

The Proactive Twelve Steps (6th Ed)

Step 1: I face reality. I am not able to control what I do, and this has serious consequences.

Step 2: I understand that I cannot force change through willpower. I need to disentangle my life patiently.

Step 3: Moment by moment, I take a mindful pause to deal with my life calmly and effectively.

Step 4: I examine my life with honesty, searching for patterns in how I have been relating to people and situations.

Step 5: I explore these patterns and describe them to another person, noticing the healing power of compassionate listening.

Step 6: I understand how these patterns have been ways of coping with my fears.

Step 7: I learn to accept the sense of vulnerability that goes with life's pressures and uncertainties.

Step 8: I explore alternative behaviors and rehearse them in safe settings.

Step 9: I apply these new mindful behaviors in my everyday life. I sincerely apologize to people I have hurt, except when counterproductive.

Step 10: I keep paying attention to the causes and effects of my actions. I act accordingly.

Step 11: I make space in my life for mindful reflection. A sense of meaning and purpose naturally arises from that.

Step 12: My life reflects a growing sense of respect and compassion for myself and others. I share this process with others who are struggling.