

Spirituality

the Purgative,



the Illuminative



and the Unitive.



Modern spirituality is centered on the "deepest values and meanings by which people live."

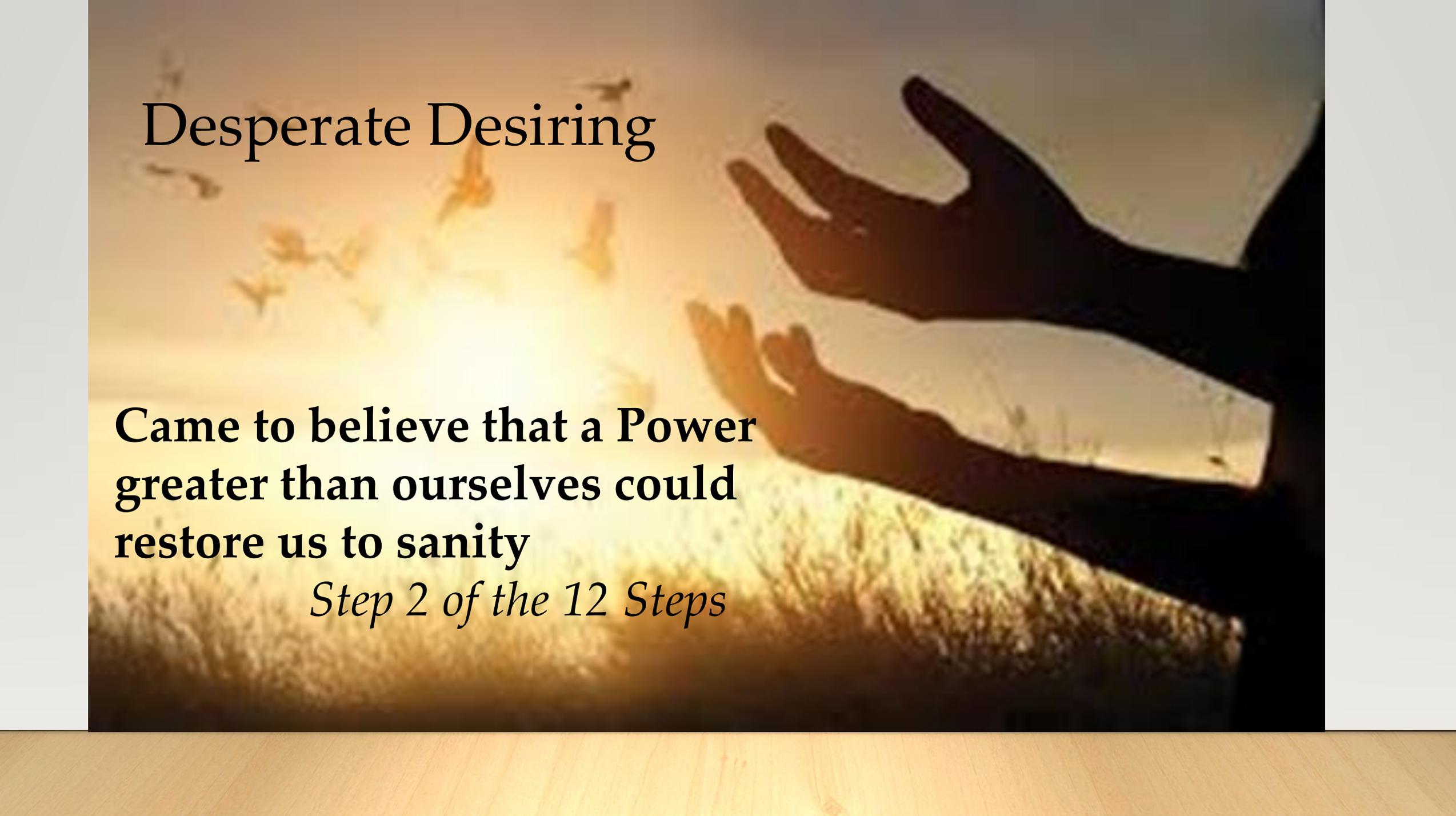
**We admitted
we were
powerless over
alcohol—that
our lives had
become
unmanageable.**

*—Step 1 of the
Twelve Steps*



Powerlessness

Desperate Desiring

A person's hands are raised in prayer, silhouetted against a bright, golden background. The hands are positioned on the right side of the frame, with fingers spread. The background is a warm, glowing light, possibly from a sunrise or sunset, with several birds flying in the sky. The overall mood is one of hope and seeking help.

