

Five Dynamics in Twelve

1. The Twelve Step of Alcoholics
2. Five Dynamics

Twelve Steps of Alcoholics Anonymous

Twelve Steps

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 lives over to the care of God *as we understood him*.

Twelve Steps

4. Made a searching a fearless 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 defects of character.
7. Humbly asked Him to remove our shortcomings.

Twelve Steps

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.

Twelve Steps

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 a result of these steps, we tried to carry this message to alcoholics and to practice this principles in all our affairs.

Five Dynamics

Boiled down these simply mean...

Five Dynamics

- a. Admission of alcoholism - Step 1
- b. Personality analysis and catharsis - Steps 4, 5, 6, 7
- c. Adjustment of personal relationships – Steps 8, 9, 10
- d. Dependence upon some Higher Power – Steps 2, 3, 11
- e. Working with other alcoholics – Step 12



Three Talks to Medical Societies by Bill W., Co-Founder of Alcoholics Anonymous