

## **Our 12 Skills**

*Inspired by the Wisdom of the 12 Steps of Alcoholics Anonymous*

1. We admitted that we were powerless over our addictive behaviors, that our lives had become unmanageable.
2. We came to believe that a power beyond self could restore us to wholeness.
3. We made a decision to seek refuge with this power *as we perceived it*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to ourselves, to that which is beyond self, and to another human being the exact nature of our harming behaviors.
6. We became entirely ready for personal transformation.
7. With the help of that which is beyond self and our recovery community, we worked to transform unskillful aspects of ourselves into benevolent ones.
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 where possible, except when to do so would injure them or others, and also made a commitment to release our ill-will towards those who had harmed us.
10. We continued to maintain awareness of our actions and motives, and where we were unskillful, promptly admitted it.
11. With intention and meditation, we improved our conscious contact with that which is beyond self *as we perceived it*, seeking our true path and the resources to follow that path.