



“The 12 Steps of Forgiveness”

The 12 steps of AA, with references to alcohol replaced with forgiveness. As discussed in the Focus on the Family Daily Broadcast *The Beautiful Struggle to Forgive*

“Truth is, my father’s struggle with the bottle and my struggle with my father were more similar than I thought. We both faced something daunting that often felt impossible to overcome. For him, it was overcoming alcoholism. For me, it was granting him forgiveness. And the gateway to change, for both of us, was to admit our powerlessness...and surrender our deepest personal struggles to Jesus.” – Jason Romano, author of the book Live to Forgive

- 1) I admit that I am powerless to forgive my loved ones who have hurt me or betrayed me; my life has become unmanageable.
- 2) I believe that a Power greater than myself can restore me to sanity.
- 3) I am deciding to turn my will and my life over to the care of God.
- 4) I am making a searching and fearless moral inventory of myself.
- 5) I admit to God, to myself, and to others the exact nature of my wrongs- my inability to see the perpetrator how God sees the perpetrator.
- 6) I am ready for God to remove all my defects of character- the bitterness and hatred that fester within.
- 7) I humbly ask God to remove my shortcomings- my failures to forgive and love unconditionally.
- 8) I am making a list of all persons I have harmed, and I am willing to make amends with them all- all the people I projected my hurts upon or took my anger out on out of bitterness.
- 9) I am making direct amends with such people wherever possible, except when to do so would injure them or others.
- 10) I am continuing to take a personal inventory, and when I am wrong, I will promptly admit it- continually feeling, evaluating, transforming, and forgiving.
- 11) I seek, through prayer and meditation, to improve my conscious contact with God as I understand him, praying only for knowledge of his will for me and the power to carry that out.
- 1.) In having a spiritual awakening as the result of these steps, I will carry this message to others who struggle to forgive and will practice these principles in all my affairs.

List Adapted from Jason’s book, Live to Forgive: Moving Forward When Those We Love Hurt Us, by Jason Romano. Used with Permission. To get Jason’s book, or to receive a free counseling session, call 800-A-FAMILY, or go to focusonthefamily.com/broadcast.