

The 12 Steps of Recovery Modified for Use by the Developmentally Disabled

1. We admitted we had no control over drugs and alcohol and that we had become powerless and could not control ourselves or our lives.
2. Came to believe in a power greater than ourselves and that this power could return us to health and being good to ourselves.
3. Because we wanted to feel better we made a decision to turn our lives, inside and out, over to this higher power which some of us call God.
4. Learned about ourselves and made a list of all our strengths and weaknesses even though we were afraid and it was hard to do. We added to this list all of the things that we had been hurt or angry about for a long time.
5. Told God, ourselves, and another person all of the things on our list. We kept nothing secret.
6. Became completely ready for our higher power to remove all these weaknesses and angry memories.
7. Without feeling like we were better than anyone else, we quietly asked our higher power to take away our weaknesses and the things inside that cause us problems.
8. Made another list, this time of all the people we had hurt or made angry at us by our behavior. Once our list was done we became completely ready to make apologies to everyone on the list and to change our behavior so it would not happen again.
9. Made apologies to these people face to face, on the telephone, or wrote them a letter as soon as we could. The only time we did not make a direct apology was if it would hurt them or someone else.
10. Continued to look at ourselves honestly and whenever we were wrong or hurt someone else we immediately admitted it, apologized and worked on changing our behavior so it would not happen again.
11. We learned how to pray and meditate every day. which helped us get to know our higher power better. When we prayed we only asked how we could help, how to behave well, and for the strength and power to do it.
12. Once we had done all of the other steps we realized that we had formed a close new relationship with our higher power, whom many of us now call God. We spent time trying to help other alcoholics and addicts remembering that all we could do was give them support, getting sober was their responsibility. Because we wanted to stay sober and keep recovering, every day we practiced doing all of the things we had learned.