

12 Steps

1. We admitted we were powerless over our relationship – that our life together had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to commitment and intimacy.
3. We made a decision to turn our wills and our life together over to the care of God as we understood God.
4. We made a searching and fearless moral inventory of our relationship together as a couple.
5. We admitted to God, to each other, and to another couple the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character, communication, and caring.
7. We humbly asked God to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it to our partner and to others we had harmed.
11. We sought through our common prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other couples, and to practice these principles in all aspects of our lives, our relationship, and our families.