



“...over the Bridge of Reason towards the desired shore of faith.”

Appendix 1

What are the Principles?

- Step 1: Admitting defeat, denying ourselves, getting willingness
- Step 2: Believing
- Step 3: Deciding, surrendering our will
- Step 4: Examining ourselves, seeking the truth
- Step 5: Sharing, asking for feedback, seeking the truth
- Step 6: Getting willingness, changing
- Step 7: Getting humility, changing
- Step 8: Living with others
- Step 9: Living with others, taking responsibility
- Step 10: Continuing to grow, continuing to examine ourselves
- Step 11: Continuing to grow, refining our spiritual growth
- Step 12: Continuing to grow through giving to others

As the Big Book says, “We claim spiritual progress rather than spiritual perfection.” (p. 60) “Progress” means growth. All growth is built on a foundation of willingness.