

## 12 Steps of Alcoholics Anonymous (Secular Version)

1. Admitted we were powerless over alcohol and recognized the consequences of drinking in our lives.
2. Came to believe and to accept that we needed strengths beyond our awareness and resources to restore us to wholeness.
3. Made a decision to entrust our lives to the care of ourselves and the collective wisdom of those who have struggled with the same problem.
4. Made an honest and thorough inventory of our thoughts, behaviors, and emotions.
5. Admitted to ourselves and to another person the exact nature of the unskillful aspects of our thinking and behavior as well as the goodness within ourselves.
6. Became willing to let go of our behaviors and personality traits that are injurious to ourselves and others.
7. With the assistance of others and our own firm resolve, we transformed unskillful aspects of ourselves and cultivated positive ones.
8. Made a list of all people we have harmed, including ourselves, and became willing to make amends to them all.
9. Made direct amends to all people we have harmed, including ourselves, and made an effort to forgive those who have harmed us.
10. Continued to maintain awareness of our thoughts and behaviors and when we acted unskillfully promptly admitted it.
11. Sought through mindfulness and meditation to improve our awareness of ourselves and the world around us, seeking only for knowledge of our path in life and the power to carry that out.
12. Having had a profound change in ourselves and our lives as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.