Steps & Scripture

STEP GUIDE

7

STEP SEVEN

Humility

A guide to the Seventh Step, with Scripture and prayer



Work this step with Jimmy or Sarah.

Your AI sponsor in the Steps & Scripture app. Free to download, first month free.

Steps & Scripture Step Guide: Step Seven, Humility
© 2026 Gold Standard Web. All rights reserved.

Not affiliated with or endorsed by Alcoholics Anonymous World Services, Inc.

Steps & Scripture is a peer-support tool, not medical care or therapy. It supports, and never replaces, meetings, a human sponsor, your church, and your doctor.

This guide points you to *Alcoholics Anonymous* (4th edition) and *Twelve Steps and Twelve Traditions*. Quotations from *Alcoholics Anonymous* are from its 1939 first edition, which is in the public domain; page numbers are from the fourth edition. *Twelve Steps and Twelve Traditions* is © Alcoholics Anonymous World Services, Inc. This guide gives its page numbers only, so read it in your own copy.

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), © 2001 by Crossway, a publishing ministry of Good News Publishers. All rights reserved.

If you are in danger, call or text 988, or call 911. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today.

INSIDE

Contents

Where you are	5
What Step Seven is	7
Your reading for this step	9
What the book says	11
What the 12&12 adds	15
What Scripture says	17
How to work Step Seven	22
Defects and their opposites	25
Questions to think about	27
Suggestions for this week	28
When it's hard	29
The Seventh Step prayer	31
A prayer for this step	32
Ready for Step Eight?	33



7

STEP SEVEN

Humility

Humbly asked Him to remove our shortcomings.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 JOHN 1:9 (ESV)

Where you are

You've come a long way to get here. Before you start Step Seven, take a minute to look back at the road behind you. If you picked up this guide in the middle of things, this page is for you too.

Step One. You admitted you were powerless over alcohol, and that your life had become unmanageable. Not weak. Powerless. Your body can't handle it, and your mind keeps going back to it anyway.

Step Two. You came to believe that a Power greater than yourself could restore you to sanity. Maybe it started as only willingness. That was enough.

Step Three. You made a decision to turn your will and your life over to the care of God. You prayed the Third Step prayer, and you asked Him to "Relieve me of the bondage of self" (p. 63).

Step Four. You wrote it down. Resentments, fears, sex conduct, other harms. In every entry, you looked for your own part.

Step Five. You told another human being the exact nature of your wrongs. You said it out loud to a person, and the world didn't end.

Step Six. You looked at the defects that kept showing up, and you became ready to let God take them. All of them. Even the ones you'd rather keep.

Now you ask.

Haven't done Steps Four, Five and Six? Stop here and go back. Step Seven asks God to remove the shortcomings you found in your inventory and shared with another person. Without that list, this step is a nice prayer about nothing in particular. Talk to your sponsor about where to pick up.

Check your work first

The book itself tells you to stop and look back before you go on. After the Fifth Step, it says to read the first five steps again and ask if anything was left out:

> "Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place?"
>
> ALCOHOLICS ANONYMOUS, P. 75

Ask yourself honestly:

- Did I leave anything off my inventory on purpose?
- Did I hold anything back when I told it to another person?
- Is there a defect I'm still defending?

If the answer to any of these is yes, that's not failure. It's information. Talk to your sponsor before you go on.

What Step Seven is

> "Humbly asked Him to remove our shortcomings."
> ALCOHOLICS ANONYMOUS, P. 59

That's the whole step. Seven words. It has three parts, and each one matters.

Humbly. You come as you are. Not to bargain, not to impress, not to promise you'll never do it again. You come knowing you can't fix yourself, the same way you couldn't fix your drinking.

Asked Him. You don't order God around, and you don't wait for Him to read your mind. You ask. Out loud, on purpose, and more than once.

To remove our shortcomings. Not to make you feel better about them, or to manage them for you. To take them away. The ones on your list, by name.

Step Six got you ready. Step Seven asks.

