

## GAP Twelve Steps

- 1) We admit we are powerless over \_\_\_\_\_; that our lives have become unmanageable.
- 2) We believe that a God, greater than ourselves, can restore us to sanity.
- 3) We have made a decision to turn our will and our lives over to the care of God..as we understand Him.
- 4) Made a searching and moral inventory of ourselves.
5. Admitting to God, to another person and to ourselves the exact nature of our wrongs.
- 6) We are entirely ready to have God remove all of these defects of our character.
- 7) Humbly ask Him to remove our shortcomings.
- 8) Made a list of all persons we have harmed, and be willing to make amends to them all.
- 9) Made direct amends to such people whenever possible, except when to do so would cause injury to them or others.
- 10) Continue to take personal inventory and when we are wrong admit it.
- 11) Through prayer and meditation improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.
- 12) Having had a spiritual awakening as a result of these steps, we try to carry this message to others and try to practice these principles in all of our affairs.