



MORE THAN WORDS

12 Steps of Alcoholics Anonymous:
Are you sure you know what those words mean?

here *adv.* in this place / at this or at that moment in time, action, thought

take *v. pres. part.* took past part, to put the hand on or in so as to give or receive guidance, *take my hand while we cross the street*, to guide (somebody) in this way, to expose oneself to the benefit of, to make use of.

program *n.* a plan or sequence of things to be done / to work out a plan of the operations to be executed by.

the *adj.* the definite article used to denote a thing.

Here are the steps we took, which are suggested as a program of recovery:

step *n.* one of a series of stages in a process, activity, *step by step gradually to keep step to stay in step/to take steps/to begin to do what is necessary in order to achieve a certain purpose.*

which *pron.* what one or ones of several things, etc. pointed out, denoted, described etc.

recovery *v.t.* to get back possession of / to regain the balance of oneself / to return to a normal condition of prosperity / to regain one's composure, balance etc.

we *pron.* oneself and others, as named by oneself.

suggested *v.t.* to put forward as a consideration / to propose something as a possibility.

admit *pres. part.* **admitted** *past part.* to recognize as true / to acknowledge.

were *pl. past subjunctive of BE* (to exist, live, to happen, occur).

alcohol *n.* a colorless, volatile, intoxicating, inflammable liquid C₂H₅OFl.

life *pl. lives n.* the period of time from birth to the present / the aggregation of one's actions, thoughts, activities etc., one's existence / a specified period or aspect of one's existence / a way or manner of existence.

become *v.i.* to come to be / to be in process of change or development / the state of undergoing development / a coming into being.

We admitted we were powerless over alcohol — that our lives had become unmanageable.

power *n.* an ability or faculty / controlling influence **powerless** *adj.* without power/ unable.

over *prep.* in regard to, about.

The dash (—) is used to indicate an abrupt change of ideas, may be used to indicate a sudden change of thought in a sentence.

manage *v.* to exercise control over / to handle, manipulate / *v.i.* to be able to cope with a situation. UN (opposite, as in unmanageable / to indicate a reversal of the action of the verb).

had *past* used with adjectives and adverbs of comparison to indicate necessity. Past tense of have, implying possession, ownership of.

come *v.* **past came** *v.i.* to approach,
/ to arrive, appear / to occur to
the mind.

Power *n.* controlling influ-
ence / authority...GOD!

can *past could* to be able to / to
know how to / to be permitted to.

us *pron. ojective case of WE.*

Came to believe that a Power greater than ourselves could restore us to sanity.

believe *v.t.* to accept as true.

great *adj.* greater of much more than
ordinary / more powerful. Compara-
tive adjective comparing two things,
persons, etc.

restore *v.t.* to give back / to
make look as it looked
originally by repairing /
to bring back to a healthy
state / to bring into use or
being again.

sanity *n.* state of being sane.
(*In full possession of the
mental faculties, of opin-
ions, plans, sensibility,
health.*)

make *v.past part.* **made** *v.t.*
to arrive at (a choice, decision, conclusion) after thought.

turn *v.t.* to alter the course / to cause to change one's actions, beliefs, aims, etc. turnover to hand over, transfer.

care *n.* serious attention, watchfulness / protection / charge / anxiety, concern, worry.

GOD *n.* seen as the omnipotent (having unlimited power or authority, all powerful) creator and ruler of the universe.

Made a decision to turn our will and our lives over to the care of God as *we understood Him*.

decision *n.* a making up of one's mind / the result of making up one's mind.

will *n.* an intention, command or request/moral strength or energy / determination / disposition to wards others / to dominate so as to control the actions of.

understand *past part.* **understood** *v.t.*
to seize the meaning of / to form a reasoned judgment concerning something / to interpret, attribute a specified meaning to.

life *pl. lives* *n* the period of time from birth to the present / the aggregation of one's actions, thoughts, activities etc., one's existence / a specified period or aspect of one's existence / a way or manner of existence.

search *adj.* *searching* to go or look over or through in order to find something, gain information, etc.

moral *adj.* concerned with right and wrong and the distinctions between them.

of *prep.* originating or coming from.

Made a searching and fearless moral inventory of ourselves.

fear *n.* the instinctive emotion aroused by impending or seeming danger, pain or evil / **fearless** *adj.* having no fear.

inventory *n.* an itemized list / the making of such a list.

exact *adj.* completely correct or accurate/precise.

another *pron.* an additional one of the same kind.

wrong *adj.* not in accordance with moral standards, not morally right / not correct or accurate, false / not suitable or proper / *n.* that which is morally wrong.

being *n.* one who exists.

