

The Twelve Steps of the Palmer Drug Abuse Program

1. We admitted that mind-changing chemicals had caused at least part of our lives to become unmanageable.
2. We found it necessary to "Stick with Winners" in order to grow.
3. We realized that a Higher Power, expressed through our love for each other, can help restore us to sanity.
4. We made a decision to turn our will and our lives over to the care of God, as we understand Him.
5. We made a searching and fearless moral inventory of ourselves.
6. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
7. We became willing to allow our Higher Power, through the love of the group, to help change our way of life and humbly asked Him to help us change.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people, whenever possible, except when to do so would injure them, others or ourselves.
10. We have continued to look at ourselves and when wrong, promptly admitted it.
11. We have sought through prayer and meditation to improve our conscious contact with our Higher Power, whom we have chosen to call God, praying only for knowledge of His will for us and the power to carry that out.
12. We, having had a spiritual awakening as a result of these steps, try to carry our love and understanding to others, and to practice these principals in our daily lives.

Adapted from the Twelve Steps of Alcoholics Anonymous
by permission of Alcoholics Anonymous World Services, Inc.

