

The Twelve Steps

A Pathway of Spiritual Transformation

THE PARADOX WAY assumes that we are all addicted in some way, primarily to control and our own way of thinking. When we learn to identify these attachments, how they have served us (and how they haven't), embrace our brokenness, and surrender to God by letting go, we begin to bring healing to ourselves and our world. The Twelve Steps are built on the Biblical principles of humility, forgiveness, acceptance, restoration, healing and generosity and are a foundational tool for personal change and growth.

Step 1

We admitted we were powerless over our own egos – that our lives had become unmanageable.

Step 2

We came to believe that God could restore us to wholeness.

Step 3

We made a decision to turn our will and our lives over to the care of God.

Step 4

We made a searching moral inventory of ourselves.

Step 5

We admitted to God, to ourselves, and to a trusted friend the exact nature of our wrongs.

Step 6

We were entirely ready to have God remove all these defects of character.

Step 7

We humbly, on our knees, asked God to remove our shortcomings.

Step 8

We made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9

We made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10

We continued to take personal inventory and when we were wrong promptly admitted it.

Step 11

We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of God's will for us and the power to carry that out.

Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.