

The 12 Steps of ISA

Step One

We acknowledged our powerlessness over other people's sexual behavior – that our lives had become unmanageable.

Step Two

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

Step Three

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

Step Four

Made a searching and fearless inventory of ourselves.

Step Five

Admitted to our Higher Power, ourselves and to others the exact nature of our strengths and weaknesses.

Step Six

Were entirely ready to have our Higher Power remove all our unhealthy behaviors and beliefs.

Step Seven

Humbly asked our Higher Power to remove our shortcomings.

Step Eight

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

Step Nine

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

Step Ten

Continued to take personal inventory. When we were wrong, we promptly admitted it.

Step Eleven

Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of our Higher Power's will for us and the power to carry that out.

Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other infidelity survivors, and to practice these principles in all areas of our lives.

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