

**TWELVE STEPS CHECKLIST**  
**Final Submission**  
Revised September 26, 2024

“Alcoholics Anonymous Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.” p.15 Twelve Steps and Twelve Traditions

We hope this example of a Twelve Steps checklist will help the individual to become more aware of the personality changes that take place in our personal growth. This checklist was not intended to show or tell people how to work the Steps nor is it a workbook. It may be used by an individual, sponsor, group, people who do not have access to sponsorship or Internet, or those who do not do well in group settings. It's simply a suggested guide on applying the Steps in our lives.

*Please send feedback on how this Twelve Steps Checklist has been useful and where it has been used along with additional comments: to [checklist.12.steps@gmail.com](mailto:checklist.12.steps@gmail.com).  
Thank you*

**Step One: We admitted we were powerless over alcohol—that our lives had become unmanageable**

1. How have I tried to defeat alcohol on my own will power? What is a phenomenon of craving?
2. In what areas of my life am I powerless over alcohol? Where is my life unmanageable?
3. What shows me that my drinking was no ordinary habit? Why do I need help to quit ?
4. To what lengths am I willing to go to remove the idea that somehow, someday I will be able control and enjoy my drinking?

**Step Two: Came to believe that a Power greater than ourselves could restore us to sanity**

1. How might a Power truly greater than myself restore me to sanity?
2. Am I open minded enough to allow others to find their own Higher Power?
3. Where have I become reliant upon a Power greater than myself or do I still exhibit defiance?
4. When do I have reservations about the insanity of my drinking?

**Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him**

1. What is meant by turning over my will and my life? What does willingness mean to me?
2. How do I turn my will and my life over to the care over to a Higher Power if I don't believe in one?
3. What is different about this Higher Power and the one of my childhood?
4. What roadblocks do I face if I've had no knowledge of a Power great than myself or religion in my past or am an agnostic or atheist?
5. Do I believe I have truly turned my will and life over to my Higher Power's care or am I still trying to run the show in some areas of my life?
6. In times of emotional disturbance or indecision, do I pause and seek the will of a Power greater than myself?

**Step Four: Made a searching and fearless moral inventory of ourselves**

1. What are the benefits of taking a thorough inventory?
2. How do I recognize my main problems?
3. Why do I need to list my assets as well as liabilities?
4. Have I been honest and thorough about resentments? Do I understand that this is a lifetime process?
5. What are the benefits of looking at the unhappiness I have caused others and myself?
6. Have I carefully reviewed my sex conduct?

**Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs**

1. What could happen if I put off doing this step??
2. Why do I need to be open and honest when taking this Step?
3. When choosing with whom I will confide on this Step, what qualities in another person are important?
4. What rewards might I expect from Step Five?

**Step Six: Were entirely ready to have God remove all these defects of character**

1. Am I entirely ready to have my Higher Power remove all my defects?
2. How do I know what these defects are?
3. Do I honestly want all my defects of character removed?
4. What defects am I unwilling to give up?
5. Where do the Seven Deadly Sins of pride, anger, greed, gluttony, lust, envy, and sloth show up in my life?

**Step Seven: Humbly asked Him to remove our shortcomings**

1. Why do I respectfully ask Him to remove my shortcomings?
2. Do I think it is necessary to seek humbleness as a personal quality?
3. How can humbleness bring me serenity?
4. In what areas have I stopped making unreasonable demands on myself and others?
5. How am I able to be tolerant and understanding of other people's defects and viewpoint?

**Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all**

1. What is my definition of harm? Where do I find the names of the people I have harmed?  
Am I willing to see where I was at fault?
2. Why can't I just let bygones be bygones? Do I believe I never hurt anybody but myself with my drinking?
3. Why do I need to repair the damage I have done to others?
4. What action should I take if I am not willing to make amends at this time?
5. Has anyone been left off my list and why?

**Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others would injure them or others**

1. Is there anyone to whom I am hesitant to make amends? What is the danger in rushing out immediately to make amends?
2. What are the different types of amends I can make?
3. When making amends, why are the other person's defects not discussed?
4. How do I make amends if the person(s) cannot be seen?
5. Why are good judgement, timing, courage, and wisdom important in this Step?
6. How have I become willing to accept full consequences for the harms I have done?

**Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it**

1. Why is the attention heavy on personal inventory and why should it continue for our lifetime?
2. How do I apply Step Ten in my daily life?
3. Why do I always have to promptly admit when I am wrong, even if the other person was wrong also?
4. What would prevent me from promptly making amends?
5. What is meant by nothing pays off like restraint of tongue and pen? How does this apply to all areas of communication?
6. In what ways are my outlook on life changing for the better?

**Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out**

1. What is my vision of a Higher Power?
2. How can prayers of my religious denomination or my own prayers be beneficial?
3. What can I hope to gain from meditation?
4. What prayer in Step Eleven in the Twelve Steps and Twelve Traditions is helpful for beginning meditation?
5. What is the difference between meditation and prayer? Where and how do I do this? How often should I pray or meditate?
6. Describe my personal practice of prayer and meditation.

**Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs**

1. Have I had a spiritual awakening or a spiritual experience?
2. How does helping someone else keep me sober? How long must I be sober before I can carry the message?
3. How do I practice these principles in all my affairs and not just in meetings?
4. In what ways do I daily try to help other alcoholics with the program?
5. Why is it important to not come off as a crusader or a do-gooder when carrying the message of Alcoholics Anonymous?
6. What do I do with a new person who is unwilling to follow the program?
7. Am I demonstrating these principles in my daily life and in the world?