



# The Twelve Steps of Serenity Groups

*Serenity Groups offer support, strength, and opportunities for spiritual growth to those suffering from any addiction, compulsion, disease or weakness, as well as their loved ones and care givers.*

## **The First Step to Serenity**

*We admitted we were powerless to overcome our weaknesses—that our lives had become unmanageable.*

## **The Second Step to Serenity**

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

## **The Third Step to Serenity**

*Made a decision to turn our will and our lives over to the care of God.*

## **The Fourth Step to Serenity**

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

## **The Fifth Step to Serenity**

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

## **The Sixth Step to Serenity**

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

## **The Seventh Step to Serenity**

*Humbly asked Him to remove our shortcomings.*

## **The Eighth Step to Serenity**

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

## **The Ninth Step to Serenity**

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

## **The Tenth Step to Serenity**

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

## **The Eleventh Step to Serenity**

*Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.*

## **The Twelfth Step to Serenity**

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

Please notice that these 12 Steps to Serenity are slightly modified from the 12 Steps of Alcoholics Anonymous, because *The Twelve Steps Journey* and **The Twelve Steps of Serenity Groups** are for everyone, no matter what their disease, addiction, compulsion, dependency, or weakness; and they are also for those who are the loved ones or caregivers of those with any problem or weakness. To truly benefit from the 12 Steps and the **Prayer Steps to Serenity**, we recommend that one's Higher Power be the God of the Bible.

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