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# STEPS for KIDS

1. I am powerless over alcohol, drugs and other people's behavior, and my life got messed up because of it.
2. I need help. I can't do it alone anymore.
3. I've made a decision to reach out for a Power greater than me to help out.
4. I wrote down all the things that bother me about myself and others, and all the things I like, too.
5. I shared these with someone I trust because I don't have to keep them a secret anymore.
6. My Higher Power helps me with this, too.
7. The more I trust myself and my Higher Power, the more I learn to trust others.
8. I made a list of the people I hurt and the ways I hurt myself. I can now forgive myself and others.
9. I talked with these people even if I was scared to because I knew that it would help me feel better about myself.
10. I keep on discovering more things about myself each day, and if I hurt someone, I apologize.
11. When I am patient and pray, I get closer to my Higher Power, and that helps me to know myself better.
12. By using these steps, I've become a new person. I don't have to feel alone anymore, and I can help others.

KIDS' POWER: Healing Games for Children of Alcoholics  
Jerry Moe & Don Pohlman



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