

## Healing Through the Savior: The Addiction Recovery Program The 12 Steps

Step 1: Admit that we, of ourselves, are powerless to overcome our addictions and that our lives have become unmanageable

Step 2: Come to believe the power of God can restore us to complete spiritual health

Step 3: Decide to turn our wills and our lives over to the care of God, the Eternal Father, and His Son, Jesus Christ

Step 4: Make a searching and fearless written moral inventory of ourselves

Step 5: Admit to ourselves, to our Heavenly Father in the name of Jesus Christ, to proper priesthood authority, and to another person the exact nature of our wrongs

Step 6: Become entirely ready to have God remove all our character weaknesses

Step 7: Humbly ask Heavenly Father to remove our shortcomings

Step 8: Make a written list of all persons we have harmed and become willing to make restitution to them

Step 9: Wherever possible, make direct restitution to all persons we have harmed

Step 10: Continue to take personal inventory, and when we are wrong, promptly admit it

Step 11: Seek through prayer and meditation to know the Lord's will and to have the power to carry it out

Step 12: Having had a spiritual awakening through the Atonement of Jesus Christ as a result of taking these steps, we share this message with others and practice these principles in all we do