

Step 1

We admitted we were powerless over alcohol, that our lives had become unmanageable.

This crazy carousel keeps going 'round and 'round
I've waited so long for it to stop
I've tried everything to slow this damn thing down
But it seems I'm not able to get off

All this time I've spent denying the facts of my disease
And now my unmanaged life has managed to bring me to my knees

I can't believe my life's become such a mess
Everything around me is just a blur
I've tried my solutions with no success
All I've done is make things worse

All this time I've spent denying the facts of my disease
And now my unmanaged life has managed to bring me to my knees

I keep thinking there's something I can do
Something I just haven't tried
But I'll admit that I'm out of answers
And it feels like part of me has died

All this time I've spent denying the facts of my disease
And now my unmanaged life has managed to bring me to my knees

A little voice inside keeps tugging at my heart
It says "There's nothing you can do"
And somehow through my pain
I realize it's true

All this time I've spent denying the facts of my disease
And now my unmanaged life has managed to bring me to my knees

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

You shouted at me but I didn't hear
Nothing was getting through my pain
I cursed your name for abandoning me
I needed someone to blame

Now I'm awake
And I'm alive

For years I missed the signs you planted in the road
I was blind to everything around me
In my confusion and desperation
You snuck into my heart and I began to see

I'm awake
I'm alive

Sometimes I wish that I had found you long ago
All those wasted years seem such a shame
But perhaps I needed to spend some time in hell
Before I could finally know your name

I'm awake
I'm alive

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Every day things race by
I judge them selfishly
Good or bad, right or wrong
For me or against me

When I'm scared or hurt
I don't want to think or feel
Just want to do something
To make this pain less real

Maybe I should trust if only for today
That everything will be okay

When I look back on the past
At painful things in my life
It gives me proof
You'll help me survive

I see now what I didn't back then
The Phoenix will rise
Things I thought were terrible
Just blessings in disguise

Maybe I should trust if only for today
That everything will be okay

Take my fear, take my pain
Take my grief, take my shame
Take my struggles, take my strife
Take my will, take my life

If I can remember you love me
And want me to be happy joyous and free
I can find the strength and the courage
To give up all of me

So I will trust if only for today
That everything is okay

Step 4

Made a searching and fearless moral inventory of ourselves.

I don't want to look at all the things that I've done
I don't want to look at all the things I've become

But you say I can find hope
You tell me I can find peace
If I'm willing to be honest
I can be released

My past doesn't define me I know I did the best I could
It's just that sometimes my best wasn't all that good

But you say I can find hope
You tell me I can find peace
If I'm willing to be honest
I can be released

I think it's my thinking that I need to understand
The thoughts that led to actions caused the problems I've had

But you say I can find hope
You tell me I can find peace
If I'm willing to be honest
I can be released

I'm scared to look inside me, I'm afraid of what I'll see
I don't know if I can change
I see the person I want to be but there's so far to go
Will it be worth the pain

But you say I can find hope
You tell me I can find peace
If I'm willing to be honest
If I'm willing to be honest

Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

I wrote it down and what a story it tells
I'm ashamed to admit that's me
All the things I've covered up so well
But now it's time to come clean

I get down on my knees
I'm not sure what to say
But He already knows
And so I pray

Never before have I looked at myself
And been truly honest about what I see
Now with open eyes I dare to seek the truth
And acknowledge I'm not who I want to be

I stare at the mirror
And to myself I say
I'll do better
Starting today

Now I'm sitting with you and I'm so scared
Cause it's frightening to speak these things out loud
I wonder just what you'll think of me
But I guess I shouldn't be so damned proud

So I share what I've written
And still fear what you'll do
But you just smile
And say "I've done those things too"

And a weight has been lifted
Never felt so alive
I thank God I had the courage
To take Step Five

Step 6

Were entirely ready to have God remove all these defects of character.

When I was young I learned people leave you at every turn
You can't trust anyone and love won't stay
When my heart yearns I won't allow it to get burned
If I get too close to someone I run away

And that protected me for awhile
But eventually that turned into denial
Now that I know I what my Higher Power's for
I don't need to do that anymore

There was chaos all around me I just wanted everyone to see
I was worthy of attention and love
In my quest for perfection I judged everything without exception
Nothing was ever good enough

That protected me for awhile
But eventually that turned into denial
Now that I know I what my Higher Power's for
I don't need to do that anymore

To other harmful things I continue to cling
But deep inside I know
If I want to see the person I want to be
Then it's time to let them go

I fooled myself for awhile
But I can no longer remain in denial
Now that I know I what my Higher Power's for
I don't need to do that anymore

Step 7

Humbly asked Him to remove our shortcomings.

