

12 Steps in a Tweet

Distill each step to its essence

Printable worksheet · 14 parts

Name _____ Date _____

The 12 Steps: Your Voice, Your Recovery

Recovery speaks many languages. The traditional 12 Steps have guided millions toward healing, but their century-old language doesn't always resonate with everyone. Some find the religious terminology challenging. Others struggle with concepts like powerlessness. First responders and professionals might need language that honors their strength while acknowledging their humanity.

This exercise invites you to translate each step into your own words—to find the truth that lives beneath the traditional phrasing and express it in language that speaks to your experience. Think of it as creating your personal recovery manifesto, one tweet at a time.

THE CHALLENGE: Rewrite each of the 12 Steps in your own words using 280 characters or less. Make it real. Make it yours. Make it something you'd actually want to read when you need it most.

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PART 1 OF 14

How This Works

Translation Tips:

- • Replace "God" with whatever works: Universe, Higher Power, Community, Nature
- • "Powerless" can become "lost control" or "needed help"
- • Use action words that resonate with your experience
- • Include what the step means for YOUR recovery

Make It Personal:

- • Use your professional language if it helps
- • Include metaphors from your life experience
- • Focus on the principle, not the exact wording
- • Write it like advice to your best friend

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PART 2 OF 14

Step 1: Honesty

1

Step 1: Honesty

#Honesty #Acceptance #FirstStep

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

Translate Step 1 into your own words...

MyStep1

0/280

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Step 2: Hope

2

Step 2: Hope

#Hope #Faith #Restoration

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

Translate Step 2 into your own words...

MyStep2

0/280

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Step 3: Faith

3

Step 3: Faith

#Faith #Trust #LetGo

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

Translate Step 3 into your own words...

MyStep3

0/280

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Step 4: Courage

4

Step 4: Courage

#Courage #SelfExamination #Truth

"Made a searching and fearless moral inventory of ourselves."

Translate Step 4 into your own words...

MyStep4

0/280

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Step 5: Integrity

5

Step 5: Integrity

#Integrity #Vulnerability #Connection

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

Translate Step 5 into your own words...

MyStep5

0/280

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Step 6: Willingness

6

Step 6: Willingness

#Willingness #Change #Growth

"Were entirely ready to have God remove all these defects of character."

Translate Step 6 into your own words...

MyStep6

0/280

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Step 7: Humility

7

Step 7: Humility

#Humility #Surrender #Transformation

"Humbly asked Him to remove our shortcomings."

Translate Step 7 into your own words...

MyStep7

0/280

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Step 8: Brotherly Love

8

Step 8: Brotherly Love

#Love #Accountability #Healing

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

Translate Step 8 into your own words...

MyStep8

0/280

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Step 9: Justice

9

Step 9: Justice

#Justice #Amends #Wisdom

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

Translate Step 9 into your own words...

MyStep9

0/280

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Step 10: Perseverance

10

Step 10: Perseverance

#Perseverance #DailyPractice #Growth

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

Translate Step 10 into your own words...

MyStep10

0/280

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Step 11: Spiritual Awareness

11

Step 11: Spiritual Awareness

#Spirituality #Meditation #Purpose

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Translate Step 11 into your own words...

MyStep11

0/280

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Step 12: Service

12

Step 12: Service

#Service #Purpose #PayItForward

"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."

Translate Step 12 into your own words...

MyStep12

0/280

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PART 14 OF 14

Your Personal Recovery Thread

You've just created something powerful—a personalized version of the 12 Steps that speaks your language and honors your experience. These aren't just rewrites; they're your recovery principles expressed in words that resonate with who you are.

Next Steps:

- • Save or screenshot your personalized steps for future reference
- • Share them with your sponsor, counselor, or recovery support
- • Revisit and revise as your recovery evolves
- • Use them as daily affirmations or meditation prompts
- • Consider which steps you "liked" vs "needs work"—what does that tell you?

Remember: Recovery is personal. The steps that have helped millions can help you too—but only when they speak to your heart in language you understand. Your translations aren't replacing the originals; they're making them accessible and actionable for your unique journey.

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