

In April 1939 a man by the name of Bill W. in association with a number of other people officially published to the world the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The fact that these people were even *alive*, much less sober and able to publish a book (*Alcoholics Anonymous*), was one of the greatest miracles of modern times. The medical world was amazed, left without an explanation for this unprecedented restoration to normal, sane living, totally relieved of the need to drink. What had Bill and his associates done? What answer had they found? It was simply this: *They had found God.*

Believing they could do the impossible if it were God's will, they set about to form a fellowship based on *spiritual principles*. Principles so universal and true that they could be applied by anyone who had even the smallest amount of willingness to believe in a benevolent God, leaving each free to define God as they best understood Him.

It worked.

Little did anyone realize that in that humble effort by a bunch of previously hopeless, derelict drunks was the beginning of the single most powerful program for overcoming self-destructive behaviors that has ever been introduced to the world. No efforts by medical science or modern psychology has ever duplicated their success.

Latter-day Saints should not be surprised at the success of these twelve steps. The Prophet Joseph Smith taught that with correct principles people can learn to govern themselves. It should also be no surprise that principles so profoundly effective as the twelve steps would be in complete harmony with the scriptures and with the gospel.

In the years since their introduction, these principles applied in this order, have been found to overcome any form of addiction, *behavioral as well as chemical*. It is in the overcoming of *behavioral* addiction that Latter-day Saints are finding Joseph's words fulfilled in these steps.

*Heart t' Heart* has been established as a support group for those whose lives are affected by any type of addiction in themselves or in a loved one. In this pamphlet you will find the twelve steps only slightly adapted from AA's originals. Under each of these you will find the scriptural equivalent accompanied by references.

These principles are correct. These steps are sure. They can "restore us to sanity," put our lives in balance, and give us the ability to "govern ourselves." Why? Because they turn *our hearts* to God. Nothing less than a *personal relationship* with Him can give us the power we need.

### The Original Twelve Steps from Alcoholics Anonymous

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves 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 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.
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.

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# The Twelve Steps of



 Heart t' Heart  
An LDS 12-Step Recovery Resource

# The Twelve Steps of Heart t' Heart

**1. We admitted we were powerless over compulsive addictive behaviors\* — that our lives had become unmanageable.** *Admitted that we of ourselves are powerless, nothing without God. (Mosiah 4:5; Alma 26:12)*

**2. Came to believe that a Power greater than ourselves could restore us to sanity.** *Came to believe that God has all power and all wisdom and that in His strength we can do all things. (Mosiah 4:9; Alma 26:12)*

**3. Made a decision to turn our will and our lives over to the care of God as we understood Him.** *Made the decision to reconcile ourselves to the will of God, offer our whole souls as an offering unto Him, and trust Him in all things forever. (2 Nephi 10:24; Omni 1:26; Mosiah 3:19; 2 Nephi 4:34)*

**4. Made a searching and fearless moral inventory of ourselves.** *Made a searching and fearless written inventory of our past in order to thoroughly examine ourselves as to our pride and other weaknesses with the intent of recognizing our own carnal state and our need for Christ's Atonement. (Alma 15:17; Mosiah 4:2; Jacob 4:6–7; Ether 12:27)*

**5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.** *Honestly shared this inventory with God and with another person, thus demonstrating the sincerity of our repentance, and our willingness to give away all our sins that we might know Him. (Mosiah 26:29; Alma 22:18)*

**6. Were entirely ready to have God remove all these defects of character.** *Became humble enough to yield our hearts and our lives to Christ for His sanctification and purification, relying wholly upon His merits, acknowledging even our own best efforts as unprofitable. (Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20–21)*

**7. Humbly asked Him to remove our shortcomings.** *Humbly cried unto the Lord Jesus Christ in our hearts for a remission of sins that through His mercy and His grace we might experience a mighty change of heart, lose all disposition to do evil, and thus be encircled about in the arms of safety because of His great and last sacrifice. (Alma 36:18; Alma 38:8; Moroni 10:32; Mosiah 5:2; Alma 34:15–16)*

**8. Made a list of all persons we had harmed and became willing to make amends to them all.** *Made a list of all persons we had harmed and became willing to make restitution to all of them (even those we had harmed in what we might have considered righteous anger), desiring instead to be peacemakers and to do all that we could to come unto God by being first reconciled to others. (3 Nephi 12:9; 3 Nephi 12:24; 3 Nephi 12:44–45)*

**9. Made direct amends to such people wherever possible except when to do so would injure them or others.** *Made restitution directly to those we had harmed, confessing our own wrongdoing in each instance except when to do so would further injure them or others. (Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30)*

**10. Continued to take personal inventory and when we were wrong promptly admitted it.** *Realizing that the weakness to be tempted and to sin is a part of the mortal experience, we continued to take personal inventory and when we were wrong promptly admitted it, being willing to repent as often as needed. (2 Nephi 4:18; 2 Nephi 10:20; Mosiah 26:30)*

**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.** *Sought through prayer and meditation to improve our conscious contact with God, seeking the words of Christ through the power of the Holy Ghost that they might tell us all things that we should do, praying only for a knowledge of His will for us and the power to carry that out. (2 Nephi 32:3; Alma 37:37; Helaman 10:4)*

**12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others still suffering from the effects of compulsive behaviors and to practice these principles in all our affairs.** *Having experienced a mighty change and having awakened unto God as a result of our sincere repentance demonstrated in taking these steps, we were willing to become instruments in carrying this message to others and to practice these principles in all our affairs. (Alma 5:7; Mosiah 27:36–37; Moroni 7:3)*

\*Any problem may be inserted here, in place of "compulsive addictive behaviors."