Wellbriety Steps

FACE THE EAST - FIND THE CREAT OR

STEP 1 - HONESTY
We admitted we were powerless over alcohol – that we had lost control of our lives.

STEP 2 - HOPE
We came to believe that a Power greater than ourselves could help us regain control.

STEP 3 - FAITH
We made a decision to ask for help from a Higher Power and others who understand.

FACE THE SOUTH - FINDING OURSELVES

STEP 4 - COURAGE
We stopped and thought about our strengths and our weaknesses and thought about ourselves.

STEP 5 - INTEGRITY
We admitted to the Great Spirit, to ourselves, and to another person the things we thought were wrong about ourselves.

STEP 6 - WILLINGNESS
We are ready, with the help of the Great Spirit, to change.

FACE THE WEST - FINDING OUR RELATIVES

STEP 7 - HUMILITY
We humbly ask a Higher Power and our friends to help us change.

STEP 8 - FORGIVENESS
We made a list of people who were hurt by our drinking and want to make up for these hurts.

STEP 9 - JUSTICE
We are making up to those people whenever we can, except when to do so would hurt them more.

FACE THE NORTH - FINDING THE ELDERS' WISDOM

STEP 10 - PERSEVERANCE
We continue to think about our strengths and weaknesses and when we are wrong we say so.

STEP 11 - SPIRITUAL AWARENESS
We pray and think about ourselves, praying only for the strength to do what is right.

STEP 12 - SERVICE
We try to help other alcoholics and to practice these principals in everything we do.