

## **Integral 12- Steps**

**Step 1:** I acknowledge that I have a problem in my life, that my life has become unmanageable and that I have made choices that did not strengthen my personal power.

**Step 2:** I am coming to believe that there is a way through my problems and that the way to regain my power and make healthier choices consists of a daily practice that develops my body, mind, heart, and soul and creates healthier connections to others.

**Step 3:** I accept responsibility for working through my problems and I am willing to accept the help and support I need to do the work necessary to heal and recover.

**Step 4:** I am ready to conduct a comprehensive evaluation of my past, and find the source of my pain, and my fear, and my suffering.

**Step 5:** I am ready to allow others to help me see that I am not alone, and that I do not need to feel isolated, ashamed or cut off from a healthy life.

**Step 6:** Now that I have identified the sources of my trauma and suffering I am willing to do the healing work that is available and necessary for my continued health and happiness.

**Step 7:** As a part of my awakening process I am examining my core beliefs, my values, and my personal goals for my life.

**Step 8:** I strive to identify everyone and everything that I have harmed as a result of my addictive and unconscious behaviors.

**Step 9:** I sincerely offer to make restitution and reconciliation wherever wisely and compassionately possible.

**Step 10:** I review my daily actions with rigorous honesty and seek to take responsibility for my thoughts and actions.

**Step 11:** On a daily basis I express my commitment to an intentional life through daily practice that promotes conscious awareness of a greater cause and purpose for my life and a relationship with a Higher Power of my choice.

**Step 12:** As a result of practicing these steps I have awakened to a greater wholeness and through this connection and practice I can dedicate myself to a life of integrity and service.