THE TWELVE STEPS OF MARA

1. We admitted that, without help, we felt an inability to control our addiction 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 learn 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 discover our true voice within.
4. We made a searching and fearless inventory of our strengths and weaknesses.
5. We admitted to ourselves without reservation, and to another human being, the exact nature of our wrongs.
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 weakness.
8. We made a list of all persons we have harmed, became willing to make amends to them all, and to forgive those against whom we have held grudges.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong, promptly admitted it.
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.

© 2019 MARA International LLC