

## **Step Twelve — Preparatory meditation and writings for conference registrants — continued:**

Finally, we come back from our statement of purpose to discuss the end of Step Twelve: “to practice these principles in all our affairs.” For a short list of all “our affairs,” we can once more turn to the pie visual from [Promise Eight](#). Do you have affairs that are not included in the life reflected below?



Next, let’s look at the principles we are to practice. First, there are the larger principles covered by the Steps, Traditions, and Concepts of DA, collectively. Those are the principles of Recovery, Unity, and Service, which make up and support our mental, emotional, physical, and spiritual health. Then, there are the specific principles of each Step, which we believe are personal actions. The very simple and purposely brief list of principles that follow are based on the experience of our workshop leaders; there is a different list in the DA 12, 12, and 12, which we’ve included on the next page of these materials:

One — *Surrendering to win*

Two — *Letting go of the delusion of control*

Three — *Trusting Higher Power and committing to our recovery*

Four — *Being honest with ourselves*

Five — *Being honest with others and with our Higher Powers*

Six — *Accepting our pasts and getting ready for change*

Seven — *Pursuing humility and desiring change*

Eight — *Forgiving others*

Nine — *Repairing our pasts and forgiving ourselves*

Ten — *Dig deeper*

Eleven — *Invite Higher Power in*

Twelve — *Stay to recover*

Please note that the verbs for the Tens, Elevens, and Twelves are in present tense. These are daily actions that will help us to continue growing and changing, as we also continue to improve conscious contact with our Higher Powers. These are the everyday, day at a time Steps that increase our joy and well-being. We might next ask ourselves, our Higher Powers, and our sponsors: “How will I possibly practice all these principles in all my affairs?” But we already know the answer. We’ll “stay to recover.”

## **Step Twelve — Preparatory meditation and writings for conference registrants — continued:**

Before moving on, let's take a quick look at the description of the 12 Step-based principles as described in the DA 12, 12, and 12:

One — We practiced *honesty* when we admitted that we were powerless over debt and that our lives had become unmanageable.

Two — Embodied *hope and faith* that a Higher Power could restore us to sanity.

Three — Taught us *acceptance* of and *surrender* to that Higher Power's care in our lives.

Four and Five — We grew in *honesty and courage* when we took inventory and shared it.

Six — We learned about *willingness*.

Seven — [We learned about] *humility and self-acceptance*.

Eight and Nine — Guided us into *forgiveness, freedom, and integrity*.

Ten — We practiced *perseverance* and grew in *gratitude and honesty* as we continued to take inventory and to admit when we were wrong.

Eleven — Enlarged our *openness and spirituality*.

Twelve — Brought us to service, DA's greatest gift and best-kept secret. The *spiritual growth* and the *personal fulfillment and joy* that countless D.A.s have experienced after committing to service are a testament to this fact.

Obviously, the 12 presented principles above are significantly different than those we have shared during this six-month conference (and on the previous page). Perhaps those differences are related to our emphasis on ALL of the principles, tools, and promises, rather than only on the Steps. Or perhaps it's the difference between theory and practice. Either way, let's use both lists of principles to our best advantage and to improve and increase the services we have to offer, in our businesses, in our lives, and for fun and for free wherever we provide service as volunteers.