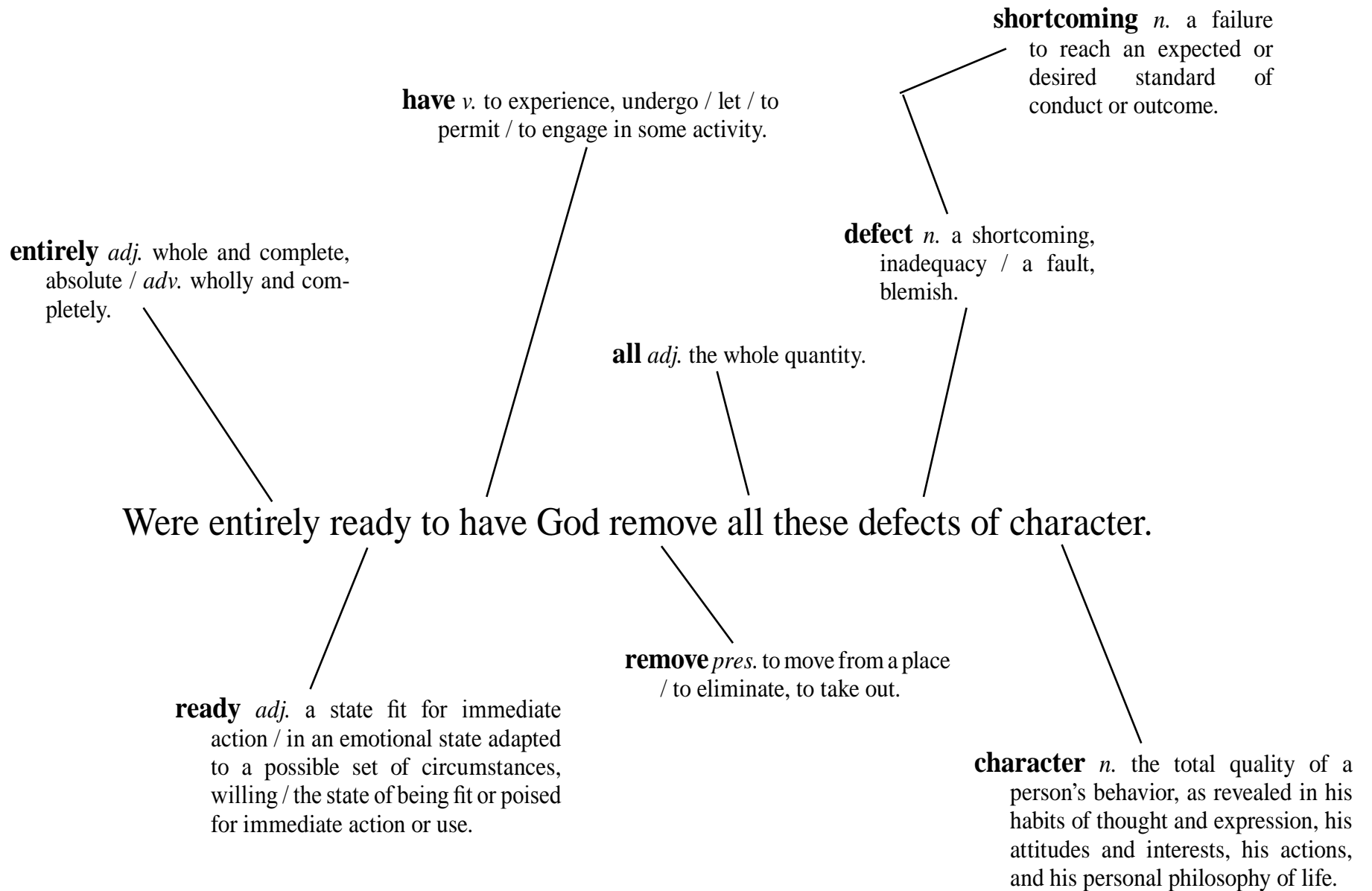
Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

GOD *n.* seen as the omnipotent (having unlimited power or authority, all powerful) creator and ruler of the universe.

nature *n.* the essential character of something.

human *adj.* being a person.

admit *pres. part.* **admitted** *past part.*
to recognize as true / to acknowledge.



humble *adj.* **humbly** in a humble way / possessing or marked by the virtue of humility / humble oneself to perform an act of submission by way of apology or penitence.

shortcoming *n.* a failure to reach an expected or desired standard of conduct or outcome.

him *pron.* GOD.

Humbly asked Him to remove our shortcomings.

remove *pres.* eliminate, to move from a place / to take out.

ask *v.t.* to request / to make a request.

list *n.* a number of names of persons or things.

harm *n.* injury, hurt / moral wrong / to injure, hurt.

amends *pl. n.* to make compensation, reparation or restitution (for loss or injury)

all *adj.* the whole quantity of.

Made a list of all persons we had harmed, and became willing to make amends to them all.

people *pl. n.* human beings

willing *adj.* ready / in agreement to do something

become *v.* to be in process of change or development

all *adj.* the whole quantity of.

direct *adj.* candid, straightforward,
blunt / immediate.

such *adj.* of a kind
previously or
about to be men-
tioned or im-
plied.

wherever *adj.* in any
circumstance in
which

possible *adj.* that may
exist, happen.

except *v.t.* to exclude from a list.

so *adv.* in a
certain way.

Made direct amends to such people wherever possible, except when to do so
would injure them or others.

would *v.* used to express condition.

injure *v.t.* to cause tangible or intangible
detriment or hurt to someone or thing.

other *adj.* further or additional / remaining,
an additional person or persons.

them *pron.* objective case of THEY.

when *adv.* on which occasion.

continue *v.t.* to go on with (an action).

personal *adj.* belonging or particular to one person.

wrong *adj.* not in accordance with moral standards, not morally right.

