

## TOOLS OF PERSONAL CHANGE

### STEPS

1. Admit I am powerless over            and come to believe that a power greater than myself can restore me to sanity.
2. Make a decision to turn my will and my life over to the care of God as I understand Him.
3. Make a searching and fearless moral inventory of myself, daily.
4. Admit to God, myself, and another human being the exact nature of my wrongs, immediately.
5. Make direct amends to such people wherever possible except when to do so would injure them, myself, or others.
6. Seek through prayer and meditation to improve my conscious contact with God as I understand Him, praying only for knowledge of His will for me and the power to carry that out.
7. Having received the gift of awareness, I will practice these principles in all my daily affairs and carry the message to all I can help.

### THREE SIGNS

THINK, THINK, THINK  
FIRST THINGS FIRST  
EASY DOES IT

### SERENITY PRAYER

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE,  
THE COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW  
THE DIFFERENCE.

### Five Guidelines of "STRAIGHT Thinking"

1. Based on objective reality
2. Protect my life
3. Goal producing
4. Feel and act the way I need
5. Keeps me out of trouble with others

*Must have 3 years  
out of the fire.*