

1. Can you admit that whatever is going on with you that you can't control everything about it and it's challenging, and you can't manage all that's going on with your situation?
2. Can you admit that you're dealing with some degree of insanity and do you believe that a power greater than yourself could help you think more clearly about your situation?
3. Are you willing in just the next 11 minutes to turn over your will and what you want to have happen over to the care of your higher power and let higher power take care of your situation? Just for the next few minutes?
4. Can you name two things that you're doing that are related to your situation that are working for you and two things that you've been thinking or doing that are not working for you or that's not helping?
5. Speaking your answers in Step Four completed Step Five. Congratulations on the things that are working. We're now going to focus on the things that don't work.
6. What would you call the defects of character in what's not working? I'd imagine they might be things like ... (obsession, control...) Do you have some other names for these character defects? Would you like to be free from these shortcomings? Are you sure?
7. Go ahead and ask your higher power to remove these shortcomings. I could ask for you or you could ask silently or out loud. How would you like to do it?
8. Have you harmed anyone in this particular situation? Are you willing to make amends, and are you will to change yourself, so you won't cause any harm in the future?
9. Is there any particular affirmation or anything you can use to remind yourself to stay on your recovery path? Is there anything else you need to do about Step Nine in this situation to right any wrongs done by you? Just today.
10. Are you willing to keep an eye on yourself, be honest with yourself, and keep coming back to your recovery practice?
11. Ask your higher power what is the next best thing for you to do right now about this issue, and just listen for a moment. Sometimes a thought or an idea or an inspiration will come through in a matter of seconds.
12. Do you feel like you've had a spiritual awakening in the past 11 minutes on this one issue? How do you feel different now than you did 11 minutes ago? Are you willing to share this recovery tool with others that need help? Are you willing to keep practicing these principles in your other affairs?

Would you like to share with us anything about how that was for you?

Instructions for this exercise:

1. Choose a very specific situation. It should be a situation or experience where you need clarity.
2. Use your situation, not someone else's. Keep the focus on yourself and work the Steps on your behavior in reaction to your situation.
3. Keep your comments brief, whether you are helping someone else through the Steps or having someone help you through the Steps.
4. Move quickly through the Steps. Don't use too much detail. Raise your hand if you get stuck.
5. Amends can be very simple; For you, read a page or two in a daily reader. For others, a simple apology with a commitment to change is often enough.
6. Don't worry if it doesn't work perfectly the first time. Practice will help!
7. Remember, not all get through it the first time! That's okay. And when you're home, you can take more time working through the Steps on your situation.

(NOTE: This material was created as a workshop tool. It is not a World Service Office service tool and therefore should not be used in Nar-Anon meetings.)

## Working Nar-Anon Twelve Steps in Twelve Minutes

Identify the issue briefly to begin ---no details.

1. **We admitted we were powerless over the addict – that our lives had become unmanageable.**  
What are you powerless over *in this situation*? What are you powerless to control or change?  
How has your life become unmanageable?
2. **Came to believe that a Power greater than ourselves could restore us to sanity.**  
Where is your Higher Power in this situation? What are you doing that just might be insane? Do you believe your Higher Power *could* restore you to sanity?
3. **Made a decision to turn our will and our lives over to the care of God as we understood him.**  
Are you ready to turn over any outcome to the care of God? Is your HP trustworthy enough to handle this? Say a prayer turning over the specific situation. If you're not ready, pray for willingness if you can.
4. **Made a searching and fearless moral inventory of ourselves.**  
List three shortcomings you're using in this situation.
5. **Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**  
See if you can identify the "self-defeating assumptions" that are causing you grief.
6. **Were entirely ready to have God remove all these defects of character.**  
Is there something about the three shortcomings you identified in Step 4 that gave you some sort of payback? What were you getting by using these character defects? What are the costs? There may be none. Are you ready to let God remove those defects? If not, pray for that willingness.

7. **Humbly asked Him to remove our shortcomings.**  
Ask your HP out loud or silently to remove all those shortcomings that do not serve you or others in this situation.
8. **Made a list of all persons we had harmed, and became willing to make amends to them all.**  
Who have you hurt? Don't forget you. Are you willing to make amends to each of these people?
9. **Made direct amends to such people wherever possible except when to do so would injure them or others.** How do you plan to make amends? Make a commitment to make those amends promptly. If you are new to the Steps and amends, please check with your Sponsor before you make them.
10. **Continued to take personal inventory and when we were wrong promptly admitted it.**  
Commit to looking out for these shortcomings and making amends if necessary.
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 it out.**  
How can you bring God into this situation? Can you commit to praying for three days for knowledge of God's will for you and the power to carry that out?
12. **Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.**  
What principles are involved in this situation? (Examples: honesty, humility, love, integrity, faith, hope, detachment) Share the lesson(s) you learn in a meeting.

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