**Came to believe that a Power
greater than ourselves could
restore us to sanity**

Step 2 of the 12 Steps

**Made a
decision to
turn our will
and our lives
over to the
care of God
as we
understood
God....**

*Step 3 of the 12
Steps*

**Sweet
Surrender**

ALL

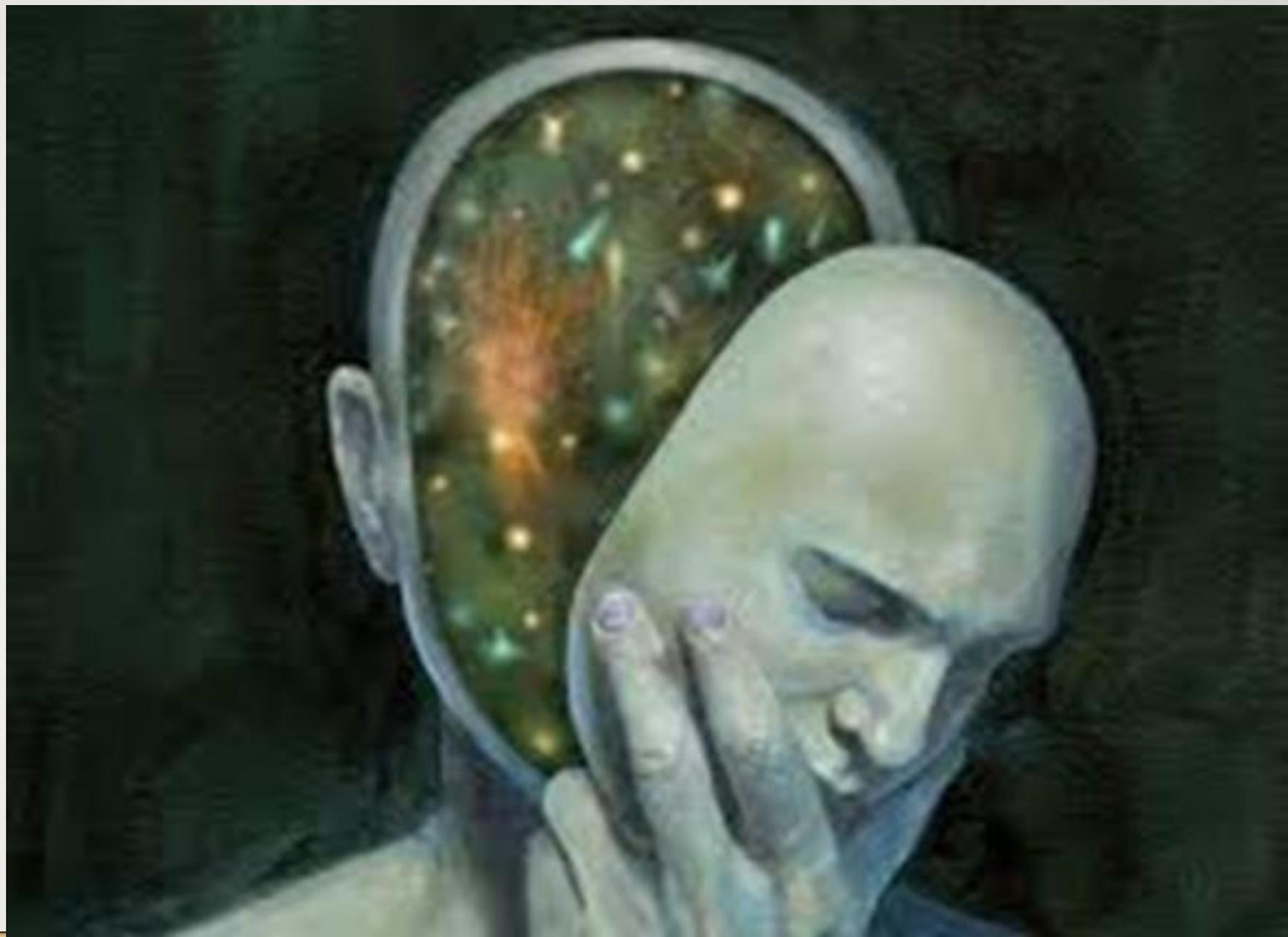


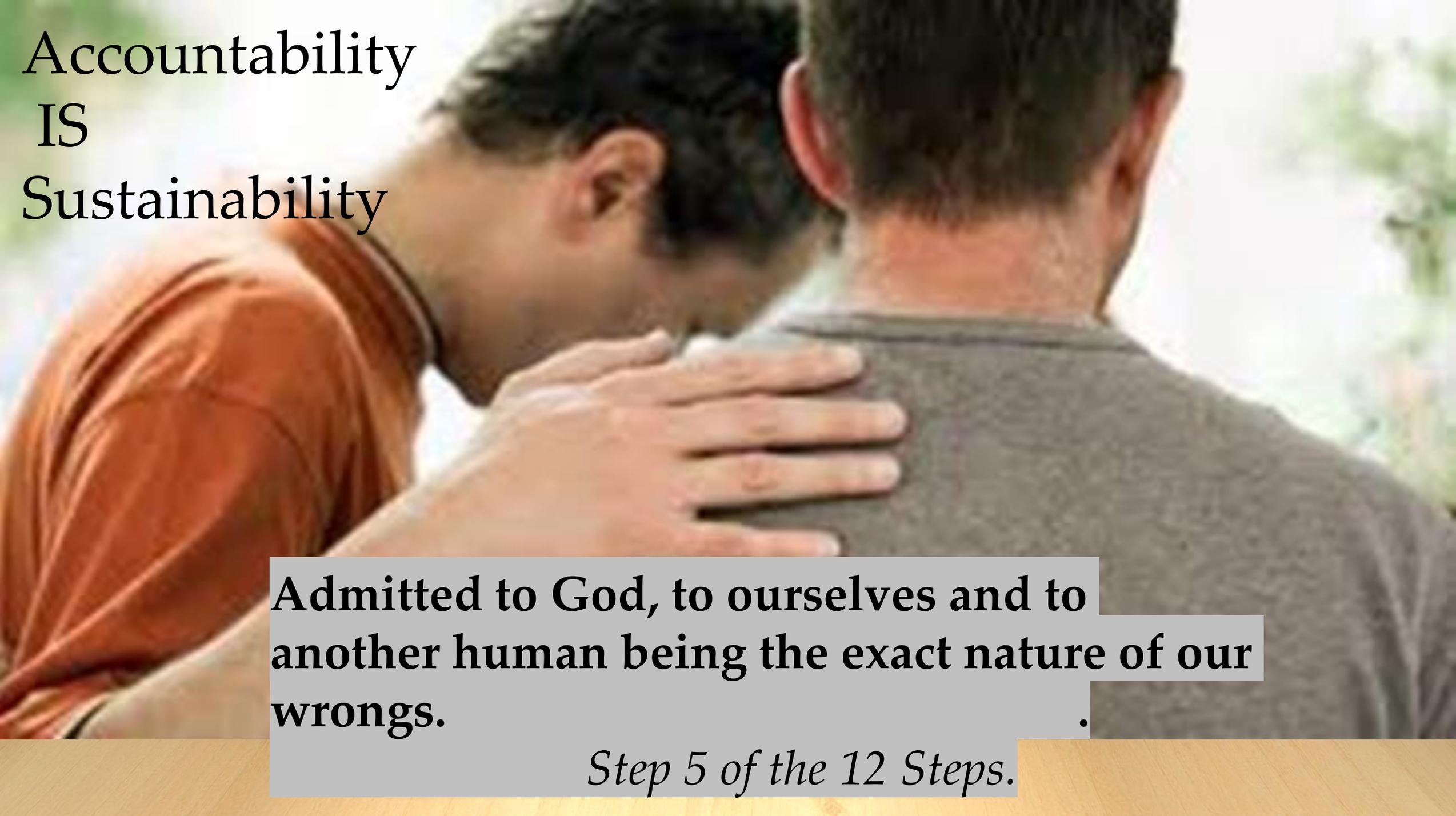
