



CHOICES in Healing & Recovery: Trauma Informed 12 Steps

1. Admitted we were addicted to alcohol and/or drugs, that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could help us to become empowered.
3. Made a decision to let go of our attempts to control and asked: What would my higher power want for me today?
4. Made a list of our behaviors and patterns that have caused us and others harm, at a pace that was emotionally safe for us.
5. Admitted to our higher power, to ourselves and to another human being our list of behaviors and patterns that have caused us and others harm, at a pace that was emotionally safe for us.
6. Became ready to allow our higher power to guide us in releasing behaviors that no longer serve us.
7. Humbly asked our higher power to help us accept our human imperfections.
8. Made a list of all persons we had harmed, and became willing [internally] to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them, others or ourselves.
10. Continued to take personal inventory and responsibility for our mistakes, and promptly admitted them.
11. Sought through prayer and meditation to improve our conscious contact with the higher power of our understanding, asking ourselves: What would my higher power want for me today? And the empowerment to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to share our stories to support others, and to practice these principles in all our affairs.