



**~First Step Prayer~**

Dear G-d, I admit that I am powerless over my addiction.  
I admit that my life is unmanageable when I try to control it.  
Help me this day to understand the true meaning of powerlessness.  
Remove from me all denial of my addiction.

**~Second Step Prayer~**

Heavenly Father, I know in my heart that only you can restore me to sanity.  
I humbly ask that you remove all twisted thought and addictive behavior from me this day.  
Heal my spirit and restore in me a clear mind.

**~Third Step Prayer~**

(Page 63 – A. A. Big Book)

G-d, I offer myself to Thee to build with me and to do with me as Thou wilt.  
Relieve me of the bondage of self, that I may better do  
Thy will. Take away my difficulties, that victory over them may bear  
witness to those I would help of Thy Power, Thy Love and  
Thy Way of life, May I do Thy will always!

**~Fourth Step Prayer~**

Dear G-d, It is I who have made my life a mess.  
I have done it, but I cannot undo it.  
My mistakes are mine, and I will begin a searching and fearless moral inventory.  
I will write down my wrongs, but I will also include that which is good.  
I pray for the strength to complete the task.

**~Fifth Step Prayer~**

Dear G-d, My inventory has shown me who I am,  
yet I ask for Your help in admitting my wrongs  
to another person and to You. Assure me, and be with me, in this Step,  
for without this Step I cannot progress in my recovery.  
With Your help, I can do this, and I do it.

**~Sixth Step Prayer~**

Dear G-d, I am ready for Your help in removing from me the defects of character  
which I now realize are an obstacle to my recovery. Help me to continue  
being honest with myself and guide me toward spiritual and mental health.

**~Seventh Step Prayer~**

(Page 76 – A. A. Big Book)

My Creator, I am now willing that you should have all of me, good and bad.  
I pray that you now remove from me every single defect of character  
which stands in the way of my usefulness to you and my fellows.  
Grant me strength, as I go out from here to do your bidding.

**~Eighth Step Prayer~**

Dear G-d, I ask Your help in making my list of all those I have harmed.  
I will take responsibility for my mistakes, and be forgiving to others as  
You are forgiving to me. Grant me the willingness to begin my  
restitution. This I pray.

**~Ninth Step Prayer~**

Dear G-d, I pray for the right attitude to make my amends,  
being ever mindful not to harm others in the process.  
I ask for Your guidance in making indirect amends.  
Most important, I will continue to make amends by  
staying abstinent, helping others, and growing in spiritual progress.

**~Tenth Step Prayer~**

Dear G-d I pray I may continue:  
To grow in understanding and effectiveness;  
To take daily spot check inventories of myself;  
To correct mistakes when I make them;  
To take responsibility for my actions;  
To be ever aware of my negative and self-defeating attitudes and behaviors;  
To keep my willfulness in check;  
To always remember I need Your help;  
To keep love and tolerance of others as my code;  
And to continue in daily prayer how I can best serve You.

**~Eleventh Step Prayer~**

Dear G-d, I pray to keep my connection with  
You open and clear from the confusion of daily life.  
Through my prayers and meditation I ask especially for  
freedom from self-will, rationalization, and wishful thinking.  
I pray for the guidance of correct thought and positive action.  
Your will G-d, not mine, be done.

**~Twelfth Step Prayer~**

Dear G-d, My spiritual awakening continues to unfold.  
The help I have received I shall pass on and give to others,  
both in and out of the Fellowship. For this opportunity I am grateful.  
I pray most humbly to continue walking day by day on the road of spiritual progress.  
I pray for the inner strength and wisdom to practice the principles of  
this way of life in all I do and say.