

# Twelve Steps Checklist

Please support forwarding this proposed **Twelve Steps Checklist** from Babes in Recovery Group of Alcoholics Anonymous, Galt, CA to the General Service Conference for consideration as conference-approved literature or a service piece.



*Switch from a  
Two-Legged Stool to a  
Three-Legged Stool*

We have the Traditions and Concepts checklists.  
Let's put a final leg on that two-legged stool!

- GSRs please ask for your group's support
- Send letters of support to your Delegate
- Tell how you use the Twelve Steps Checklist with groups or individuals
- Send response to [checklist.12.Steps@gmail.com](mailto:checklist.12.Steps@gmail.com) and Area 07 [delegate@cnia.org](mailto:delegate@cnia.org)



Checklists and rationale available at [CNIA.org](http://CNIA.org)

## Twelve Steps Checklist Rationale

October 24, 2024

The Babes in Recovery Group in Galt, California created a Twelve Step Checklist and submitted it to the General Service Board for consideration in 2021. The General Service Board forwarded it to the General Service Conference Literature Committee in 2023. However, The Conference Literature Committee noted on page 90 in the 2023 Final Report *that there was no widely expressed need for it at this time*. The revised checklist is being resubmitted. We would like to make this into a service piece or literature to accompany the Traditions and Concepts checklists. Currently we have a two-legged stool with the Traditions and Concepts Checklists. In order for that stool to stand strong, we need all three legacies of Recovery, Unity and Service (Steps, Traditions and Concepts)

The first checklist was first approved and submitted by the Babes in Recovery Group and District 25 in 2021. It is currently in use by groups, individuals and sponsors around the country. Many corrections committee members believe this to be a highly effective tool. It is also posted on some Intergroup Websites.

We hope this Twelve Steps Checklist will help the individual to become more aware of the personality changes that take place in our personal growth. This checklist is not intended to show or tell people how to work the Steps nor is it a workbook. It's simply a suggested guide on where to look in our literature for a variety of situations and solutions to sober living. It may be used by an individual, sponsor, group, or people who do not have access to sponsorship, Internet, or those who may not do well in group settings, or do not have access to AA meetings such as occurs in many prisons. It's simply a suggested guide on applying the Steps in our lives.

The many letters of support from members in California, Iowa, Florida, Nebraska, New York, Ohio, Texas, and Utah show there definitely is a wide-spread need for the checklist, especially in Corrections.

The response we have received from those who have used this checklist has been exceptionally positive, which shows that others may benefit from this useful tool to complete our Three Legacies. We are putting this forward as a possible service piece or inclusion as conference-approved literature. We have the Traditions and Concepts checklists—let's put a final leg on that two-legged stool.

Love in Service,

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**Twelve Steps Checklist  
Letter of Support  
Suggested Text**

We of the \_\_\_\_\_ (group, intergroup, district, area)  
wish to submit the attached Twelve Steps Checklist of Babes  
in Recovery of Galt, California to the General Service  
Conference for consideration as conference-approved  
literature or a service piece.

Signed \_\_\_\_\_

Date: \_\_\_\_\_