



Educational leaflet · 05

The Twelve Steps

The Twelve Step programme is a spiritual path of recovery developed in the fellowship of Alcoholics Anonymous, used in other addictions too. It is an invitation to gradual change, step by step, at your own pace.

- 1 We admitted we were powerless over our addiction — 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 others still suffering, and to practise these principles in all our affairs.

The Steps are worded differently across various fellowships, and for many people a "Power greater than ourselves" means their own understanding of spirituality. At the centre we work with them at a pace suited to each Participant. You are not alone in this.

THREE ATTITUDES THAT OPEN THE WAY

Honesty

Honesty with yourself and others, the beginning of any real change.

Openness

A readiness to see yourself differently and to accept help.

Willingness

A willingness to act, day by day, step by step, at your own pace.

THE SERENITY PRAYER

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God, grant me the serenity
to accept the things

I cannot change;
the courage to change
the things I can;
and the wisdom to know
the difference.

Attributed to Reinhold Niebuhr, long used by Twelve-Step fellowships. Address your Higher Power in whatever way you understand it.