

A stylized black icon of a human figure with arms raised, positioned to the left of the text.

Heart t'Heart

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The Twelve Steps of Heart t' Heart

1. We admitted we were powerless over compulsive addictive behaviors*—that our lives had become unmanageable. (*Mosiah 4:5; Alma 26:12*)
2. Came to believe that a Power greater than ourselves could restore us to sanity. (*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. (*2 Nephi 10:24; Omni 1:26; Mosiah 3:19; 2 Nephi 4:34*)
4. Made a searching and fearless moral inventory of ourselves. (*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. (*Mosiah 26:29; Alma 22:18*)
6. Were entirely ready to have God remove all these defects of character. (*Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20–21*)
7. Humbly asked Him to remove our shortcomings. (*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. (*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. (*Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30*)
10. Continued to take personal inventory and when we were wrong promptly admitted it. (*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. (*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. (*Alma 5:7; Mosiah 27:36–37; Moroni 7:3*)

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

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc.

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