i have is yours

A Good Lamp

**Made a searching
and fearless moral
inventory of
ourselves.**

Step 4 of the 12 Steps



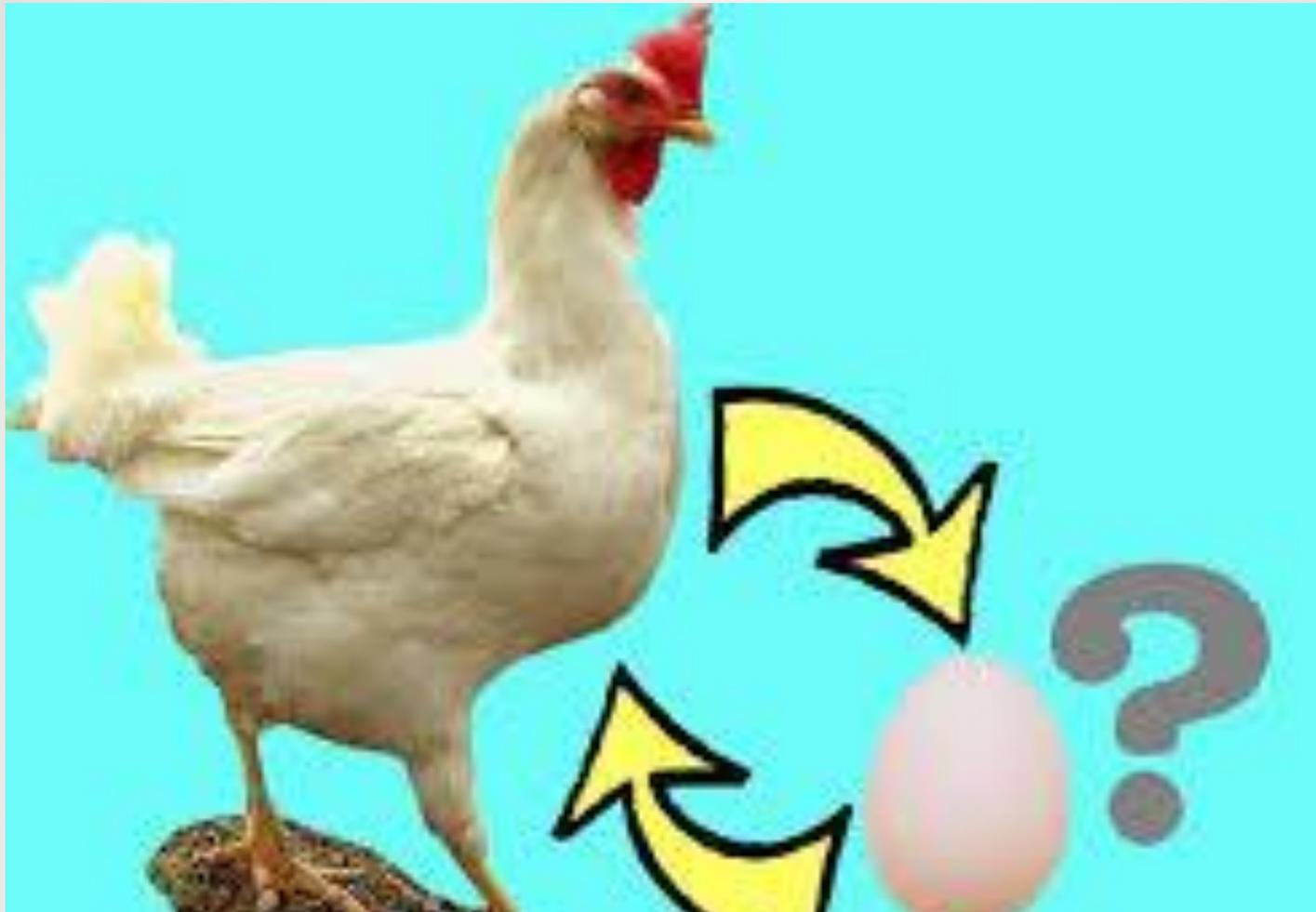
A photograph showing a man in an orange shirt hugging a man in a grey shirt from behind. The man in the orange shirt is leaning in and has his hands on the back of the man in the grey shirt. The background is a blurred outdoor setting with greenery.

Accountability IS Sustainability

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

Step 5 of the 12 Steps.

The Chicken or the Egg: Which Comes First?



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

Step 6 of the 12 Steps

Why do we need to ask?

