

Reading Guide for the Twelve Steps in the Big Book

Here is a guide for studying the Twelve Steps in the [Big Book](#), with links to the English language version of each online chapter. I have been a part of multiple groups studying this for almost all the time I've been sober.

1	We admitted we were powerless over alcohol...	"The Doctor's Opinion"	pp. xxv - xxxii
	... that our lives had become unmanageable.	Chapter 3: " More About Alcoholism "	pp. 30 - 43
2	Came to believe that a power greater than ourselves...	Chapter 4: " We Agnostics "	pp. 44 - 57
	... could restore us to sanity.	Chapter 2: " There Is a Solution "	pp. 17 - 29
3	Made a decision to turn our will and our lives over to the care of God, <i>as we understood him</i> .	Chapter 5: " How It Works "	pp. 58 - 63
4	Made a searching and fearless moral inventory of ourselves.	Chapter 5: " How It Works "	pp. 64 - 71
5	Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	Chapter 6: " Into Action "	pp. 72 - 75
6	Were entirely ready to have God remove these defects of character.	Chapter 6: " Into Action "	p. 76
7	Humbly asked Him to remove our shortcomings.		
8	Made a list of all persons we had harmed and became willing to make amends to them all.	Chapter 6: " Into Action "	pp. 76 - 84
9	Made direct amends to such people wherever possible, except when to do so would injure them or others.		
10	Continued to take personal inventory and when we were wrong promptly admitted it.	Chapter 6: " Into Action "	pp. 84 - 85
11	Sought through prayer and meditation to improve our conscious contact with God <i>as we understood him</i> , praying only for knowledge of His will for us and the power to carry that out.	Chapter 6: " Into Action "	pp. 85 - 88
12	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.	Chapter 7: " Working With Others "	pp. 89 - 103

I did not create this. Like so much else of what I say, someone else said it first. In this case it was—so far as I know—Big Book Mary, a well-known local old-timer and former sponsor to so many of my solidly recovering women friends. She is no longer with us.