

7 STEPS TO FREEDOM



1. Facing the truth about ourselves and the world around us we decided we need to change.
2. Realizing that there is a power that we can gain strength, we decided to use that power.
3. Evaluating ourselves by taking an honest self-appraisal, we examined both our strengths and weaknesses.
4. Endeavoring to help ourselves overcome our weaknesses, we enlisted the aid of that power to help us concentrate on our strengths.
5. Deciding that our FREEDOM is worth more than our resentments, we are using that power to help free us from those resentments.
6. Observing that daily progress is necessary, we set attainable goals towards which we can work each day.
7. Maintaining our own FREEDOM, we pledge ourselves to help others as we have been helped.

The 7th Step Pledge

Knowing that my FREEDOM depends on my thoughts and actions, I hereby PLEDGE:

- To face and accept the truth about myself
- To maintain my freedom
- To become a useful member of society
- To help others as I am now being helped.

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Recovery *is* our business.