Native American 12 Steps
Based on the 12 Steps of Alcoholics Anonymous and especially prepared for Native Americans by the Umatilla Tribal Alcohol Program

Step 1  We admitted we were powerless over alcohol, that we had lost control of our lives.

Step 2  We came to believe that a power greater than ourselves could help us regain control.

Step 3  We made a decision to ask for help from a Higher Power and others who understand.

Step 4  We stopped and thought about our strengths and our weaknesses and thought about ourselves.

Step 5  We admitted to the Great Spirit, to ourselves and to another person the things we thought were wrong about ourselves.

Step 6  We are ready, with the help of the Great Spirit, to change.

Step 7  We humbly ask a Higher Power and our friends to help us change.

Step 8  We made a list of people who were hurt by our drinking, and want to make up for these hurts.

Step 9  We are making up to those people whenever we can, except when to do so would hurt them more.

Step 10 We continue to think about our strengths and weaknesses, and when we are wrong we say we are wrong.

Step 11 We pray and think about ourselves, praying only for strength to do what is right.

Step 12 We try to help other alcoholics and to practice these principles in everything we do.