

## 12 step codependency worksheets pdf:Version 2

**STEP1** we admit that we are powerless over others

**STEP 2** Came to believe that a power greater than ourselves could restore us to sanity.

**STEP 3** Made a decision to turn our will and lives over to the care of God as we understood God.

**STEP 4:** Make a searching and fearless moral inventory of ourselves.

**STEP 5** Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

**STEP 6** Were entirely ready to have God remove all these defects of character.

**STEP 7** Humbly asked God to remove our shortcomings.

**STEP 8** Made a list of all persons we had harmed and became willing to make amends to them all.

**STEP 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**STEP 10** Continued to take personal inventory and when we were wrong promptly admitted it

**STEP 11** Through prayer and meditation to improve our conscious contact with God as we understood God.

**STEP 12** Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.