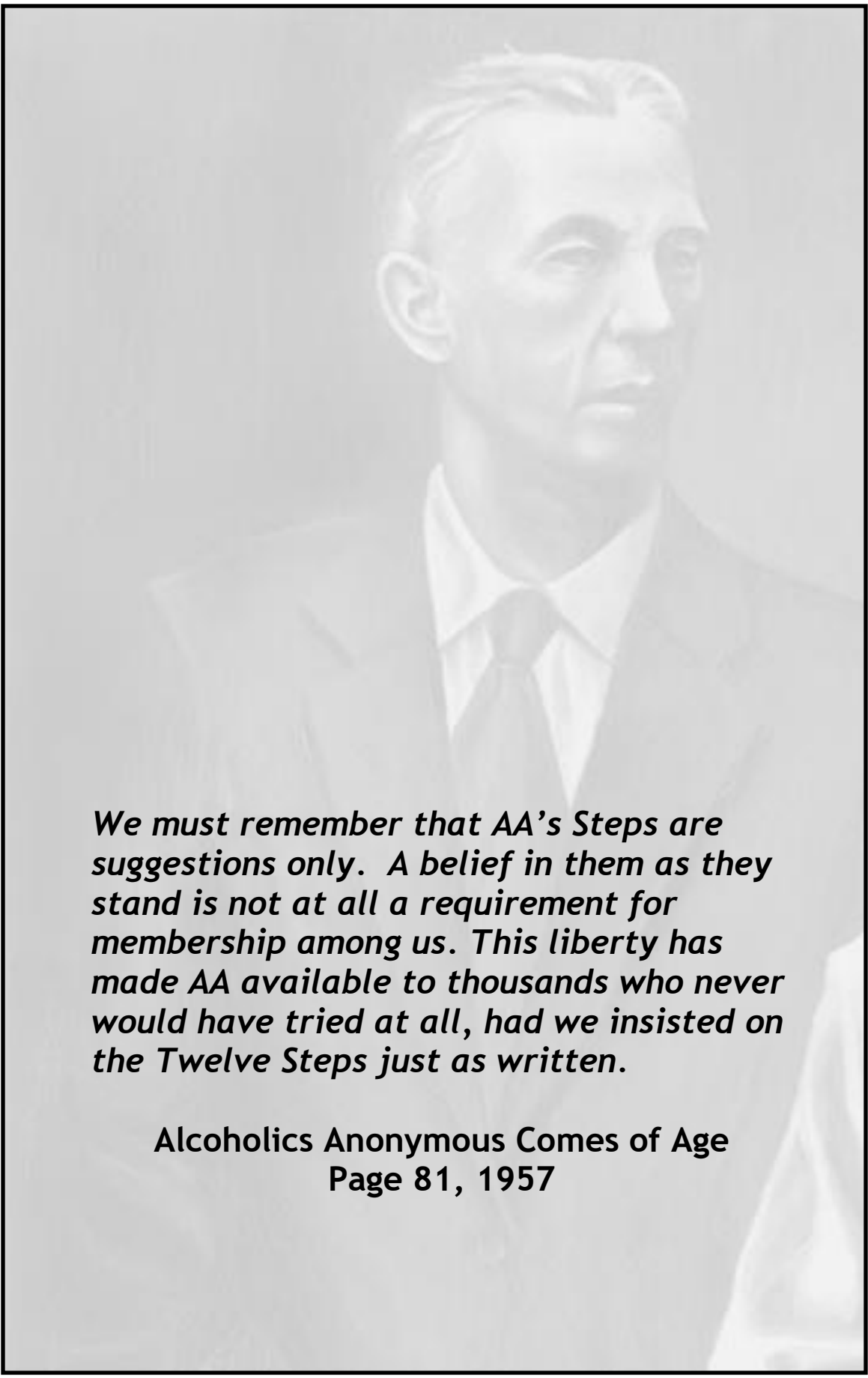


AA Agnostica

A Collection of Alternative 12 Steps





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.

**Alcoholics Anonymous Comes of Age
Page 81, 1957**

Agnostic AA 12 Steps

- 1. We admitted we were powerless over alcohol - that our lives had become unmanageable.**
- 2. Came to believe and to accept that we needed strengths beyond our awareness and resources to restore us to sanity.**
- 3. Made a decision to entrust our will and our lives to the care of the collective wisdom and resources of those who have searched before us.**
- 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. With humility and openness sought to eliminate our shortcomings.**
- 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 to improve our spiritual awareness and our understanding of the AA way of life and to discover the power to carry out that way of life.**
- 12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.**

Originally published on the *AA Agnostics of the San Francisco Bay Area* website.