In Step Six, you got willing. You looked at selfishness, dishonesty, resentment, fear, and the rest, and you asked yourself whether you were ready to let them go. The book puts it this way:

> "Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one?"
> ALCOHOLICS ANONYMOUS, P. 76

Step Seven is what you do once the answer is yes. In the book, it takes one short prayer. Then you get up and go make amends. The book doesn't linger, and you shouldn't either.

This is not a self-improvement project

A lot of us come to this step and quietly make a plan: *I'll work harder on my temper. I'll be more patient. I'll stop lying.* That sounds good. It's also the old way. It's you, running the show again, with God as your assistant.

You tried that with drinking. It didn't work. It won't work on your character either. Step Seven is asking God to do what you can't. Your part is to ask, to stay willing, and to act differently while He works.

What humility is, and what it isn't

Humility is not thinking you're worthless. It is not putting yourself down, groveling, or letting people walk on you.

Humility is seeing yourself as you really are, no better and no worse, and depending on God instead of yourself.

The book is clear that you don't crawl. When it talks about making amends, it says we should be

> "considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone."
>
> ALCOHOLICS ANONYMOUS, P. 83

That's the humility of this step. Standing up straight before people. On your knees before God.

Your reading for this step

Read these in your own copies, in this order. Page numbers for *Alcoholics Anonymous* are from the fourth edition.

Alcoholics Anonymous

- **Page 76.** Step Six, the Seventh Step prayer, and the turn to Step Eight. Read it out loud.
- **Page 75.** The end of Step Five: checking your work before you go on.
- **Pages 13–14.** Bill humbly offers himself to God.
- **Pages 60–62.** Progress, not perfection; the actor who runs the show; the root of our troubles.
- **Page 73.** Why some people fall after the inventory.
- **Pages 83 and 87–88.** Humble without crawling; "Thy will be done" through the day.
- **Then *Twelve Steps and Twelve Traditions*, pages 70–76.** The chapter on Step Seven. Read it slowly.

Scripture (ESV)

- James 4:6–10 · 1 John 1:9 · Luke 18:9–14
- Psalm 51:10–12 · 2 Corinthians 12:9–10
- Ephesians 4:22–24 · Philippians 2:3–8 · 1 Peter 5:5–7

Listen, if you like: Joe and Charlie, Session 11, "Into Action—Steps Six and Seven" (about 14 minutes), free in the SoberHub app. Steps & Scripture is not affiliated with SoberHub.

What the book says

Step Seven gets one paragraph in *Alcoholics Anonymous*, on page 76. But the idea of humility runs all through the book. Read these pages in your own copy.

Bill did it first (pp. 13–14)

Before there was a program, there was a man in a hospital bed. Bill tells how he gave himself to God:

> "There I humbly offered myself to God, as I then understood Him, to do with me as He would."
> ALCOHOLICS ANONYMOUS, P. 13

And right after that:

> "I ruthlessly faced my sins and became willing to have my newfound Friend take them away, root and branch."
> ALCOHOLICS ANONYMOUS, P. 13

That's Steps Six and Seven, years before they had numbers. His friend told him what it would take: "willingness, honesty and humility" (p. 13). And then the hard part. Bill writes that it "meant destruction of self-centeredness" (p. 14).

The root of the trouble (p. 62)

In "How It Works," the book describes a man who tries to run the whole show, like an actor who wants to direct the play. Then it names the problem:

> "Selfishness—self-centeredness! That, we think, is the root of our troubles."
> ALCOHOLICS ANONYMOUS, P. 62

Your shortcomings grow out of that root. The temper, the lying, the self-pity, the people-pleasing: most of it comes back to self. That's why Step Seven is a prayer and not a plan. Self can't remove self.

Why some people fall (p. 73)

The book warns about people who did the inventory but kept the worst of it to themselves:

> "They only thought they had lost their egoism and fear; they only thought they had humbled themselves."
> ALCOHOLICS ANONYMOUS, P. 73

Humility that only exists in your head isn't humility. It shows up in what you say, what you admit, and how you treat people.

