

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.