

## The Twelve Steps of *Heart t' Heart*

(Condensed Version )

1. We admitted we were powerless over compulsive addictive behaviors\*—that our lives had become unmanageable. (*Mosiah 4:5; Alma 26:12*)
2. Came to believe that a Power greater than ourselves could restore us to sanity. (*Mosiah 4:9; Alma 26:12*)
3. Made a decision to turn our will and our lives over to the care of God as we understood Him. (*2 Nephi 10:24; Omni 1:26; Mosiah 3:19; 2 Nephi 4:34*)
4. Made a searching and fearless moral inventory of ourselves. (*Alma 15:17; Mosiah 4:2; Jacob 4:6–7; Ether 12:27*)
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (*Mosiah 26:29; Alma 22:18*)
6. Were entirely ready to have God remove all these defects of character. (*Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20–21*)
7. Humbly asked Him to remove our shortcomings. (*Alma 36:18; Alma 38:8; Moroni 10:32; Mosiah 5:2; Alma 34:15–16*)
8. Made a list of all persons we had harmed and became willing to make amends to them all. (*3 Nephi 12:9; 3 Nephi 12:24; 3 Nephi 12:44–45*)
9. Made direct amends to such people wherever possible except when to do so would injure them or others. (*Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30*)
10. Continued to take personal inventory and when we were wrong promptly admitted it. (*2 Nephi 4:18; 2 Nephi 10:20; Mosiah 26:30*)
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. (*2 Nephi 32:3; Alma 37:37; Helaman 10:4*)
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others still suffering from the effects of compulsive behaviors and to practice these principles in all our affairs. (*Alma 5:7; Mosiah 27:36–37; Moroni 7:3*)

\*Any problem may be inserted in place of “compulsive addictive behaviors.”

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## The Twelve Traditions of *Heart t' Heart*

1. In *Heart t' Heart* individual recovery depends on the loving, supportive fellowship of the group. Without acceptance and unity there can be no fellowship and thus no recovery.
2. In *Heart t' Heart* there is only one ultimate authority—a loving God who manifests His will for each group in our prayerful group conscience. Our *Heart t' Heart* leaders are but trusted servants, they do not govern.
3. The only requirement for *Heart t' Heart* membership is a desire to stop participating in compulsive addictive behaviors.
4. Each *Heart t' Heart* group is autonomous within the guidelines of the steps and the traditions, encouraged only to practice these principles in all its decisions.
5. Each *Heart t' Heart* group has but one primary purpose—to carry its message of recovery from compulsive addictive behavior to those who still suffer.
6. A *Heart t' Heart* group ought never endorse, finance or lend the *Heart t' Heart* name to any outside publication or enterprise, lest problems of copyrights, money, property or prestige divert us from our primary purpose.
7. Every *Heart t' Heart* group ought to be fully self-supporting through voluntary donations from members only.
8. *Heart t' Heart* should remain forever non-professional, but our world service center may employ special workers.
9. *Heart t' Heart*, as such, ought never be organized. We may, however, create service boards or committees directly responsible to those they serve.
10. *Heart t' Heart* has no official opinion on any outside issue. Neither is its intent to promote any doctrine or policy contrary to the Church of Jesus Christ of Latter-day Saints. Hence, the *Heart t' Heart* name ought never be drawn into any controversy, the opinions expressed being simply those of the individuals who share them.
11. Our public relations policy is based on attraction, rather than promotion. We need always maintain the spiritual foundation of personal anonymity, acknowledging that all recovery comes through dedication to the principles of the program.
12. Personal anonymity is the spiritual foundation of all our traditions—ever reminding us that this program is focused on principles and not personalities.

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