

# Native American 12 Steps

Based on the 12 Steps of Alcoholics Anonymous and especially prepared for Native Americans by the Umatilla Tribal Alcohol Program

- Step 1** We admitted we were powerless over alcohol, that we had lost control of our lives.
- Step 2** We came to believe that a power greater than ourselves could help us regain control.
- Step 3** We made a decision to ask for help from a Higher Power and others who understand.
- Step 4** We stopped and thought about our strengths and our weaknesses and thought about ourselves.
- Step 5** We admitted to the Great Spirit, to ourselves and to another person the things we thought were wrong about ourselves.
- Step 6** We are ready, with the help of the Great Spirit, to change.
- Step 7** We humbly ask a Higher Power and our friends to help us change.
- Step 8** We made a list of people who were hurt by our drinking, and want to make up for these hurts.
- Step 9** We are making up to those people whenever we can, except when to do so would hurt them more.
- Step 10** We continue to think about our strengths and weaknesses, and when we are wrong we say we are wrong.
- Step 11** We pray and think about ourselves, praying only for strength to do what is right.
- Step 12** We try to help other alcoholics and to practice these principles in everything we do.