

Twelve Step Super Powers

1. We know we are powerless over others, That our lives become unmanageable.

Principles: **Powerlessness & Surrender**

2. We believe a power greater than ourselves restores us to sanity.

Principles: **Open-mindedness & Clarity**

3, We make decisions to turn our lives and our wills over to the care of God.

Principles: **Willingness & Accepting Help**

4, We make searching and fearless moral inventories of ourselves.

Principles: **Self Honesty & Courage**

5. We admit to God, ourselves, and others the exact nature of our wrongs,

Principles: **Honesty & Trust**

6, We are entirely ready to have God remove these defects of character.

Principle: **Willingness**

7. We humbly ask God to remove our shortcomings.

Principle: **Humility**

8. We make lists of all persons we harm and are willing to make amends to them all.

Principles: **Willingness & Self Forgiveness**

9. We make direct amends to such people wherever possible.

Principles: **Forgiveness & Courage**

10. We continue to take personal inventories, and when we are wrong promptly admit it.

Principles: **Honesty & Discernment**

11. We seek through prayer and meditation to increase our conscious contact with God,
praying only for God's will for us, and the power to carry that out.

Principles **Seeking & Listening**

12. Having spiritual awakenings as the result of these steps, we try to carry this message to
to others and to practice these principles in all our affairs.

Principles: Love for Others & Self

Lower Powers (Character Defects): Resentment, Fearful, Over-Responsible, Approval Seeking, Caretaking, Controlling, Fear of Abandonment, Fear of Authority Figures, Frozen Feelings, Irresponsible, Isolating, Low Self Esteem, Repressed Anger, Raging, Inappropriately Expressed Sexuality, Dishonesty, Disease, Dysfunction, Insanity.

