



# The 12 Steps of CO-ANON Family Groups

1. We admitted we were powerless over cocaine and all other mind-altering substances and 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 become 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 a result of these Steps, we tried to carry this message to others, and practice these principles in all our affairs.

*These Steps are used by members of Cocaine Anonymous to achieve sobriety and spiritual growth. They were adopted by the Co-Anon Family Groups for the enlightenment and guidance of its members.*

*The Twelve Steps are reprinted and adopted with permission of Cocaine Anonymous and Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that CA or AA is affiliated with this program.*

*AA is a program of recovery from alcoholism. The use of the Steps in connection with programs and activities which are patterned after AA, but which address other problems or concerns, or in any other non-AA context, does not imply otherwise.*