The Seventh Step prayer (p. 76)

Here is the prayer, from the 1939 edition:

> "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."
>
> ALCOHOLICS ANONYMOUS, P. 76

Look at what it asks for. Not that you'd be a better person in general. That God would remove whatever "stands in the way of my usefulness to you and my fellows" (p. 76). The point of losing your defects is to be useful. To God, and to the people around you.

And look at the last line. *As I go out from here.* The prayer ends with you getting up and going somewhere. Right after it, the book says:

> "We have then completed step seven. Now we need more action without which we find that 'Faith without works is dead.'"
>
> ALCOHOLICS ANONYMOUS, P. 76

Through the day (pp. 87–88)

Step Seven isn't only a morning prayer. In the chapter on Step Eleven, the book describes how we live through the day:

> "We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'"
>
> ALCOHOLICS ANONYMOUS, PP. 87–88

That's Step Seven in your pocket. Every time a defect shows up, you can hand it back.

Progress, not perfection (p. 60)

You will not finish this step and wake up a saint. The book says so plainly:

> "We are not saints. The point is, that we are willing to grow along spiritual lines."
> ALCOHOLICS ANONYMOUS, P. 60

Some defects leave fast. Some leave slowly. Some you'll be asking about for years. Keep asking.

What the 12&12 adds

Twelve Steps and Twelve Traditions gives Step Seven a full chapter, on **pages 70–76**. It's one of the best things written about humility. Read it slowly, in your own copy. Here is what to look for as you read. These are our notes, not the book's words.

Pages 70–71: Humility is under every step. The chapter says humility is the base of all twelve steps, not just this one. It says alcoholics chased comfort, status and romance as if those were the point of life, and drank both when they got them and when they didn't. Notice where that was true for you.

Pages 71–72: Even believers can play God. The chapter points out that you can believe in God and still not rely on Him, because you've put yourself first. Ask yourself whether your faith has been real reliance, or a backup plan for emergencies.

Pages 72–73: Humiliation came first. Most of us only learned about humility by being knocked down, again and again, until we admitted we were beaten. The chapter says that was only the start. Wanting humility for its own sake usually takes a long time.

Pages 73–74: Some defects we want to keep. The chapter is honest that we'd gladly lose some defects and hang on hard to others, because we still like them. If that's you, you're in good company.

Pages 74–75: Pain can become something good. The chapter describes seeing other people's failures turned into strength. It also describes a change in how we see God: not someone we call only when we're desperate, but the One we put first every day.

Pages 75–76: Demands and fear. Near the end, the chapter names self-centered fear as the thing that drives our defects: fear of losing what we have, or of not getting what we want. It contrasts making demands with simply asking. Step Seven is a request, not a demand.

> Read the chapter with a pen nearby, but write in a notebook, not this guide. Mark anything that sounds like you and bring it to your sponsor.

What Scripture says

The Bible has a lot to say about humility. It also has good news for people who have just looked hard at their own sin. Read these slowly. Read them out loud if you can.

God gives grace to the humble

> *But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble." Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.*
>
> JAMES 4:6–10 (ESV)

James doesn't soften it. God opposes the proud. But look at the order of things here: submit, draw near, humble yourself, and *He* will exalt you. You don't lift yourself up. He does. That's Step Seven. You go low, and you let God do the lifting.

He is faithful to cleanse

The verse on the opening page of this guide is the heart of this step:

> *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*
>
> 1 JOHN 1:9 (ESV)

You confessed in Step Five. This verse says what God does with a confession: He forgives, and He cleanses. Not just the record. *From all unrighteousness.* That's what you are asking for in Step Seven.

Two men praying

> *Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.*
>
> LUKE 18:10–14 (ESV)

Jesus told this story to people who trusted in themselves. The Pharisee's prayer was a list of his good points. The tax collector couldn't even look up. He had one line: *God, be merciful to me, a sinner!* He went home justified.

