



Life Recovery Fellowship  
Live in Freedom Everyday



## Twelve Steps of Recovery

1. We admitted we were powerless over our Hurts Habits and Hangups and our lives have become unmanageable.
2. Came to believe that God can and will restore us to sanity.
3. Made a decision to turn our will and our lives over to the care and direction of God.
4. Made a searching and fearless moral and spiritual inventory of ourselves.
5. Admitted to God and ourselves the exact nature of our wrongs.
6. Were entirely ready and willing to have God remove all these defects of character.
7. Humbly asked Him to remove the sin from our life.
8. Thought of all the persons we have hurt, and became willing to make these things right.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others that have Hurts Habits and Hangups, and to practice these principles in all our affairs.