The 12 Steps of Liberation

1. **The truth of suffering.** We experienced the truth of our addictions – our lives were unmanageable suffering.

2. **The truth of the origin of suffering.** We admit that we craved for and grasped onto addictions as our refuge.

3. **The truth of the end of suffering.** We came to see that complete cessation of craving and clinging at addictions is necessary.

4. **The truth of the path.** We made a decision to follow the way of liberation and to take refuge in our wakefulness, our truth, and our fellowship.

5. **Right view.** We made a searching and fearless review of our life. We are willing to acknowledge and proclaim our truth to ourselves, another human being and the community.

6. **Right thought.** We are mindful that we create the causes for suffering and liberation. Our goodness is indestructible.

7. **Right speech.** We purify, confess and ask for forgiveness straightforwardly and without judgment. We are willing to forgive others.

8. **Right action.** We make a list of all persons we harm and are willing and able to actively make amends to them all, unless to do so would be harmful.

9. **Right livelihood.** We simplify our lives, realizing we are all interconnected. We select a vocation that supports our recovery.

10. **Right effort.** We realize that continuing to follow this path, no matter what, is joyful effort.

11. **Right mindfulness.** Through prayer, meditation and action we will follow the path of kindness, being mindful moment by moment.

12. **Right concentration.** Open to the spirit of awakening as a result of these steps, we will carry this message to all people suffering with addictions.

*Lion’s Roar Dharma Center Recovery Group*

[www.lionsroardharmacenter.org](http://www.lionsroardharmacenter.org)