



Al-Anon 12 Steps Pdf

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These Twelve Steps, adapted nearly word-for-word from the Twelve Steps of Alcoholics Anonymous, have been a tool for spiritual growth for millions of Al Anon/Alateen members. At the Twelve Steps of Alcoholics Anonymous, have been a tool for spiritual growth for millions of Al-Anon/Alateen members. At meetings, members share with each other the personal lessons File Size: KB. Study of these Steps is essential to progress in the Al-Anon program. The principles they embody are universal, applicable to everyone, whatever his personal creed. In Al-Anon, we strive for . Study of these Steps is essential to progress in the Al-Anon program. The principles they embody are universal, applicable to everyone, whatever his personal creed. In Al-Anon, we strive for an ever-deeper understanding of these Steps, and pray for the wisdom to apply them to our lives. These Twelve Steps, adapted nearly word-for-word from the Twelve Steps of Alcoholics Anonymous, have been a tool for spiritual growth for millions of Al-Anon/Alateen members. These Twelve Steps, adapted nearly word-for-word from the Twelve Steps of Alcoholics Anonymous, have been a tool for spiritual growth for millions of Al Anon/Alateen members. At meetings, Al Anon/Alateen members share with each other the personal lessons they have learned from practicing from these Steps.