

## ***SA's Six Steps for Recovery - Summary***

### **1. I SURRENDER...**

I admit I need help. I can't do it alone.

### **2. I CHOOSE...**

I choose to be well. I take full responsibility for my choices, and I realize the choices I make directly influence the quality of my days.

### **3. I BELIEVE...**

I now come to believe that I have been provided with great inner resources, and I will use these resources to help myself and others.

### **4. I FORGIVE...**

I forgive myself for all the mistakes I have made. I also forgive and release everyone who has injured or harmed me in any way.

### **5. I UNDERSTAND...**

I now understand that erroneous, self-defeating thinking contributes to my problems, failures, unhappiness and fears. I am ready to have my belief system altered so my life can be transformed.

### **6. I DECIDE...**

I make a decision to turn my life over to the care of a Higher Power, as I understand the Higher Power, surrendering my will and false beliefs. I ask to be changed in depth.