

Beyond Belief Group 12 Steps interpretation

Drafted by members of Beyond Belief Agnostics & Freethinkers AA group. Originally borrowed and amended from existing variations in 2009, continually amended as agreed upon

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 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.

AAagnostics.org 12 Steps interpretation

An interpretation of AA's suggested 12-Steps as posted on the San Francisco Agnostic AA online meeting list www.aaagnostics.org

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.

The Practical 12 Steps

From Staying Sober Without God: The Practical 12 Steps to Long-Term Recovery from Alcoholism and Addiction (Jeffrey Munn LMFT, 2018)

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 list with 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. 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.

The Secular Twelve Steps interpretation

From Twelve Secular Steps: An Addiction Recovery Guide (2018) by Bill W. (a different Bill W.)

1. I admitted that I am an addict/alcoholic, and that my life has become unmanageable.
2. Came to believe that through honesty and effort, combined with the help of others, I could recovery from addiction.
3. Made a decision to actively work a Twelve Step recover 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.

Humanist 12 Steps interpretation

B.F. Skinner, 1972 Humanist of the Year, Harvard University. First printed 1987, reprinted in The Little Book: A Collection of Alternative 12 Steps (AAagnostica.org)

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 turned to our fellows, particularly those who have struggled with the same problem.
4. We 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 us.
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.

The Forum AA Group, San Francisco 1965 interpretation: AA Steps

Dr. Earle M's Physician Heal Thy Self: 35 Years of Adventures in Sobriety by an AA 'Old-Timer'
– written by the author from one of the story authors in Alcoholics Anonymous

1. We realized deeply that we cannot handle mind-altering drugs safely ... our attempts to do so courts disaster.
2. As we commit ourselves to abstinence, we welcome Nature's healing process into our lives.
3. In the group, we discuss our common problems in recovery; to do so hastens healing.
4. We find a friend, usually also recovering, with whom we can discuss our deepest, guarded secrets. Release and freedom become ours.
5. By making amends to ourselves and to others, we put to rest past injuries.
6. When we face our emotional problems squarely, we discover that change automatically happens. We do not seek change . . . It simply occurs.
7. Our lives are orderly and full of meaning as we live second for second.
8. Recovery together constitutes a fabric of unity. Each of us, however, follows a unique, personalized pattern of recovery.
9. We share our lives with those who are still drinking or using. Many of them decide to join us.
10. Our meeting doors are open to all users of mind-altering substances.