

Sixteen Steps for Discovery and Empowerment

1. We affirm we have the power to take charge of our lives and stop being dependent on substances or other people for our self-esteem and security.
2. We come to believe that God awakens the healing wisdom within us when we open ourselves to that power.
3. We make a decision to become our authentic selves and trust in the healing power of the truth.
4. We examine our beliefs, addictions, and dependent behavior in the context of living in a hierarchal, patriarchal culture.
5. We share with another person and the Universe all those things inside of us for which we feel shame and guilt.
6. We affirm and enjoy our strengths, talents and creativity, striving not to hide these qualities to protect others' egos.
7. We become willing to let go of shame, guilt, and any behavior that keeps us from loving others and ourselves.
8. We make a list of people we have harmed and people who have harmed us, and take steps to clear out negative energy by making amends and sharing our grievances in a respectful way.
9. We express love and gratitude to others and increasingly appreciate the wonder of life and the blessings we do have.
10. We continue to trust our reality and daily affirm that we see what we see, we know what we know, and we feel what we feel.
11. We promptly acknowledge our mistakes and make amends when appropriate, but we do not say we are sorry for things we have not done and we do not cover, analyze or take responsibility for the shortcomings of others.
12. We seek out situations and people that affirm our intelligence and stay away from people who are hurtful, harmful, or demeaning to us.
13. We take steps to heal our physical bodies, organize our lives, reduce stress and have fun.
14. We seek to find our inward calling and develop the will and wisdom to follow it.
15. We accept the ups and downs of life as natural events that can be used as lessons for our growth.
16. We grow in awareness that we are interrelated with all living things and we contribute to restoring peace and balance on the planet.