

## **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 of our own understanding.

### **Step Four**

Made a searching and fearless moral 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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