

Collected Versions of the Steps from Secular Al-Anon

To some of us, the idea of substituting 'good' for 'God' in the Twelve Steps will seem like a watering down of AA's message. But here we must remember that AA's Steps are suggestions only. A belief in them as they stand is not at all a requirement for membership among us. This liberty has made AA available to thousands who never would have tried at all, had we insisted on the Twelve Steps just as written.

*-Bill Wilson, in
Alcoholics Anonymous Comes of Age*

MY 12 STEPS

(by Jan S.)

1. Admitted everything but me is out of my control/power.
2. Came to believe that sanity and happiness are possible
3. Accepted we had to let go of control and begin to trust the universe and ourselves.
4. Made a list of the traits qualities that would comprise my best self. Made another list of the negative characteristics that are keeping me from being my best self.
5. Shared both lists with a trusted confidant.
6. Became ready to change/let go of the negative traits.
7. Asked the universe to help us remove those characteristics.
8. Made a list of people we had harmed and became willing to make amends to them all.
9. Apologized and/or changed our behaviors toward those we had harmed.
10. Continued to take a personal inventory and when we were wrong, promptly admitted it.
11. Opened our hearts and minds to goodness and love and all healthy aspects of the universe.
12. Continued to become our best selves and carry the message of the program to others.

Chia's 12

Make myself receptive to new ways to live

- Step 1 Stop trying solutions that have already failed
- Step 2 Decide to find a real answer even though I'm not sure one exists
- Step 3 Commit to find and use the real answer, no matter how inconvenient or uncomfortable
- Step 4 List the problems I must solve to get a life from which I don't *want* to distract myself
- Step 5 Get outside perspective on those problems because my own thinking has failed
- Step 6 Squarely face any emotional investment in ineffective strategies and feel the emotions fully

Find new ways to live

- Step 7 Find real solutions to every problem on the list

Make the new ways a habit

- Step 8 Where can I apply the new ways to past situations?
- Step 9 Change my relationships with people to support the new ways
- Step 10 Use the new ways, checking every day that I'm not forgetting any
- Step 11 Explore all possible practices and powers that support my new life
- Step 12 Do anything necessary to maintain a life from which I don't want to escape