

## **TRAUMA INFORMED 12 STEPS**

- 1. Admitted we were addicted to alcohol – 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 had 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 had 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.*