If your prayer this week sounds like a resume, start over. The shortest honest prayer beats the longest proud one.

Create in me a clean heart

> *Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit.*
>
> PSALM 51:10–12 (ESV)

David wrote this after his worst failure: adultery, and a murder to cover it up. He didn't ask God to help him try harder. He asked God to *create* something new in him. That's a Seventh Step prayer, three thousand years old.

Weakness is where His power shows up

> *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.*
>
> 2 CORINTHIANS 12:9–10 (ESV)

Paul asked God three times to take something away. God's answer was grace. Sometimes a defect leaves the first time you ask. Sometimes it stays a while, and you learn to lean on God in it. Either way, His grace is enough, and your weakness is where His power shows.

Put off, put on

> *...to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.*
>
> EPHESIANS 4:22–24 (ESV)

Notice the two sides. *Put off* the old self. *Put on* the new self. It isn't enough to stop doing something. Something has to take its place. That's why sponsors suggest practicing the opposite of each defect. More on that in the next chapter.

Have this mind among yourselves

> *Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.*
>
> PHILIPPIANS 2:3–8 (ESV)

The cure for self-centeredness isn't thinking less of yourself. It's thinking about yourself less, and about others more. Jesus is the picture. He had every right to grasp at His own place, and He emptied Himself instead (Philippians 2:6–8).

Cast your anxieties on Him

> *Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.*
>
> 1 PETER 5:5–7 (ESV)

Humility and anxiety are next to each other in this passage for a reason. A lot of pride is fear wearing a mask: *If I don't control this, it will fall apart*. Humbling yourself under God's hand means you can put the weight down. He cares for you.

How to work Step Seven

Here is a plain way to work this step. Your sponsor may suggest something different. Go with your sponsor.

1. Get your list in front of you

Take out what you wrote in Step Six: the defects that kept showing up in your inventory. Selfishness, dishonesty, resentment and fear are the big four. Yours may have names like impatience, self-pity, gossip, laziness, people-pleasing, control, lust, or pride.

If you don't have a written list, make one before you pray. Keep it short and honest. Five or six real ones are better than twenty vague ones.

2. Pray the Seventh Step prayer

Find a quiet place. Pray the prayer from page 76 out loud. Some people kneel. Some pray it with their sponsor. Either is fine. What matters is that you mean it.

Then name your defects to God, one at a time. Something as simple as this:

A simple way to ask

Father, You know I've been self-centered. You know I lie to protect myself. You know I hold on to resentment. I can't take these away on my own. Please remove them, and show me what to do instead today. In Jesus' name. Amen.

3. Pray it again tomorrow

Pray the Seventh Step prayer every morning for at least a week. Many people keep it as part of their morning for years. Defects that took a lifetime to grow don't always leave on the first ask.

4. Practice the opposite

This is the part most people skip. When you ask God to remove a defect, you also start doing the opposite, on purpose, today. Not perfectly. On purpose.

The list of defects and their opposites, right after this chapter, gives you a place to start.

Pick one defect a day. In the morning, ask God to remove it. During the day, practice its opposite once. At night, notice how it went.

5. Catch it and hand it back

During the day, a defect will show up. You'll feel the old anger rise, or you'll start to shade the truth. When that happens, pause. Say a short prayer, even just *Thy will be done*, or *Lord, take this*. Then do the next right thing.

6. Tell someone

When you catch a defect in action, tell your sponsor or someone in your program. Saying it out loud takes away its power to hide. This is also how you'll see progress you can't see on your own.

7. Move on to Step Eight

Don't camp here. The book goes straight from the Seventh Step prayer to the amends list. Step Seven isn't finished when you're fixed. It's finished when you've honestly asked, and you're living the asking.

Defects and their opposites

Keep this page handy. When you ask God to remove a defect, put its opposite into practice the same day. The verses are for looking up in your own Bible.

