

## **Secular 12 Steps**

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to accept and to understand that we needed strengths beyond our awareness and resources to restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of the A.A. program.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to ourselves without reservation, and to another human being, the exact nature of our wrongs.
6. Were ready to accept help in letting go of all our defects of character.
7. Humbly sought to have our shortcomings removed.
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 mindful inquiry and meditation to improve our spiritual awareness, seeking only for knowledge of our rightful path in life and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.