

GROUP 1

The 12 Steps: (1 through 6)

Assignment

- Identify as many spiritual principles as possible
- Give a brief example where/how you have used this spiritual principle recently in your home or with another member.

The 12 Steps: (1 through 6)

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.