



Center for Restorative Justice & Peacemaking

An International Resource Center in Support of Restorative Justice Dialogue, Research and Training

*Twelve Steps of Personal Peacemaking**

Mark Umbreit

2002

1. *Admit that conflict and violence within yourself and among your relationships consumes too much of your energy, creates stress, and leads to unhappiness.*
2. *Believe that a power greater than yourself can bring you strength and peace.*
3. *Make a commitment to connect with a higher power, as you understand it, whether this higher power be understood as God, Yahweh, Allah, Buddha, Krishna, Mother Earth-Father Sky, The Divine, or whatever understanding brings you strength and peace.*
4. *Make an honest moral inventory of how you have contributed to conflict and violence in your personal relationships, your life in community, and as a citizen of your country and the world. Accept the fact that often your best intentions result in unintended negative consequences upon other people.*
5. *Admit to your higher power, to yourself, and to others the exact nature of your contributions to conflict and to emotional or physical violence.*
6. *Focus more on the here and now. Slow down. Breathe deeply. Keep life and your conflicts in perspective. Become responsible for your feelings and behavior.*
7. *In a spirit of humility and compassion for yourself and all others, seek spiritual guidance in confronting your shortcomings which may contribute to conflict and emotional or physical violence.*
8. *Make a list of all persons you have harmed and become willing to make direct amends to all such people wherever possible, except when to do so would injure them or others.*
9. *Continue to be mindful of your actions and their effect on others, and when you have offended another, whether intentionally or not, promptly admit it and apologize.*
10. *Seek through prayer, meditation, and other self-care techniques, to gain emotional and spiritual strength (in the context of your specific religious or secular tradition).*
11. *Forgive those who may have offended you. Don't take things too personally. Remember that most people don't mean to offend, but that their actions (and yours) frequently lead to unintended negative consequences.*
12. *Commit to being an instrument of peace and healing among all those who cross your path in your life's journey. Don't hang onto resentment and anger. Let it go. Remember, the one who benefits the most from forgiveness is the person who gives it. It can bring a renewed sense of freedom and energy to your life.*

**Modified version of the internationally embraced Twelve Step Program for recovery.*