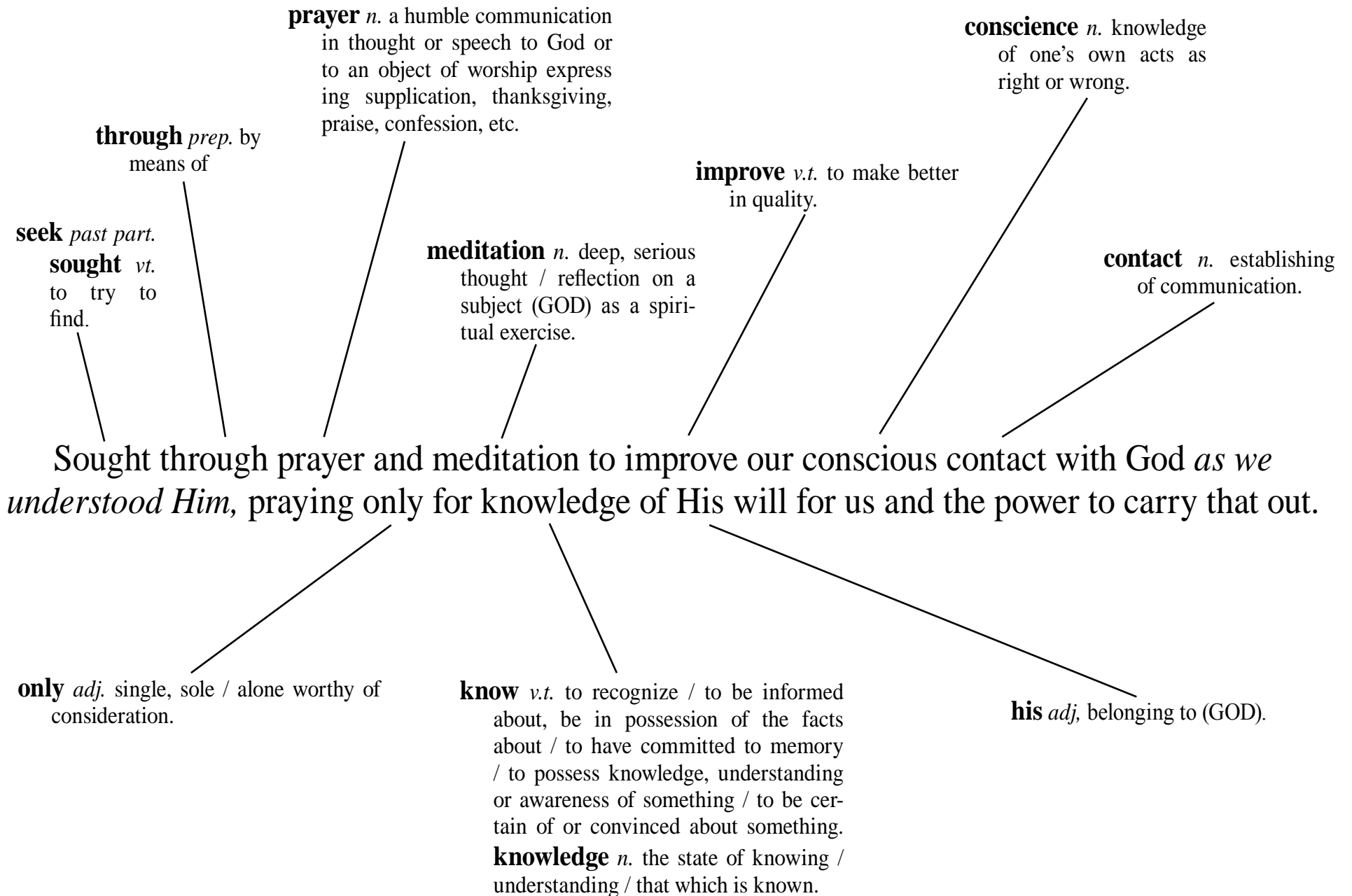
Continued to take personal inventory and when we were wrong promptly admitted it.

inventory *n.* an itemized list.

admit *pres. part.* **admitted** *past part.* to recognize as true / to acknowledge.

take *v.* to write down esp. as a record, to decide to have or be in the process of having.

prompt *adj.* quick to respond and act without delay.



spiritual *adj.* of, relating to, or concerned with the soul or spirit / the intelligent or immaterial part of man as distinguished from the body/the moral nature of a man I a supernatural being, usually regarded as invisible but as having the power to become visible at will/a specified mental or emotional attitude characterizing words, actions, opinions, etc.

awakening *n.* a realization of circumstances / an arousal of interest or activity.

try *v.* to attempt to do / to test experimentally.

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

message *n.* inspired revelation / ethical or spiritual teaching.

practice *v.* repeated performance or systematic exercise for the purpose of learning or acquiring proficiency.

principle *n.* a law of nature as formulated and accepted by the mind / the acceptance of moral law as a guide to behavior.

affair *n.* daily concerns.