

## **The Twelve Steps of ISA**

### *A Modern Interpretation of the Twelve Steps*

#### **Step One**

We acknowledged our powerlessness over other people's sexual behavior – that our lives had become unmanageable.

#### **Step Two**

Came to believe that a Power greater than ourselves would awaken the healing wisdom within us when we opened ourselves to that power.

#### **Step Three**

Made a decision to tune into our Higher Power, and turn our lives over to the care of this Power as we understood this Power.

#### **Step Four**

Made a searching and fearless inventory of our behaviors and beliefs – in our own cultural context.

#### **Step Five**

Admitted to our Higher Power, ourselves and others the exact nature of these behaviors and beliefs.

#### **Step Six**

Were entirely ready to have our Higher Power remove our unhealthy behaviors and beliefs.

#### **Step Seven**

Humbly asked our Higher Power to remove our unhealthy behaviors and beliefs.

#### **Step Eight**

Made a list of the people we had harmed with our unhealthy behaviors and beliefs, and became willing to make amends to them all.

#### **Step Nine**

Made direct amends to such people, except when to do so would injure them or others.

#### **Step Ten**

Continued to take personal inventory and to trust our own reality and intuition. When we were wrong, we promptly admitted it.

#### **Step Eleven**

Sought through prayer, meditation or inner awareness to improve our conscious contact with our Higher Power and inward calling, and gained the wisdom and the power to follow the will of these.

#### **Step Twelve**

Having had a spiritual awakening as the results of these steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.