

Taking A.A.'s Twelve Steps with Back To Basics

Download and print out these 4 pages and use them as you follow along with the **Back To Basics** audio files.

Reading the corresponding Step in the book, 12 Steps and 12 Traditions, can offer additional insight.

Step 1

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

Doctor's Opinion – Pages xxv-xxxii – “Two Fold Illness”. Alcoholism is both mental and physical.

Page 30, Paragraphs 1-4 & Page 31, Paragraph 1. “Powerless” in mental and physical aspects.

Page 31, Paragraph 2. Lives remain unmanageable because we try using self-will to control that which is “beyond human aid”.

Page 31, Paragraphs 3-4. A bottom as a necessary ingredient to a “Psychic Change”.

Page 33, Paragraph 1. “Once an Alcoholic always an Alcoholic”.

Page 34, Paragraph 3.

Page 42, Paragraph 3.

Page 43, Paragraph 3.

Page 44, Paragraph 1.

Taking Step 1

Page 30, Paragraph 2, first 3 lines reworded into a question:

Do you fully concede to your innermost self that you are alcoholic? This is the first step to recovery.

Followed immediately by this statement:

Page 33, Paragraph 1, last 3 lines.

If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.



Step 2

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

Pages 44-57, Chapter 4: We Agnostics.

Page 44, Paragraph 1, Lines 4-9. A definition of an alcoholic!

Taking Step 2

Page 47, Paragraph 2, Lines 2-3.

“Do I now believe, or are you even willing to believe, that there is a Power greater than myself?”

Step 3

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

Pages 58-63.

Page 63, Paragraph 1, “Third Step Promises”. Page 63, Paragraph 2.

Taking Step 3

Page 63, Paragraph 2.

Read the 3rd Step Prayer.

Step 4

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

Page 63, Paragraph 4, through Page 71.

Taking Step 4

Complete the 4th Step, Resentments, Fears, Sex Conduct and Harms Sheets.



Step 5

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

Pages 72-73, Chapter 6: Into Action.

Taking Step 5

**Meet with a Sponsor to discuss your completed 4th Step Inventory Sheets.
We should focus on the exact nature of our wrongs!**

Step 6

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

Page 76, Paragraph 1.

Taking Step 6

Answer both questions from this paragraph.

Step 7

7. *Humbly asked Him to remove our shortcomings.*

Page 76, Paragraph 2.

Taking Step 7

Read 7th Step Prayer.

Step 8

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

Page 76, 3rd Paragraph, first 6 lines.

Taking Step 8

Take all names from 4th Step Sheets and add to new Amends List.



Step 9

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

Page 76, 3rd Paragraph, through Page 84, 1st Paragraph.

Taking Step 9

Go out and start making Amends where owed.

Step 10

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

Page 84, 2nd Paragraph, through bottom of Page 85.

Taking Step 10

We continue to take personal inventory and continue to set right any new mistakes as we go along.

Step 11

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.

Page 85, last two lines, through end of Page 88.

Taking Step 11

We pray and meditate as described in the reading. Specifically, when we retire at night, in the morning and throughout the day when agitated or doubtful.

Step 12

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

Pages 89-103, Chapter: Working With Others.

Taking Step 12

Carry this message to other alcoholics!