

# **FROM A TALK BY BILL WILSON IN 1960**

**The twelve reasons we slip:**

- 1) Rebellion (against god) against the principles/ rules of the program**
- 2) Illusion of having been cured**
- 3) Carelessness (not caring enough to do morning prayer, meditation and guidance? Not doing the evening review regularly, not taking others through all twelve steps.**
- 4) Complacency (not doing the same as stated above in number three).**
- 5) Guilt over wrongs we refuse to stop doing**
- 6) Too little self forgiveness**
- 7) Too little prayer**
- 8) Don't find spiritual resources (not doing what was stated in number three and four)**
- 9) Physically illness**
- 10) Exhaustion**
- 11) Anxious/fearful (haven't learned to love)**
- 12) Depression (which indicates suppressed anger, which indicates unfinished inventory and amends**