

12 Steps for the Secular or Humanist or Atheist Person in Recovery

1. We admitted that we arrived at a point of hopelessness with alcohol — that our lives had become unmanageable.
2. Came to believe that only through major reconstruction of our lives could we be restored to sanity.
3. Made a decision to put our will and lives into a a critical journey of seeking out and achieving our authentic goals, processes, and finding out identities and the maintenance of all of that.
4. Made a searching and fearless inventory of our actual core ideals and then determined how we had misunderstood or compromised them.
5. Admitted to ourselves, and to other human beings (when appropriate), the exact nature of our misunderstandings and compromises.
6. Were entirely ready to do the work to remove, balance, or moderate, all our negative, destructive, and unhealthy feelings, thoughts, and behaviors.
7. Humbly asked ourselves and others for help to re-frame and retrain those thoughts, feelings, and behaviors.
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, others, or even ourselves.
10. Continued to take personal inventory and when we identified harms we became willing to admit it.
11. Sought through knowledge and learning, to improve our conscious contact with our authentic selves and our humanity; constantly pursuing wisdom to carry out our ideals through recovery.
12. Having gained improved wisdom and behavior, we tried to carry this message to others who seek or need similar help, and to practice these principles in all our affairs.