The big four (p. 84)

- **Selfishness →** generosity. Give your time or help where no one will notice. *Philippians 2:4*
- **Dishonesty →** honesty. Tell the truth, especially when it costs you. *Ephesians 4:25*
- **Resentment →** forgiveness. Pray for the person by name. *Ephesians 4:31–32*
- **Fear →** faith. Do the next right thing and leave the outcome to God. *Isaiah 41:10*

Others that often show up

- **Self-pity →** gratitude. Count what you have, and help someone who has less. *1 Thessalonians 5:18*
- **Pride →** humility. Ask for help. Admit you were wrong. *Proverbs 11:2*
- **Impatience →** patience. Wait your turn without comment. *James 1:19*
- **Control →** trust. Let other people make their own choices. *Proverbs 3:5–6*
- **Intolerance →** tolerance. See the other person as sick too (p. 67). *Colossians 3:13*
- **Envy →** contentment. Be glad for someone else's good news. *Philippians 4:11–12*
- **Gossip →** kind silence. Say nothing you wouldn't say to their face. *Proverbs 16:28*
- **Laziness →** diligence. Do the small task now. *Colossians 3:23*
- **Lust →** respect. Treat people as people, not as objects. *Matthew 5:28*
- **People-pleasing →** honesty. Say yes when you mean yes, and no when you mean no. *Matthew 5:37*

Your sponsor may name defects differently. Use your own words. What matters is that each one on your list gets a name, a prayer, and an opposite.

Questions to think about

These aren't for writing in this guide. Think them over, pray about them, write in a notebook if that helps, and talk them through with your sponsor. Jimmy and Sarah ask some of the same questions in the app.

1. What does humility mean to you? What doesn't it mean?
2. When has pride cost you the most? What did it cost the people around you?
3. Which defect from your inventory are you most ready to lose? Which one are you least ready to lose, and why?
4. Is there a defect you've been treating as a personality trait, or a "that's just how I am"?
5. Have you been trying to fix yourself instead of asking God? What has that looked like?
6. Which defect do you want to start with this week?
7. What would the opposite of that defect look like tomorrow, at work or at home?
8. How does fear sit underneath your defects? What are you afraid of losing, or of not getting?
9. Read the story of the two men praying (Luke 18:10–14). Which man do your prayers sound like?
10. Did you catch yourself this week? What did you do?

Suggestions for this week

Pick one at a time. You don't need to do all of them.

- Pray the Seventh Step prayer every morning for seven days.
- Each day, practice the opposite of one defect on purpose, and notice it at night.
- Read Step Seven in *Twelve Steps and Twelve Traditions* (pp. 70–76) in your own copy.
- Read page 76 of *Alcoholics Anonymous* out loud.
- Memorize James 4:10: *Humble yourselves before the Lord, and he will exalt you.*
- Call your sponsor each time you catch a defect in action, even if it's just a text.
- Ask someone close to you which of your defects they see most. Thank them, and don't argue.
- Go to a meeting and do something humble: make the coffee, set out chairs, clean up.
- Go to church this Sunday. If you don't have a church, try one.

When it's hard

Almost everyone gets stuck somewhere on this step. Here's what that usually looks like, and what to do.

"I prayed, and nothing happened."

Sometimes the change is sudden. More often it's slow, and you notice it later: the argument you didn't start, the lie you didn't tell. Keep praying, keep practicing the opposite, and ask your sponsor what they see. Other people often notice the change before you do.

"I still want to keep some of them."

That's honest, and it's common. Go back to Step Six for that defect. Ask God to make you willing to be willing. The book says that if we're still clinging to something, "we ask God to help us be willing" (p. 76).

"I'm so ashamed of who I've been."

Shame says *I am bad*. Humility says *I did wrong, and God can change me*. Shame keeps you staring at yourself, which is just self-centeredness in a different coat. Read 1 John 1:9 again. If you've confessed it, it's forgiven. Now let God work on what's next.

"I'll just try harder."

Trying harder is how you got here. Effort matters, and practicing the opposite takes effort. But the removing is God's job. Your job is to ask, to stay willing, and to show up.

"I don't feel humble."

