



## **SELF-HARMERS ANONYMOUS – NORTHCLIFF**

Changes Treatment Centre

216 Weltevreden Road, Northcliff, Randburg, 2195

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### **THE 12 STEPS OF SHA**

1. Admit that there is a power inside of you that wants you to hurt.
2. Start to believe that there is a greater power outside of you that wants you to heal.
3. Choose which power to trust. (If you want to keep hurting, stop here. If you want to start healing, go on.)
4. Look at how fear, anger, resentment and trauma have been allowed to control your actions.
5. Have the guts to share all of the above with someone you trust.
6. Have the guts to choose a new life over the old, painful one.
7. Ask someone or something stronger than you for help to change your life.
8. Figure out who you've hurt and how to make right all the things you did wrong.
9. Fix what you can without causing more trouble in the process.
10. Keep an eye on yourself and when you make a mistake, fix it if you can.
11. Keep learning, growing and healing, asking for help when you struggle from someone or something you believe in.
12. Don't stop doing 1 through 11. And pass it on!

\*Adapted from "The Simple Approach to the 12 Steps."