**Humbly
asked [God]
to remove
our
shortcomings**

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—

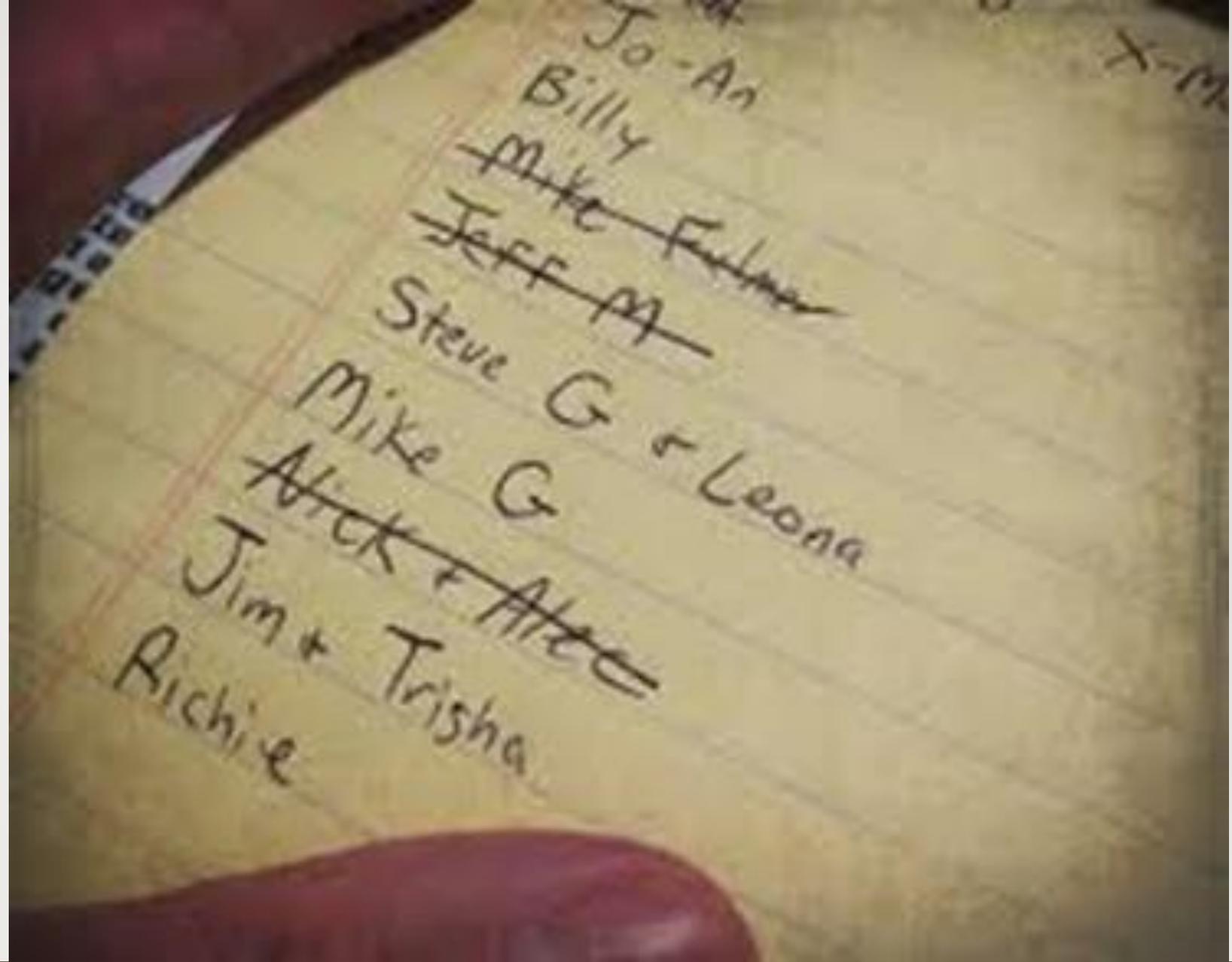
*Step 7 of the
Twelve Steps*



Payback time

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

— *Step 8 of the Twelve Steps*



Wisdom or Skillful Means

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

— Step 9 of the Twelve Steps



Is This Overkill?

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

*Step 10 of the
Twelve Steps*



An Alternative Mind

Sought through prayer and meditation to improve our conscious contact with God, as we understood [God], praying only for knowledge of [God's] will for us and the power to carry that out.

— Step 11 of the Twelve Steps



What Goes Around Comes Around

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

— *Step 12 of the Twelve Steps*

