From the 14th printing
of the book
"Alcoholics Anonymous"

JANUARY 1953

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RARELY have we seen a person fail
who has thoroughly followed our
path. Those who do not recover are
people who cannot or will not completely give themselves to this simple
program, usually men and women who
are constitutionally incapable of being honest with themselves. There are such
unfortunates. They are not at fault;
they seem to have been born that way.
They are naturally incapable of grasp-
ing and developing a manner of living
which demands rigorous honesty.
Their chances are less than average.
There are those, too, who suffer from
great emotional and mental disorders,
but many of them do recover if they
have the capacity to be honest.

Our stories disclose in a general
way what we used to be like, what
happened, and what we are like now.
If you have decided you want what
we have and are willing to go to any
length to get it—then you are ready
to take certain steps.

At some of these we balked. We
thought we could find an easier, softer
way. But we could not. With all the
earnestness at our command, we beg of
you to be fearless and thorough from
the very start. Some of us have tried
to hold on to our old ideas and the
result was nil until we let go
absolutely.

Remember that we deal with alcohol —cunning, baffling, powerful! With-
out help it is too much for us. But
there is One who has all power—That
One is God. May you find Him now!

Half measures availed us nothing.
We stood at the turning point. We
asked His protection and care with
complete abandon.

Here are the steps we took, which
are suggested as a Program of Rec-
covery:

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 re-
   store 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 in-
   ventory and when we were
   wrong promptly admitted it.
11. Sought through prayer and med-

(Excerpt from pages 70-72)