

The Twelve Adapted Steps

1. We admitted we were powerless over the abuse, and the effects of the abuse, and that our lives had become unmanageable.
2. Came to believe that a loving Higher Power greater than ourselves could restore hope, healing, and sanity.
3. Made a decision to turn our will and our lives over to the care of a loving Higher Power as we understood Higher Power.
4. Made a searching and fearless moral inventory of ourselves, the abuse, and its effects on our lives. We have no more secrets.
5. Admitted to a loving Higher Power, to ourselves, and to another human being our strengths and weaknesses.
6. Were entirely ready to have a loving Higher Power help us remove all the debilitating consequences of the abuse, and became willing to treat ourselves with respect, compassion, and acceptance.
7. Humbly and honestly asked a loving Higher Power to remove the unhealthy and self-defeating consequences stemming from the abuse.
8. Made a list of all the people we had harmed (of our own free will), especially ourselves and our inner child, and became willing to make amends to them all.
9. Made amends to such people wherever possible, except when to do so would result in physical, mental, spiritual or emotional harm to ourselves or others.
10. Continue to take responsibility for our own recovery, and when we find ourselves behaving in patterns still dictated by the abuse, promptly admit it. When we succeed, we promptly enjoy it.
11. Sought through prayer and meditation to improve our conscious contact with ourselves and a loving Higher Power, as we understood Higher Power, asking only for knowledge of Higher Power's will for us and the power and courage to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to other survivors and to practice these principles in all our endeavors.