



THE TWELVE STEPS OF MESSIES ANONYMOUS

1. We admitted we were powerless over clutter and disorganization - that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our short comings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people whenever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others who suffer from disorganization in their lives, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS OF MESSIES ANONYMOUS

1. Our common welfare should come first; personal progress depends upon unity.
2. For our group purpose there is but one ultimate authority - a loving Higher Power. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in an M.A. group is a desire for freedom from clutter and a disorganized lifestyle. Any such group may call itself a Messies Anonymous group provided that, as a group, they have no other affiliation.
4. Each group should be autonomous except when action taken would be inconsistent with program principles and guidelines, as described in M.A. literature.
5. Each group has but one primary purpose - to help those who desire a sanely organized lifestyle.
6. An M.A. group ought never endorse, finance, or lend the M.A. name to any outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every M.A. group ought to be self-supporting, declining outside contributions.
8. M.A. should remain forever nonprofessional, but our service centers may employ special workers.
9. M.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. M.A. has no opinion on outside issues; hence the M.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, television, radio and films.
12. (Together) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

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Twelve Steps of Alcoholic Anonymous

Twelve Traditions of Alcoholics Anonymous

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 whenever 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 the knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1. Our common welfare should come first; personal progress depends upon AA unity. 2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for AA membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or AA as a whole. 5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers. 6. An AA group ought never endorse, finance, or lend the AA name to any outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every AA group ought to be self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. AA has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV. 12. Anonymity is the spiritual foundation of all traditions, ever reminding us to place principles before personalities.