

Fire Mountain Sober Home

12 Steps

1. I keep doing things to mess up my life and I can't stop.
2. I need help to do something different. I can't do this alone anymore.
3. I learn how to ask for help.
4. I fearlessly make a list of everything in my life and myself that was great and that sucked.
5. I shared my list with someone I trust.
6. I get that what I've been doing is self-destructive. I am ready to change.
7. With the help of others I work everyday to create the life I deserve.
8. I make a list of people I've hurt. I get ready to do what's right.
9. I do what's right.
10. Everyday I pay attention to what's happening in my life and I take responsibility for myself.
11. Life's better when I stay connected to things that help me be my true self.
12. I share these steps with others who are struggling.