

12 Step Versions

Freethinkers Step Study Meeting of Alcoholics Anonymous, Sundays 11am
In-Person and Online Secular A.A. Meetings at sffreethinkers.org

Step 1

Original	We admitted we were powerless over alcohol, that our lives had become unmanageable.
Agnostic	We admitted we were powerless over alcohol, that our lives had become unmanageable.
Cleveland	We admitted we were powerless over alcohol - that attempts to control our drinking were futile and that our lives had become unmanageable.
Humanist	We accept the fact that all our efforts to stop drinking have failed.
SOS	I have a life threatening problem. My past efforts to establish sobriety have been unsuccessful. I believe that I have choices and that my life no longer need be unmanageable. I accept responsibility for myself and my recovery.
Buddhist	We admitted our addictive craving over alcohol, and recognized its consequences in our lives.
Practical	Admitted we were caught in a self-destructive cycle and currently lacked the tools to stop it.

Step 2

Original	Came to believe that a power greater than ourselves could restore us to sanity.
Agnostic	Came to believe that we needed strengths beyond our awareness and resources to restore us to sanity.
Cleveland	Came to believe that even though we could not fix our problems by ourselves, circumstances and forces beyond our personal control could help restore us to sanity and balance.
Humanist	We believe that we must turn elsewhere for help.
SOS	I believe that a power within myself in tandem with supports and strengths beyond my own awareness and resources can restore me to a healthier, more balanced, and positive state of mind.
Buddhist	Came to believe that a power other than self could restore us to wholeness.
Practical	Trusted that a healthy lifestyle was attainable through social support and consistent self-improvement.

Step 3

Original	Made a decision to entrust our will and our lives over to the care of God as we understood him.
Agnostic	Made our decision to entrust our will and our lives to the care of the collective wisdom and resources of those who have searched before us.
Cleveland	Made a decision to accept things that were outside our control, especially what already is and to do the best with it.
Humanist	We turn to our fellow men and women, particularly those who have struggled with the same problem.
SOS	I make a decision to entrust my will and life to the care of myself, the collective wisdom of those who have struggled with the same problem, and those in support of me.
Buddhist	Made a decision to go for refuge to this other power as we understood it.
Practical	Committed to a lifestyle of recovery, focusing only on what we could control.

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Step 4

Original	Made a searching and fearless moral inventory of ourselves
Agnostic	Made a searching and fearless moral inventory of ourselves.
Cleveland	Made a searching and fearless inventory of ourselves.
Humanist	We have made a list of the situations in which we are most likely to drink.
SOS	I make a searching and fearless inventory of myself, of my strengths and weaknesses. I choose not to permit problems to overwhelm me, rather to focus on personal growth and the unconditional acceptance of others and myself.
Buddhist	Made a searching and fearless moral inventory of ourselves.
Practical	Made a comprehensive list of our resentments, fears, and harmful actions.

Step 5

Original	Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
Agnostic	Admitted to ourselves without reservation, and to another human being the exact nature of our wrongs.
Cleveland	Admitted to ourselves with total openness and to another human being, the exact nature of our wrongs.
Humanist	We ask our friends to help us avoid those situations
SOS	I admit to myself and if I choose, to another person or persons the exact nature of the negative injurious aspects of my thinking and behavior. I explore the goodness within myself, the positive, courageous and compassionate.
Buddhist	Admitted to ourselves and another human being the exact moral nature of our past.
Practical	Shared our lists with a trustworthy person.

Step 6

Original	Were entirely ready to have God remove all these defects of character.
Agnostic	Were ready to accept help in letting go of all our defects of character.
Cleveland	Became willing to let go of our behaviors and personality traits that could be construed as defects and were creating problems.
Humanist	We are ready to accept the help they give us.
SOS	I focus on healing, abolishing self-blame and shame, and understanding the boundaries of my responsibilities, I remain open to the help and support of others as I address the challenge of change.
Buddhist	Became entirely ready to work at transforming ourselves.
Practical	Made a list of our unhealthy character traits.

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Step 7

Original	Humbly asked Him to remove our shortcomings.
Agnostic	With humility and openness sought to eliminate our shortcomings.
Cleveland	With humility, we acknowledge that we had these shortcomings, and with openness, we sought to eliminate those shortcomings.
Humanist	We honestly hope they will help.
SOS	I embrace introspection and work towards alleviating my shortcomings. I strive for personal growth and fulfillment over perfection, and to become integrated with collective humanness.
Buddhist	With the assistance of others and our own firm resolve, we transformed unskillful aspects of ourselves and cultivated positive ones.
Practical	Began cultivating healthy character traits through consistent positive behavior.

