

The 12 Steps

*(To be read at every meeting; **bolded** words are exclusive to PULLS.)*

1. We admitted we were powerless over **our sexual thoughts and behavior** - that our lives had become unmanageable;
2. Came to believe that God could restore us to **His plan for our lives.**
3. Made a decision to turn our will and our lives over to the care of **God.**
4. Made a searching, fearless and moral **self-inventory.**
5. **Made the connection between our shortcomings and our sins and brought to the Sacrament of Reconciliation, all sins not yet confessed.**
6. Were entirely ready to have God remove all **of our character flaws and weaknesses.**
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 wherever 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. **Continued to pray for God's graces and discernment, to know and fulfill His will for us.**
12. **Brought the PULLS message of God's healing to those still suffering, and applied the 12 Steps to all areas of our lives.**