

On-Line Gamers Anonymous

12 Steps and Principles for OLGA / OLG-Anon

These twelve steps and principles (the principles can also be used by athiests and agnostics) are guidelines for members of On-Line Gamers Anonymous to live by. We can recognize and overcome living issues by using the twelve steps and/or principles. If you choose to embrace these steps and principles into your life, it will get better, no matter what you are having a problem with.

1. We admitted we were powerless over gaming, and that our lives have become unmanageable.

Principles - Honesty and Acceptance

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

Principle - Hope

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

Principle - Faith

4. Made a searching and fearless moral inventory of ourselves.

Principles - Action and Courage

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

Principle - Integrity

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

Principle - Willingness

7. Humbly asked God to remove our shortcomings.

Principle - Humility

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

Principle - Brotherly love

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

Principle - Justice

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

Principle - Perseverance

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

Principle - Spirituality

12. Having had a spiritual awakening as the result of these steps, we carried this message to others who game excessively and practiced these principles in all our affairs.

Principle - Service

Note: The Twelve Steps of Alcoholics Anonymous have been adapted for OLGA/OLG-Anon with the permission of Alcoholics Anonymous World Services, Inc. ("A.A.W.S."). A.A. is not affiliated with OLGA/OLG-Anon as A.A. is a program of recovery from alcoholism only.

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