

Our program is: 12 Step Program

What are the 12 Step Programs for Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Cocaine Anonymous (CA)?

These are programs that have provided great help to millions of men and women who once used excessively. The AA Program was founded when alcoholics were finally able to acknowledge they could not handle alcohol and through the support of AA's Fellowship and the 12 Step program, found a new healthier way of life that excluded drinking. This has been passed on to the NA Program which is specifically for Narcotic addicts in active addiction seeking recovery and then onto the CA Program for those with a Cocaine addiction. Simply put, the AA, NA and CA Programs are operated by having recovered alcoholics or addicts share their stories, describe the sobriety/recovery they have found in AA, NA, and CA and then invite the newcomer to join the peer-based supportive Fellowship and work the 12 Step program. The heart of the suggested program of personal recovery is contained in 12 Steps describing the experience of the earliest members of the Society:

The 12 Steps of Alcoholics Anonymous

Step 1 : We admitted we were powerless over alcohol - that our lives had become unmanageable.

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

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

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

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

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

Step 7 : Humbly asked Him to remove our shortcomings.

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

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

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

Step 11 : 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 12 : Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Newcomers to AA, NA, or CA are encouraged to keep an open mind to the program, to attend meetings at which recovered alcoholic addicts share their personal experience, strengths and hopes in order to achieve sobriety, and to read AA, NA, and CA literature describing and interpreting the program. They emphasize that all available medical evidence indicates that alcoholism is a progressive disease, that it cannot be cured in the ordinary sense of the term, but that it can be arrested and recovery is possible. This is only through total abstinence from all alcohol and drugs in any form and working the 12 Step program.

All of AA's, NA's, and CA's efforts encourage working of the 12 Steps Program focused on helping its members achieve and maintain personal sobriety, which many of their members manage to do.

The 12 twelve steps of Alcoholics Anonymous have been modified slightly to be used as the 12 Steps of Narcotics Anonymous, the 12 Steps of Cocaine Anonymous, the 12 Steps of Gamblers Anonymous and the 12 Steps of all other 12 Step self help support groups (fellowships) as they are continually being proven to work.

The 12 Steps of Narcotics Anonymous

Step 1 : We admitted that we were powerless over our addiction, that our lives had become unmanageable.

Step 2 : We came to believe that a Power greater than ourselves could restore us to sanity.

Step 3 : We made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4 : We made a searching and fearless moral inventory of ourselves.

Step 5 : We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6 : We were entirely ready to have God remove all these defects of character.

Step 7 : We humbly asked Him to remove our shortcomings.

Step 8 : We made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 : We made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10 : We continued to take personal inventory and when we were wrong promptly admitted it.

Step 11 : We 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 12 : Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

The 12 Steps of Cocaine Anonymous

Step 1 : We admitted we were powerless over cocaine and all other mind-altering substances — that our lives had become unmanageable.

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

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

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

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

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

Step 7 : Humbly asked Him to remove our shortcomings.

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

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

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

Step 11 : 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 12 : Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

As you will see the 12 Steps are very slightly altered for each 12 Step Programs, but the purpose is still the same.

For example, the 12 Steps used by Cocaine Anonymous are the same as the 12 Steps used by Alcoholics Anonymous apart from Step 1 and Step 12.

If you are thinking of working a 12 Step Program to deal with alcoholism or an addiction to drugs or both, then do so with the guidance of a sponsor who has already worked the 12 Step program of your choice.