



The Twelve Steps of Serenity Groups

Serenity Groups offer support, strength, and opportunities for spiritual growth to those suffering from any addiction, compulsion, disease or weakness, as well as their loved ones and care givers.

The First Step to Serenity

We admitted we were powerless to overcome our weaknesses—that our lives had become unmanageable.

The Second Step to Serenity

Came to believe that a Power greater than ourselves could restore us to sanity.

The Third Step to Serenity

Made a decision to turn our will and our lives over to the care of God.

The Fourth Step to Serenity

Made a searching and fearless moral inventory of ourselves.

The Fifth Step to Serenity

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

The Sixth Step to Serenity

Were entirely ready to have God remove all these defects of character.

The Seventh Step to Serenity

Humbly asked Him to remove our shortcomings.

The Eighth Step to Serenity

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

The Ninth Step to Serenity

Made direct amends to such people wherever possible, except when to do so would injure them or others.

The Tenth Step to Serenity

Continued to take personal inventory and when we were wrong promptly admitted it.

The Eleventh Step to Serenity

Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

The Twelfth Step to Serenity

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Please notice that these 12 Steps to Serenity are slightly modified from the 12 Steps of Alcoholics Anonymous, because *The Twelve Steps Journey* and **The Twelve Steps of Serenity Groups** are for everyone, no matter what their disease, addiction, compulsion, dependency, or weakness; and they are also for those who are the loved ones or caregivers of those with any problem or weakness. To truly benefit from the 12 Steps and the **Prayer Steps to Serenity**, we recommend that one's Higher Power be the God of the Bible.

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