

Nicotine Anonymous

STEP ONE

We admitted we were powerless over nicotine - that our lives had become unmanageable.

STEP TWO

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

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

STEP FIVE

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

STEP SIX

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

STEP SEVEN

Humbly asked Him to remove our shortcomings.

STEP EIGHT

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

STEP NINE

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

STEP TEN

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

STEP ELEVEN

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.

STEP TWELVE

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