

Twelve Steps

1. We admitted that we had suppressed our sensitivity and thereby bypassed the essential meaning of our life.
2. Came to believe that a Power greater than ourselves can regenerate and restore us to health and sanity.
3. Made a decision to turn our will and entrust our lives to Providence as we understand her.
4. Made thorough self-reflection and fearless moral inventory in our life.
5. Admitted to ourselves and to another human being, revealing the exact nature of our behavior.
6. Were completely ready to gradually develop the special characteristics of our sensory processing sensitivity and to eliminate any defects of character that occurred.
7. I gracefully request that the development of our perception remove all shortcomings from us.
8. Made a list of all persons I had harmed and became willing to make amends to them all.
9. By changing my immediate behavior towards nature and people, make direct amends wherever possible through compassion and gentleness, except when to do so would injure them or others.
10. Continued to reflect, and if I am wrong immediately admit it.
11. Sought through prayer and meditation to improve my conscious contact with God as I perceive Him, only ask Him that he reveals himself to me and gives me the strength to develop myself independently.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our daily affairs.