



## What are “Twelve-Step” Programs?

Traditional Twelve-Step programs outline a course of action for recovering from an addiction whereby participants proceed through twelve core developmental stages. Twelve-Step programs are a form of self-help in which members of a fellowship struggling with the same problem support each other.

The Twelve-Step program originated with Alcoholics Anonymous (AA) (<http://aa.org>). According to AA, the twelve steps are as follows:

- (1) We admitted we were powerless over alcohol—that our lives had become unmanageable.
- (2) Came to believe that a Power greater than ourselves could restore us to sanity.
- (3) Made a decision to turn our will and our lives over to the care of God as we understood Him.
- (4) Made a searching and fearless moral inventory of ourselves.
- (5) Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- (6) Were entirely ready to have God remove all these defects of character.
- (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.
- (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.
- (11) 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.
- (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.

The format of Twelve-Step meetings may vary, but most include a discussion of one of the twelve steps, the sharing of personal stories of recovery, reading from Twelve-Step literature, and prayer. Twelve-Step programs also include sponsorship, linking a mentor who has had success in recovery with a person who is at the beginning stages of recovery.

There are many other Twelve-Step programs (also known as fellowships) patterned after Alcoholics Anonymous that deal with addictions and compulsive behaviors other than alcohol. A recent list published on [Wikipedia](#) includes:

- AA – [Alcoholics Anonymous](#)
- ACA – [Adult Children of Alcoholics](#)
- [Al-Anon/Alateen](#), for friends and families of [alcoholics](#)
- CA – [Cocaine Anonymous](#)
- CLA – [Clutterers Anonymous](#)
- CMA – [Crystal Meth Anonymous](#)
- [Co-Anon](#), for friends and family of [addicts](#)
- CoDA – [Co-Dependents Anonymous](#), for people working to end patterns of dysfunctional relationships and develop functional and healthy relationships
- COSA – an [auxiliary group of Sex Addicts Anonymous](#)
- COSLAA – [CoSex and Love Addicts Anonymous](#)

- DA – [Debtors Anonymous](#)
- EA – [Emotions Anonymous](#), for recovery from [mental and emotional illness](#)
- FA – [Families Anonymous](#), for relatives and friends of addicts
- FA – [Food Addicts in Recovery Anonymous](#)
- FAA – [Food Addicts Anonymous](#)
- GA – [Gamblers Anonymous](#)
- [Gam-Anon/Gam-A-Teen](#), for friends and family members of [problem gamblers](#)
- HA – [Heroin Anonymous](#)
- MA – [Marijuana Anonymous](#)
- NA – [Narcotics Anonymous](#)
- N/A – [Neurotics Anonymous](#), for recovery from [mental and emotional illness](#)
- [Nar-Anon](#), for friends and family members of [addicts](#)
- NicA – [Nicotine Anonymous](#)
- OA – [Overeaters Anonymous](#)
- OLGA – [Online Gamers Anonymous](#)
- PA – [Pills Anonymous](#), for recovery from prescription pill addiction.
- SA – [Sexaholics Anonymous](#)
- SAA – [Sex Addicts Anonymous](#)
- SCA – [Sexual Compulsives Anonymous](#)
- SIA – [Survivors of Incest Anonymous](#)
- SLAA – [Sex and Love Addicts Anonymous](#)
- SRA – [Sexual Recovery Anonymous](#)
- UA – [Underearners Anonymous](#)
- WA – [Workaholics Anonymous](#)