

Twelve Steps

Al-Anon's Conference-approved wording of the 12 steps can be found in *How Al-Anon works*. Here is our secular wording of the steps:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of that power.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to our innermost selves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have greater powers remove all these flawed approaches from our behavior.
7. Looked to forces greater than ourselves for better ways to live.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through meditation and any other available means to improve our conscious contact with the powers that can restore us to sanity. Sought guidance in directing our lives toward sanity and serenity.
12. Having had an awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.