Neil's 12 Steps

1. We admitted that we suffer from a seemingly hopeless state of mind and body.
2. Came to believe that we could recover.
3. Became open to changes in how we approach and respond to life.
4. Made a searching and fearless inventory of ourselves.
5. Reviewed our inventory with another human being.
6. Became entirely open to change.
7. Humbly affirmed our desire to change.
8. Made a list of all persons we had harmed and became ready to make amends to them all.
9. Made direct amends to such people wherever possible.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through meditation to improve our understanding of ourselves, our program and our progress.
12. Having changed as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Neil F. describes these Steps as “my personal process. It is what I have used to guide my recovery and day to day living.” He encourages others to use it or to create their own “from the original template so that you have a process that you are comfortable with and that works for you.”

Humanist Twelve Steps

1. We accept the fact that all our efforts to stop drinking have failed.
2. We believe that we must turn elsewhere for help.
3. We turn to our fellow men and women, particularly those who have struggled with the same problem.
4. We have made a list of the situations in which we are most likely to drink.
5. We ask our friends to help us avoid those situations.
6. We are ready to accept the help they give us.
7. We honestly hope they will help.
8. We have made a list of the persons we have harmed and to whom we hope to make amends.
9. We shall do all we can to make amends, in any way that will not cause further harm.
10. We will continue to make such lists and revise them as needed.
11. We appreciate what our friends have done and are doing to help us.
12. We, in turn, are ready to help others who may come to us in the same way.

B.F. Skinner, the 1972 Humanist of the Year award winner, and a researcher at Harvard University, drafted these Steps, which were first published in 1987.

White Bison

- 1. Honesty**
- 2. Hope**
- 3. Faith**
- 4. Courage**
- 5. Integrity**
- 6. Willingness**
- 7. Humility**
- 8. Forgiveness**
- 9. Justice**
- 10. Perseverance**
- 11. Spiritual Awakening**
- 12. Service**

White Bison, Inc. uses a culturally appropriate recovery program for Native American people that have a single-word version of the Steps in which “each of the 12 Steps is presented from the perspective of the value that it reflects.”

The Practical 12 Steps

- 1. Admitted we were caught in a self-destructive cycle and currently lacked the tools to stop it.**
- 2. Trusted that a healthy lifestyle was attainable through social support and consistent self-improvement.**
- 3. Committed to a lifestyle of recovery, focusing only on what we could control.**
- 4. Made a comprehensive list of our resentments, fears and harmful actions.**
- 5. Shared our lists with a trustworthy person.**
- 6. Made a list of our unhealthy character traits.**
- 7. Began cultivating healthy character traits through consistent positive behavior.**
- 8. Determined the best way to make amends to those we had harmed.**
- 9. Made direct amends to such people wherever possible, except when to do so would cause harm.**
- 10. Practiced daily self reflection and continued making amends whenever necessary.**
- 11. We started meditating.**
- 12. Sought to retain our newfound recovery lifestyle by teaching it to those willing to learn and by surrounding ourselves with healthy people.**

Jeffrey Munn is the author of *Staying Sober Without God: The Practical 12 Steps to Long-Term Recovery From Alcoholism and Addictions*. It was published in January, 2019.

12 Secular Steps for Addiction Recovery

1. I admitted that I am an addict (alcoholic), and that my life had become unmanageable.
2. Came to believe that through honesty and effort, combined with the help of others, I could recover from addiction.
3. Made a decision to actively work a Twelve Step recovery plan to the best of my ability.
4. Completed a searching and fearless moral inventory of myself.
5. Honestly admitted to myself and to another human being the results of my inventory, including my defects of character.
6. Became willing to change defects in my character.
7. Accepted responsibility for my actions.
8. Listed all persons I 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 I was wrong, promptly admitted it.
11. Sought to improve my conscious awareness of ethical principles and values, and to use them consistently as standards for my decisions and actions.
12. Having matured as a person as a result of these Steps, I acknowledge my commitment to help others and to continue to use these principles in my daily life.

Source: *Twelve Secular Steps: An Addiction Recovery Guide*, by Bill W., published in 2018.

About AA Agnostica

The AA Agnostica website is meant to be a helping hand for the alcoholic who reaches out to Alcoholics Anonymous for help and finds that she is disturbed by the religious content of many AA meetings.

It is not affiliated with any group in AA or any other organization. Contributors to the website are all members of Alcoholics Anonymous, unless otherwise indicated. The views they express are neither their groups' nor those of AA, but solely their own.

There is an increasing number of groups within AA that are not religious in their thinking or practice.

These groups don't recite prayers at the beginning or ending of their meetings nor do they suggest that a belief in God is required to get sober or to maintain sobriety. If the readings at their meetings include AA's suggested program of recovery, then a secular version of the 12 Steps is shared.

The AA Agnostica website does not endorse or oppose any form of religion or atheism. Our only wish is to ensure suffering alcoholics that they can find sobriety in AA without having to accept anyone else's beliefs or having to deny their own.