

## MEDICATION-ASSISTED RECOVERY ANONYMOUS® THE TWELVE STEPS

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, weaknesses, and misconceptions.
5. We admitted to ourselves without reservation, and to another human being, when we became ready and found the right person, the exact nature of our unhealthy behaviors and 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.
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.

*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.*