

12 Steps in



Trusting the Process

with **Diana & Deb**

What are the 12 Steps?

The 12 Steps are the foundation
and principles of my recovery.

They are the tools I can use
EVERY day ... in *EVERY* situation

Why?

The 12 Steps can change my life

Where and When?

In *all* my affairs

**Whenever I need to bring back my focus
to what I can change ... *myself***

How?

1st Identify an issue

Who?	What did they do?			
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“Something’s wrong! I need to fix it!”



Step 1

**I am powerless over other people, places,
and things ... my life is unmanageable**

Step 2



**Came to believe there is power
greater than myself**

Step 3



**Became *willing* to trust my
Higher Power**

**Dealing with fear, anger, resentment ...
these are HUGE**



Like eating an elephant ... one 'bite' at a time


Step 4

Make a searching and fearless moral inventory

Who?	What they did?	How it affected me	My part (3 shortcomings)	
- <i>Be Specific</i> -				

Step 5 Breaking isolation

Admitted to God,
to ourselves,
and another human being

A person is standing in a doorway that is brightly lit with a rainbow spectrum of colors. The person is silhouetted against the light. The background is a dark, cloudy sky at sunset or sunrise, with a horizon line. The overall mood is one of hope and transition.

Step 6. Am I entirely ready ...

Step 7. Humbly ask HP for help

Am I teachable

Step 8

**Made a list
& became willing**

<i>1. Myself</i>
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Step 9

**How will I
make amends?**



What's needed ...

Words? Actions? Behavior?

Step 10

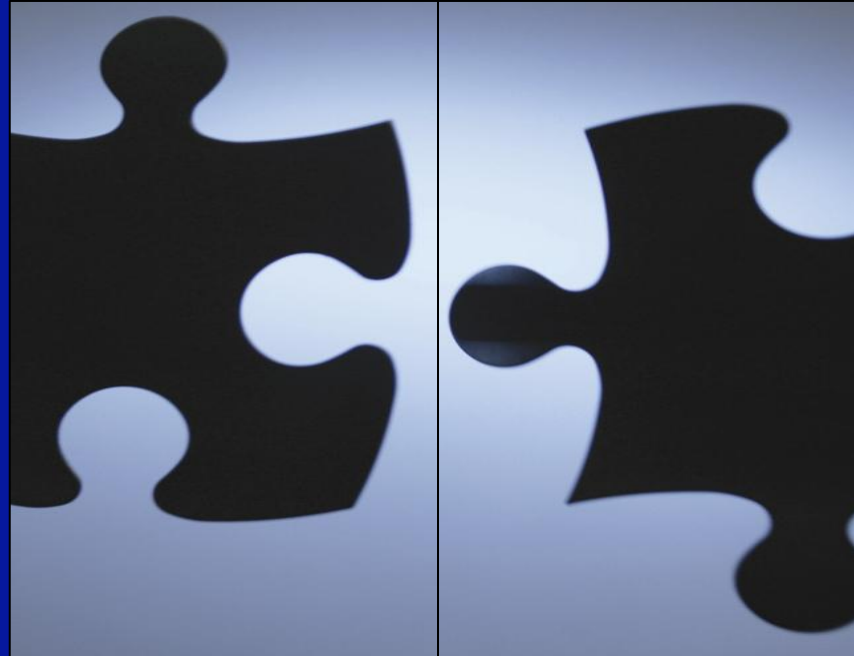
Awareness



... my commitment

Step 11 Seeking Connection

prayer



meditation

**Knowledge of God's will
and the power to carry that out**

Step 12 **Having had a spiritual awakening,
we try to carry this message to others and
practice these principles all our affairs**

