

The Twelve Foundations

(as compared with the traditional Twelve Steps)

Step 1: Affirmed that I am a creative center of Infinite Spirit, that I (in my oneness with Spirit) have power and dominion over the conditions of my life.

We admitted we were powerless over alcohol, that our lives had become unmanageable. (1)

Step 2: Came to believe that the conscious power within myself, and my intelligent use of that power, is the very thing that could restore me to wholeness.

Came to believe that a power greater than ourselves could restore us to sanity. (2)

Step 3: Resolved to align my life (will, thoughts, and actions) with the ever-positive Spirit of Life.

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

Step 4: Took steps to fully understand my beliefs, priorities, and true desires—and to live in accord with my highest ideals.

Made a searching and fearless moral inventory of ourselves.

Step 5: Dared to embrace (and revel in) my true humanity and joy.

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

Step 6: Accepted my role as a true co-creator with Spirit—never expecting Spirit to do for me what it can only do through me.

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

Step 7: Was ready to have a healthy, balanced, and supportive relationship with my body and body image.

Humbly asked Him to remove our shortcomings.

Step 8: Put forth the intention to have every relationship in my life be beneficial and supportive, to resolve negative emotions (such as anger, guilt, and regret), and to forgive others and myself as needed.

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

Step 9: Took steps to put my house in order, to bring balance, peace, and stability to my life.

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

Step 10: Was determined to live a true and noble life; to increase my power and aliveness by uncovering (and dissipating) deep-seated emotional blocks.

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

Step 11: Resolved that through meditation (and the practice of presence) I would come to know my true self and illumine the qualities of my life.

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.

Step 12: Having realized my inseparable oneness with Spirit, my creative power, and a joyful sense of well-being, I was inspired to deepen my spiritual awareness and share my awakened state with others.

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts and to practice these principles in all our affairs.