

MEDICATION-ASSISTED RECOVERY ANONYMOUS® THE TWELVE STEPS

1. We admitted that, without help, we have an inability to control many of our behaviors and that our lives had become unmanageable.
2. We came to believe that, like all human beings, our power was limited, and we needed to let go and learn from others.
3. We made a decision to accept that we cannot control everything, assume a mindset of goodwill, seek the wisdom of responsible others and begin to seek our true voice within.
4. We made a detailed inventory of our strengths, weaknesses, and misconceptions.
5. We admitted to ourselves and to another human being the exact nature of the unhealthy behaviors which have resulted from our weaknesses & misconceptions.
6. We were entirely ready to listen to wise counsel and seek that still small voice within to guide us to change our behaviors which have been harmful to ourselves and others.
7. We humbly began the process of deep change, so we could overcome our weaknesses and build new strengths.
8. We made a list of all the people we have harmed, people who have harmed us, and how we have reacted to the various ways we have been harmed.
9. Having become aware of our REACTIONS, we made direct amends wherever possible, except when to do so would injure them or others.
10. We continued to look for misconceptions in our beliefs, forgave ourselves each time we found one, and took a day-by-day inventory listing our reactions to unforeseen situations.
11. We sought through self-reflection and meditation to improve our awareness and understanding of ourselves and the world around us.
12. As a result of these steps, we became aware of our true voice within. We came to realize our purpose and helped others find theirs.

While the Twelve Steps and Twelve Traditions of Medication-Assisted Recovery Anonymous® (MARA) were inspired by A.A.'s Twelve Steps and Twelve Traditions; they are not an adaptation rather they were created specifically for this organization and should not be construed otherwise. A.A. is a program concerned only with the recovery of alcoholism and is not in any way affiliated with this fellowship.