# 12 Steps of Alcoholics Anonymous

1. (Amethyst) Admitted we were powerless over drugs/alcohol and that our lives had become unmanageable.
2. (Peridot) Came to believe that a Power greater than ourselves could restore us to sanity.
3. (Smokey Quartz) Made a decision to turn our will and our lives over to the care of a Higher Power *as we understood him/her.*
4. (Turquoise) Made a Searching and Fearless moral inventory of ourselves.
5. (Carnelian) Admitted to a Higher Power, to ourselves and to another human being the exact nature of our wrongs.
6. (Florite) Were entirely ready to have a Higher Power remove all these defects of character.
7. (Clear Quartz) Humbly asked our Higher Power to remove our shortcomings.
8. (Blue Lace Agate) Made a list of all persons we had harmed, and became willing to make amends to them all.
9. (Sodalite) Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. (Pearl) Continued to take personal inventory and when we were wrong, promptly admitted it.
11. (Iolite) Sought through prayer and meditation to improve our conscious contact with our Higher Power *as we understand him/her*, praying only for his/her will for us and the power to carry that out.
12. (Labradorite) Having had a spiritual awakening as a result of these steps, we tried to carry this message to the alcoholics/drug addicts, and to practice these principles in all our affairs.