

How it Works

We in AA not often see people fail when they exactly follow our way. People who do not become sober, same people who can't or won't give all of self to AA way....some people who can not be honest with self, true, there are some people not honest. It not their fault: They appear born not honest. They can't understand and make a way for life that must be fully honest with self. They won't become sober. There are also (same) people who have bad emotional and mental sickness, but many of them do become sober, if they can be honest with self.

Our stories describe same our life before. What happened, and what our life is now. If you decide you want the new life we AA people have for self and you say you will do what you must to get it, then you can begin work on "AA Steps". We did not like some "steps". We wanted life more ease. But, there is now easy way. We ask you to try very much to be brave and do good when you start in AA. Some of us wanted keep some past thoughts and feelings and acts and no good happened. It was different when we reject all old wrong thoughts and feelings.

Remember, we C-O-P-E with alcohol, deceiving, fool us, we can't understand, and alcohol control our lives. Without help, alcohol is too much for us, but, ONE has all power...that one (is) same God, hope you become - know about God now. Working this new way some gave us nothing. We were ready for change. We asked God's help and protection with all our heart.

Here are the "Steps" we made. They told here now. They are a plan for sober life.

- 1) Admit alcohol more strong than us...that we can't manage self life.
- 2) Understood need to believe that a spiritual "POWER" bigger than self, can make our minds well again.
- 3) We decided to allow "God" to help our minds and lives. We pick "God" to believe. As understand God.
- 4) We made list of things, good and bad, about ourselves. Not afraid, ashamed to make list.
- 5) Tell God, self, and another person about list of good and bad about ourselves.

- 6) Ready to allow "God" help change our bad habit.
- 7) Humbly ask "God" to help change our bad habits to good habits.
- 8) Made a list of all people we hurt and become ready to tell them we are sorry.
- 9) Tell people we are sorry and make wrongs correct when we can, but not if trying to correct wrong would hurt same people or other people.
- 10) Continue looking at our good, bad ways, habit, change bad ones.
- 11) We pray to "God" to help us talk with and understand his way and follow his way.
Spirit becomes better, improved because we follow these 12 steps.
- 12) We try to tell other alcoholics about 12 steps. We want to follow 12 steps everyday.

Many us said, "Wow strict I can't follow." Do not feel discouraged. No one perfect follow program. We not perfect like angel. Point what... we willing grow... spiritual improve. Tools and principles what-for... help lead improve. We work for spiritual improve, not perfect. Big Book (BB) finish explain who alcoholic... finish explain people themselves not believe God... doubt. We tell story since... why... clear three important idea:

- a) We alcoholic...life control can't.
- b) Maybe none person can solve our alcoholism.
- c) God can solve if we search for God.