

AA 12 STEP

Original English, Plain Language & ASL Gloss

Deaf District 38 | Area 58

About This Document

This document presents the 12 Steps in three formats side by side: the original AA English text, a plain language version, and an ASL Gloss. The gloss uses ALL CAPS signs and + between them. Bracketed notes like [pause] are cues, not signs.

ASL Gloss Key: ALL CAPS = ASL sign | + = sign boundary | [pause] = natural pause | >> = begin gloss

The 12 Steps

Here are the Steps taken as a program of recovery:

#	Original English	Plain Language	ASL Gloss
1	<i>We admitted we were powerless over alcohol—that our lives had become unmanageable.</i>	We said out loud: alcohol controls us. Our lives messed up because of it.	FINISH + ADMIT + POWERLESS + ALCOHOL + LIFE + MESS-UP
2	<i>Came to believe that a Power greater than ourselves could restore us to sanity.</i>	Slowly, we started to believe that a Higher Power could help us think clearly again.	SLOW + WAKE-UP + BELIEVE + HP + CAN + HELP-ME + THINK + CLEAR
3	<i>Made a decision to turn our will and our lives over to the care of God as we understood Him.</i>	We decided to let go — to give our plans and our lives to God's care. You decide who God is for you.	FINISH + DECIDE + MY-WILL + MY-LIFE + GIVE + GOD + CARE[pause] GOD + WHO? + YOU + DECIDE
4	<i>Made a searching and fearless moral inventory of ourselves.</i>	We took an honest look inside and made a list of our wrongs.	FINISH + LOOK-INSIDE-SELF + LIST + WRONGS
5	<i>Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.</i>	We told God, ourselves, and one other person exactly what we did wrong.	ADMIT + GOD + SELF + ANOTHER-PERSON + MY + MISTAKES
6	<i>Were entirely ready to have God remove all these defects of character.</i>	We became fully ready for God to take away our character flaws.	FULLY + READY + GOD + REMOVE + DEFECTS + CHARACTER
7	<i>Humbly asked Him to remove our shortcomings.</i>	With humility, we asked God to remove our wrongs.	HUMBLE + ASK + GOD + REMOVE + WRONGS
8	<i>Made a list of all persons we had harmed, and became</i>	We made a list of everyone we hurt and became willing to make it right with all of them.	LIST + PEOPLE + ME + HURT + BECAME + WILLING + AMENDS + REPAIR + ALL

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	<i>willing to make amends to them all.</i>		
9	<i>Made direct amends to such people wherever possible, except when to do so would injure them or others.</i>	We went directly to those people and made it right — unless doing so would hurt them or someone else.	MEET + DIRECT + AMENDS + REPAIR + WHEN + POSSIBLEBUT + NOT + IF + HURT + THEM + MORE + OR + OTHERS
10	<i>Continued to take personal inventory and when we were wrong promptly admitted it.</i>	We kept checking ourselves. When we were wrong, we admitted it right away.	CONTINUE + LOOK-INSIDE-SELF + IF + REALIZE + WRONG + FAST + ADMIT
11	<i>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.</i>	We prayed and meditated to stay close to God. We asked only to know God's will and to have the strength to do it. You decide who God is.	PRAY + MEDITATE + IMPROVE + AWARENESS + GOD [pause] GOD + WHO? + YOU + DECIDEPRAY + KNOW + GOD'S + WILL + POWER + TAKE-ACTION
12	<i>Having had a spiritual awakening as a result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.</i>	Working these Steps woke us up spiritually. Now we share this message with other alcoholics and live these principles in everything we do.	SINCE + WORK + STEPS + RESULTS + WHAT? + SPIRITUAL + AWAKENINGWE + INFORM + OTHER + ALCOHOLICS + AA-MESSAGEPRACTICE + PRINCIPLES + IN + ALL + SITUATIONS