

The Twelve Steps: A Nontheistic Translation

1. Admit we are powerless over other people, random events and our own persistent negative behaviors, that when we forget this, our lives become unmanageable. (Principles: Insight; Honesty)
2. Came to believe that spiritual resources can provide power for our restoration and healing. (Principles: Hope; Faith)
3. Make a decision to be open to spiritual energy as we take deliberate action for change in our lives. (Principles: Decision; Acceptance; Action)
4. Search honestly and deeply within ourselves to know the exact nature of our actions, thoughts and emotions. (Principles: Self-examination; Personal honesty; Self-acceptance)
5. Will talk to another person about our exact nature. (Principles: Trust; Personal integrity)
6. Be entirely ready to acknowledge our abiding strength and release our personal shortcomings. (Principles: Willingness to change)
7. Work honestly, humbly, and courageously to develop our assets and to release our personal shortcomings. (Principles: Personal responsibility; Involvement in change; Courage; Humility; Self-discipline)
8. List all people we have harmed, including ourselves, and be willing to make amends to them all. Be willing to forgive those who have harmed us. (Principles: Compassion; Personal honesty; Accountability)
9. Whenever possible, we will carry out unconditional amends to those we have hurt, including ourselves, except when to do so would cause harm. (Principles: Compassion; Change; Honesty; Responsibility; Forgiveness; Self-Discipline)
10. Continue to monitor ourselves, to acknowledge our successes and quickly correct our lapses and errors. (Principles: Perseverance; Integrity)
11. Increasingly engage spiritual energy and awareness to continue to grow in abiding strength and wisdom and in the enjoyment of life. (Principles: Openness; Connection to live and spiritual resources)
12. Practice the principles of these steps in all our affairs and carry the Twelve-Step message to others. (Principles: Commitment, Self-discipline, Service to others)