

*Courage*

*Hope*

*Willingness*



This book was the idea of inmates in the Literacy Program at Brandon Correctional Institution. They wanted to produce a booklet that was meaningful to themselves and hopefully, to other people who have a problem with alcohol and/or drugs. After many discussions they decided to illustrate the "Twelve Steps To Sobriety" in a manner that they believed would be appropriate for Native youth.

## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when, to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. 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.

---

### Attribution/Disclaimer:

The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. (A.A.W.S.) Permission to reprint and adapt the Twelve Steps does not mean that A.A.W.S. has reviewed or approved the contents of this publication, or that A.A.W.S. necessarily agrees with the views expressed herein. A.A. is a program of recovery from alcoholism only - use of the Twelve Steps in connection with programs and activities which are patterned after A.A., but which address other problems, or in any other non-A.A. context, does not imply otherwise.

---

# Acknowledgements

**We, the students in the Education Program at Brandon Correctional Institution who participated in this project, would like to thank the many people who made it all possible.**

- **Mrs. Eileen Cable, our instructor, for believing in us and the project, and for encouraging us to never give up.**
- **National Native Alcohol and Drug Abuse Program.**
- **The Manitoba Addictions Awareness Week committee.**
- **Ms. LaVina Gillespie and the students in her "Teaching a Native Language" course at Brandon University.**
- **Ms. Noreen Bailey and (GI) Kinna amaadiwigamigoons.**
- **Mrs. Lynne White.**

---

## TO ORDER COPIES OF CHOOSE TO CHANGE

This printing of "Choose to Change" has been made possible by a generous grant from the Retail Technology Team of CIBC.

### Cost:

- within Canada is \$5.00 per copy, delivered.
- outside Canada is payable in U.S. funds; \$5.00 per copy plus a nominal postage fee.

\$4.00 from each book sale will go to the Inmates Fund at the Brandon Correctional Institution.

### Contact:

National Adult Literacy Database at:

Phone: 506 - 457-6900

In Canada: Toll Free 1-800-720-6253

Fax: 506 - 457-6910

Email: [ContactNALD@nald.ca](mailto:ContactNALD@nald.ca)

Or Write:

National Adult Literacy Database  
Sterling House,  
767 Brunswick Street,  
Fredericton, New Brunswick,  
Canada E3B 1H8~

---

# Mahmisetotahowin

TEPWE

Honesty



*We admitted we were powerless over alcohol (drugs) that we had lost control of our lives.*

# Atoskaynahkun

## Service



*We try to help alcoholics  
and drug users and to  
practice these principles  
in everything we do.*



# Ahgahwahtahmowin

PAKOSENTAN Hope



*We came to  
believe that a  
greater power  
than ourselves  
would help us  
gain control.*



# Ahkochoseewin

MANITOWATIZI  
Spiritual Awareness



*We pray and think about  
ourselves, praying only  
to do what is right.*



# Tahtaytahmowin

## TEPWEYENTAN Faith

*We made a decision to  
ask for help from a  
High Power and others  
who understand.*



# Muskawayntumwin

## SISIPANTAM Perseverance



*We continue to think about our strengths and weaknesses and when we are wrong we say so.*

# Muskawatsewin

**MANKITE**      **Courage**

*We stopped and thought*



*about our  
strengths*



*and our  
weaknesses  
and thought  
about ourselves.*

# Wahnuswaywin

**CIESESAAK      Justice**



*We make up to those people  
wherever we could,  
except when to do so  
would hurt them more.*

# Kahyaysk Pimatisewin

## Integrity

*We admitted to the  
Great Spirit...to ourselves...*



*and to another person  
the things we thought were  
wrong about ourselves.*



# Poonayntumwin

**PONI-TAMAKEWIN** Forgiveness



*We made a list of people  
who were hurt by our drinking  
and drug use and wanted  
to make up their hurt.*

# Itayetumowin

## Willingness



*We were ready with  
the help of the  
Great Spirit to change.*



# Pahpayah Tukatisew

## Humility



*We humbly asked the  
Great Spirit and our  
friends to help us change.*