

A Simple Step Twelve Completion Ritual

Completing all Twelve Steps is a monumental milestone. In recovery, Step Twelve isn't a finish line. Rather, it is a threshold. This simple ritual is designed to mark your spiritual awakening, honour the courage it took to reach this point, and dedicate yourself to practicing these principles in all areas of our lives.

You can perform this ceremony alone, with your sponsor, or alongside a close support group.

What You Need

- **A quiet, comfortable space:** Somewhere you won't be interrupted.
- **A candle and matches/lighter:** Representing the "inner light" or spiritual awakening.
- **Your Step work notebook or journal:** To anchor your journey.
- **A small token:** A milestone chip, a meaningful stone, or something else to carry with you afterward.
- **A small slip of paper and a pen.**

The Ritual

1. Centre and Light the Flame

Sit comfortably and take three slow, deliberate breaths. On each exhale, release any lingering tension or self-doubt. Light the candle: *"I light this flame to honour the spiritual awakening I have experienced through these steps. I acknowledge where I began, and I give thanks for where I am today."*

2. Reflect on the Threshold

Open your journal to your early Step work. Take a few quiet minutes to remember the pain, unmanageability, or isolation that brought you to Step One. Without judgment, acknowledge how much has shifted since then—the growth in honesty, humility, and willingness.

3. Write Your Release and Commitment

On your slip of paper, write two brief lines:

1. **What I leave behind:** (e.g., secrecy, resentment, the need for total control)
2. **What I bring forward:** (e.g., willingness, service, daily self-reflection, faith)

Fold the paper and place your token on top of it.

4. Declare Step Twelve Aloud

Hold your hand over your heart or hold your token and speak these words aloud:

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts, and to practice these principles in all areas of our lives."

5. Closing Prayer or Affirmation

Pray to the Higher Power of your own understanding:

**God, grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.**

**May I remain grounded in truth, open to ongoing growth, and committed to helping others.
I honour my past, embrace my present, and step forward into a life guided by integrity.**

6. Extinguish the Flame

Blow out the candle, recognising that the light it symbolised now resides in your daily actions. Keep your token in your pocket or at your bedside as a physical reminder of your commitment.

A Gentle Reminder: Working the steps is an initiation, not a graduation. The most effective way to keep the freedom you have gained is to share it with someone else who still needs it through sponsorship.