritual Principle – Faith

April

Step 4 – Made a searching and fearful inventory of ourselves.

Spiritual Principle – Courage

May

Step 5 – We admitted to God, ourselves and to another human the exact nature of our wrongs.

Spiritual Principle – Integrity

June

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

Spiritual Principle – Willingness



July

Step 7 – We humbly asked God to remove our shortcomings.

Spiritual Principle – Humility

August

Step 8 – Made a list of all persons we had harmed, and became willing to make amends to them all.

Spiritual Principle – Brotherly Love

September

Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle – Discipline

October

Step 10 – Continued to take personal inventory and when we were wrong promptly admitted it.

Spiritual Principle – Patience / Perseverance

November

Step 11 – Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will and the power to carry that out.

Spiritual Principle – Awareness

December

Step 12 – Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

Spiritual Principle – Service