

December 2013

The Principles of the 12 Steps

Step Four – Courage

Step Five - Integrity

Step 4 – Made a searching and fearless moral inventory of ourselves.

Step 5 – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

“In steps four and five we learned **courage** and **integrity** as we faced the truth about our defects of character. Applying these principles in all our affairs means that we are no longer ruled by a fear of admitting our mistakes. We have the **integrity** to show the world our true selves. No longer needing to appear to the world as perfect people, we can live more fully, having the **courage** to face up to our mistakes and test our strengths in the challenges of life.”

Taken from The 12 Steps and 12 Traditions of Overeaters Anonymous page 104