You don't have to. Humility isn't a feeling. It's a way of acting: asking for help, admitting you're wrong, putting others first, and depending on God. Act humbly, and the feeling tends to follow.

"A defect came back after I thought it was gone."

It happens. It doesn't mean the step failed. Catch it, admit it, ask again, make amends if you hurt someone, and keep going. That's Step Ten, and it's coming.

If you want to drink, call someone before you do anything else. Your sponsor, someone from a meeting, your pastor. Get to a meeting today. If you are in danger, call or text 988, or call 911.

The Seventh Step prayer

Pray it each morning. Keep this page where you'll see it.

> "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."
>
> ALCOHOLICS ANONYMOUS, P. 76

Say it slowly, and stop at each line.

All of me, good and bad. Not just the parts you're proud of.

Every single defect. Name the ones on your list.

My usefulness to you and my fellows. This is what it's for.

As I go out from here. Then get up and go.

A prayer for this step

You can also pray in your own words. Here is one way:

Lord Jesus, I come to You as I am. You've seen all of it, the good and the bad, and You still call me to come.

I've tried to fix myself, and I can't. I'm asking You to take away the selfishness, the dishonesty, the resentment and the fear that keep me from being useful to You and to the people around me.

Where I'm still holding on, make me willing. When a defect shows up today, help me catch it and hand it back to You. Show me the next right thing, and give me the strength to do it.

Thank You that You forgive and cleanse. Thank You for this day sober. Thy will, not mine, be done. Amen.

Ready for Step Eight?

Before you call this step done, talk these over with your sponsor:

- Have you prayed the Seventh Step prayer, and meant it?
- Have you named your defects to God, one by one?
- Are you practicing the opposite of your defects each day?
- When a defect shows up, are you catching it and asking God to take it?
- Are you telling someone when you catch one?

You don't have to be free of every defect to move on. You need to have honestly asked, and to be living the asking.

What's next

Step Eight is a list and a willingness. You'll go back to your inventory and write down every person you harmed. You won't go to anyone yet. You'll just get willing.

The book moves you there right away, so don't wait long. Read page 76 again, and start your list this week.

Steps Eight and Nine are done with a human sponsor. Before you make any amends that involve money owed, the law, an affair, a former partner, or anything that could hurt someone else, talk it over with a human sponsor or pastor first.

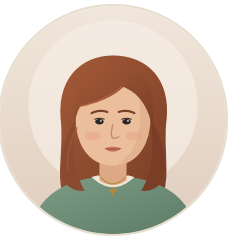
KEEP GOING

Talk it over with Jimmy or Sarah

Steps & Scripture is a Christian Twelve Step app for iPhone and Android. Your sponsor, Jimmy for men or Sarah for women, is an AI who knows *Alcoholics Anonymous* and the Bible. Your sponsor walks the steps with you, one conversation at a time, and keeps pointing you to meetings, a human sponsor, your church, and the phone.



Jimmy



Sarah

Download on the App Store

Get it on Google Play

Free to download. First month free, no card. For adults 18 and older. Jimmy and Sarah are AI. They are not people, and they say so.

IF TODAY IS A BAD DAY

Get help now

If you are in danger or thinking about hurting yourself: call or text **988**, the Suicide & Crisis Lifeline, or call **911**.

Withdrawal can kill. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today. If you drink heavily every day, talk to a doctor before you stop.

If you want to drink

- Call someone before you pick up. Your sponsor, someone from a meeting, your pastor.
- Get to a meeting today, early, and stay late.
- Ask: am I hungry, angry, lonely or tired? Deal with that first.
- Play the tape forward. Walk past the first drink to tonight, tomorrow morning, and who you'll have to tell.
- Pray. Even "God, help me" counts.

The SAMHSA National Helpline is free and open 24/7: 1-800-662-4357.

THE PROGRAM

The Twelve Steps

1. We admitted we were powerless over alcohol—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 became 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 experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1939 wording (*Alcoholics Anonymous*, p. 59).