

The Twelve Steps of Abusers and Victims Anonymous

- 1. We admitted that we were powerless over our psychologically and physically violent interpersonal relationships.**
- 2. Came to believe that a power greater than ourselves could restore our interpersonal relationship experiences to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God, as we understood that power.**
- 4. Made a searching and honest inventory of our experiences of dominating and abusing others and of being dominated and abused.**
- 5. Admitted to God, ourselves and to another human being the exact truth of our relationship experiences.**
- 6. Were entirely ready to allow God to dissolve our victim-abuser patterns and heal their conscious and unconscious causes.**
- 7. Humbly and sincerely asked God to heal our unconscious and conscious abuser-victim patterns and their causes.**
- 8. Made a list of all people we had harmed and who had harmed us, and become willing to make amends, and/or speak our truth without fear.**
- 9. Approached our victims and abusers with the truth as we experienced it and forgave or asked forgiveness of them whenever possible, except when to do so would injure or endanger ourselves or others.**
- 10. Continued to make honest personal inventories. When we were wrong, we promptly admitted it, and when we were not at fault, we found the courage to say so.**
- 11. Sought through prayer, meditation and service to improve our conscious contact with God, as we experienced that Power, praying only for knowledge of God's Will for us and others and the strength and humility to surrender to God's Will.**
- 12. Having had a spiritual awakening as the result of these steps, we tried to share this process with other people in distress, and to practice these steps in all of our affairs.**

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THE TWELVE STEPS OF 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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