I'm down on bended knees
And God, I beg you please
Take away the parts of me
I no longer need

My ego and my pride
My impatience and my lies
Please take them
Please take them

With your help I'll figure out
How to learn to live without
The things that hide
The better parts of me

My fear and my lust
My anger and mistrust
Please take them
Please take them

Some say these things lift suddenly
I don't know if that's true
Maybe they're here to remind me
I can't do this without you

I'm down on bended knees and God, I beg you please
Take away these things that I no longer need
With your help I'll figure out how to learn to live without
These things that hide the better parts of me

My ego and my pride my impatience and my lies
Please take them
My fear and my lust my anger and mistrust
Please take them away from me

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

I'm afraid of what I might need to do
The ugly truth will come to light
The record is long of those I've wronged
But I want to try and make it right

I got myself straight with the man upstairs
But there's still much left to do
I caused so many so much pain
I now must acknowledge that truth

How will I find the strength to even look them in the eye
I'm not sure I'll be able to do it but I'm sure willing to try

All the suffering that I've caused
Has me feeling overwhelmed and alarmed
I'm told I should write down a list
Of all the people I have harmed

Even people who've wronged me
Who I've hated in my heart
I wasn't just an innocent victim
In every situation, I played a part

How will I find the strength to even look them in the eye
I'm not sure I'll be able to do it but I'm sure willing to try

There's one very fragile person
That deserves an apology
I know I need to make amends
To me

How will I find the strength to even look them in the eye
I'm not sure I'll be able to do it but I'm sure willing to try

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

It's time to own up to what I've done, I'm willing but I'm afraid
I'll ask my Higher Power for words 'cause I've got no idea what to say

She might haul off and hit me, he might scoff and call me a liar
They might want me to pay them back or even tell me to burn in hell's fire

It doesn't matter what you think or say
Believe what you want to believe
I'm not making amends for you
I'm doing this 'cause I'm trying to fix me

I suppose I really can't blame them
'Cause I've said these kinds of things before
And I know for years and years
My actions drowned out my words

But I'm reaching out with something new
A heart that's not trying to deceive
'Cause now I know what I did was wrong
That's a thing I never really believed

It doesn't matter what you think or say
Believe what you want to believe
I'm not making amends for you
I'm doing this 'cause I'm trying to fix me

I know I'm the last person on earth that you want to see
I don't want to go dredging up old wounds unnecessarily
So I'll just offer up a heartfelt prayer for both you and me
And I'll do better now that I'm free

It doesn't matter what you think or say
Believe what you want to believe
I'm not making amends for you
I'm doing this 'cause I'm trying to fix me

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

I'm living life with my eyes open
I pay attention all the time
If I'm aware then I'm responsible
I have to look at what I find

Though every day I intend to do my best
I always fall short of the mark
But I shake hands with all of my mistakes
No longer keep them in the dark

This is a new way of living
To look myself and others in the eye
God knows I'm still a work in progress
But He also knows how hard I try

Sometimes it's downright painful
To be so honest with myself
Quickly coming clean to those around me
Is something I've never done real well

This is a new way of living
To look myself and others in the eye
God knows I'm still a work in progress
But He also knows how hard I try

I'm living life with my eyes open
I hope an honest life is what I'll find
If I'm aware then I'm responsible
To keep getting better all the time

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, seeking only knowledge of His will for us and the power to carry that out.

I'd been playing a game of hide and seek
It seemed like you were hidden from me
Turns out that all along you were there
All I needed was a little faith and prayer

I want to know you, I seek you out in every place
I can always find you in everything and on every face

And I pray to know what you want of me
I only hope to find the strength to be the person you want me to be

Sometimes I forget to include you in my days
And I rediscover in very painful ways
That life's easier when I seek you out
I'm full of faith and cleansed of doubt

I want to know you, I seek you out in every place
I can always find you in everything and on every face

And I pray to know what you want of me
I only hope to find the strength to be the person you want me to be

No matter what your will for me, may it be done
Even if it scares me deep inside
I'll just rely on you for the courage to see it through
Oh, just guide me to your light

I want to know you, I seek you out in every place
I can always find you in everything and on every face

And I pray to know what you want of me
I only hope to find the strength to be the person you want me to be

Step 12

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

I'm not exactly sure how it works
If I don't understand that's okay
All I know is that by working these Steps
I'm so much happier these days

I've been given such a precious gift
I want to shout it from on high
I wish everyone could know
How it saved my life

If you ask me here's what I would say
I feel closer to the one up above
I now enjoy my own company
And get along better with those I love

I've been given such a precious gift
I never can repay
I just hope to pass along a little
Of what got me to this place

And I feel like a flower that's coming into bloom
It seems there's now nothing that I lack
And I know it can always stay this way
As long as I keep coming back

I've been given such a precious gift
I feel I've been reborn
No matter how tough life gets
I won't ever have to do it alone