Step 8

Original	Made a list of all persons we had harmed, and became willing to make amends to them all.
Agnostic	Made a list of all persons we had harmed, and became willing to make amends to them all.
Cleveland	Made a list of all persons we had harmed, and became willing to make amends to them all.
Humanist	We have made a list of the persons we have harmed and to whom we hope to make amends.
SOS	I will consider those that I have harmed and those that have harmed me. I will become willing to explore my feelings regarding those harms.
Buddhist	Made a list of all persons we had harmed.
Practical	Determined the best way to make amends to those we had harmed.

Step 9

Original	Made direct amends to such people whenever possible, except when to do so would injure them or others.
Agnostic	Made direct amends to such people whenever possible, except when to do so would injure them or others.
Cleveland	Made direct amends to such people whenever possible, except when to do so would injure them or others.
Humanist	We shall do all we can to make amends, in any way that will not cause further harm.
SOS	I will make direct amends, as I deem appropriate and not injurious, to those whom I have harmed or negatively impacted and to myself.
Buddhist	Made direct amends to such people where possible, except when to do so would injure them or others. In addition, made a conscientious effort to forgive all those who harmed us.
Practical	Made direct amends to such people wherever possible, except when to do so would cause harm.

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Step 10

Original	Continued to take personal inventory and when we were wrong, promptly admitted it.
Agnostic	Continued to take personal inventory and when we were wrong, promptly admitted it.
Cleveland	Continued to take personal inventory and when we were wrong, promptly admitted it.
Humanist	We will continue to make such lists and revise them as needed.
SOS	I will continue sincere and meaningful self-evaluation, and strive for personal betterment.
Buddhist	Continue to maintain awareness of our actions and motives, and when we acted unskillfully promptly admitted it.
Practical	Practiced daily self-reflection and continued making amends whenever necessary.

Step 11

Original	Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.
Agnostic	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.
Cleveland	Sought through contemplation and meditation to improve self-awareness and adopted a spiritual approach to life as our primary purpose.
Humanist	We appreciate what our friends have done and are doing to help us.
SOS	I will seek to improve my awareness and understanding of myself, my addiction, and of other individuals and organizations with the common goal of arresting alcohol addiction.
Buddhist	Engaged through the practice of meditation to improve our conscious contact with our true selves, and seeking that beyond self. Also used prayer as a means to cultivate positive attitudes and states of mind.
Practical	We started meditating.

Step 12

Original	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.
Agnostic	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.
Cleveland	Having had a profound change in consciousness as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.
Humanist	We in turn, are ready to help others who come to us in the same way.
SOS	With newfound acceptance and insight, I will try to keep awareness and compassion for others and myself, in the fore.
Buddhist	Having gained spiritual insight as a result of these steps, we practice these principles in all areas of our lives, and make this message available to others in need of recovery.
Practical	Sought to retain our newfound recovery lifestyle by teaching it to those willing to learn and by surrounding ourselves with healthy people.

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References:

Original	Published in 1939 in the book <i>Alcoholics Anonymous</i> (AKA, The Big Book). http://www.aa.org/ Online versions: http://bit.ly/aa12steps
Agnostic	See AA Agnostica: https://aaagnostica.org/alternative-12-steps/
Cleveland	Written by Martha Cleveland, PhD and Arlys G. in 1991 Books <i>The Alternative 12 Steps: A Secular Guide To Recovery</i> http://amzn.to/2f7EmdG From <i>AA Agnostica</i> , a review and excerpts: http://bit.ly/ftcleveland
Humanist	Proposed by American psychologist, behaviorist, author, inventor, and social philosopher B.F. Skinner in <i>The Humanist</i> , July/August 1987. “Humanism is a progressive lifestance that, without supernaturalism, affirms our ability and responsibility to lead meaningful, ethical lives capable of adding to the greater good of humanity.” For more definitions of humanism, see http://bit.ly/fthumanism For more info on where these steps came from, visit: http://bit.ly/humanist12steps
SOS	Secular Organizations for Sobriety. Founded in 1985 by James Christopher. http://www.sossobriety.org/ Books: <i>How to Stay Sober: Recovery Without Religion</i> http://amzn.to/2ggDcsl <i>SOS Sobriety: The Proven Alternative to 12-Step Programs</i> http://amzn.to/2f7wl8m
Buddhist	https://alcoholrehab.com/addiction-recovery/buddhist-12-steps/
Practical	Written by Jeffrey Munn, published in his books- Staying Sober Without God - <i>The Practical 12 Steps to Long-Term Recovery from Alcoholism and Addictions</i> (summary , audiobook , video) Staying Sober Without God: The Workbook - <i>A Psychology-Based Guide Through the Practical 12 Steps of Recovery for Anyone Struggling With Alcohol, Drugs, or Compulsive Behaviors</i> The Practical 12 Steps: An Addiction Recovery Guide for Atheists and Agnostics
All Versions	https://is.gd/AASteps7x12

For a list of all our weekly meetings, links to many other secular 12-step meetings, and additional resources and materials, please visit our website:

<https://sffreethinkers.org/>