

# *The Twelve Foundations of Self-Discovery*

## *"The New Twelve Steps"*

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**1. Affirmed that I (as a creative center of Infinite Spirit) have power and dominion over the conditions of my life.**

*We admitted we were powerless over our addictions, that our lives had become unmanageable. (1)*

**2. Came to believe that the conscious power within myself, and my intelligent use of that power, is the very thing that could restore me to wholeness.**

*Came to believe that a power greater than ourselves could restore us to sanity. (2)*

**3. Made a decision to align my life (and my will, thoughts, and actions) with my highest good and the Spirit of Life.**

*Made a decision to turn our will and our lives over to the care of God as we understood him. (3)*

**4. Made a complete and fearless assessment of my life, my priorities, my wants, and my place in the world; sought to go beyond fear and/or lack and to live my life from a state of calm knowingness and abundance.**

*Made a searching and fearless moral inventory of ourselves. (4)*

**5. Dared to express (and partake in) my true humanity and joy.**

*Admitted to ourselves, to God, and to another human being the exact nature of our wrongs. (5)*

**6. Was entirely ready to take responsibility for my own transformation and accept my place as a co-creator with Spirit—and never to expect Spirit to do *for* me what it can only do *through* me.**

*Were entirely ready to have God remove all these defects of character. (6)*

**7. From a place of wholeness and allowance, became ready to cultivate my true and noble qualities.**

*Humbly asked Him to remove our shortcomings. (7)*

**8. Was ready to have every relationship in my life be a source of benefit and support; was ready to resolve negative emotions (such as anger, guilt, regret etc.) and to forgive others and myself as needed.**

*Made a list of all persons we had harmed, and became willing to make amends to them all. (8)*

**9. Took steps to put my house in order, to bring balance, joy, peace, and stability to my life.**

*Made direct amends to such people whenever possible, except when to do so would injure them or others. (9)*

**10. Continued to shift my thoughts (and actions) toward the positive, abide in presence, and cultivate that which brings value and joy to my life.**

*Continued to take personal inventory and when we were wrong promptly admitted it. (10)*

**11. Sought through meditation and/or prayer to deepen my contact with essential presence, enhance my creative power, and align my life with the expansive movement of Spirit (and Divine Will).**

*Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out. (11)*

**12. Having realized my true self and creative power (through participation with these steps) I was inspired to share this state with others and to live in accordance with these higher principles.**

*Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts and to practice these principles in all our affairs. (12)*