

THE TWELVE SUGGESTED STEPS OF NEUROTICS ANONYMOUS

- 1—We admitted we were powerless over our emotions
—that our lives had become unmanageable.
- 2—Came to believe that a Power greater than our-
selves could restore us to sanity.
- 3—Made a decision to turn our will and our lives
over to the care of God *as we understood Him*.
- 4—Made a searching and fearless moral inventory of
ourselves.
- 5—Admitted to God, to ourselves and to another
human being the exact nature of our wrongs.
- 6—Were entirely ready to have God remove all these
defects of character.
- 7—Humbly asked Him to remove our shortcomings.
- 8—Made a list of all persons we had harmed, and
became willing to make amends to them all.
- 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 im-
prove 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
neurotics, and to practice these principles in all
our affairs.