

Alternative Steps of Recovery

40oz to Freedom - Wednesdays @ 9:30 PM PT

Zoom ID: 94001670639 Password: 436555

(Mutiny Radio - San Francisco, CA - 4tyoztofreedom@gmail.com)

1. **[AA Agnostica](https://aaagnostica.org/alternative-12-steps/)**
<https://aaagnostica.org/alternative-12-steps/>
2. **[We Agnostics](http://www.weagnostics.com)**
(Now defunct www.weagnostics.com, widely used text)
3. **[Humanist](http://bit.ly/humanist12steps)**
<http://bit.ly/humanist12steps>
4. **[Secular Organization for Sobriety](http://www.sossobriety.org/)**
<http://www.sossobriety.org/>
5. **[Buddhist non-Theist](https://realisticrecovery.wordpress.com/2009/05/29/a-buddhists-non-theist-12-steps/)**
<https://realisticrecovery.wordpress.com/2009/05/29/a-buddhists-non-theist-12-steps/>
6. **[Gabe S's 12 steps](https://sites.google.com/site/aspiritualrecovery/the-12-step-interpretations/gabe-steps)**
<https://sites.google.com/site/aspiritualrecovery/the-12-step-interpretations/gabe-steps>
7. **[Gabe S's Therapist's 12 Steps](http://aaagnostica.org/wp-content/uploads/2012/07/A-Collection-of-Alternative-Steps-2012-07-09.pdf)**
(Better link needed)
<http://aaagnostica.org/wp-content/uploads/2012/07/A-Collection-of-Alternative-Steps-2012-07-09.pdf>
8. **[Beyond Belief Agnostics](https://aabeyondbelief.org/)**
<https://aabeyondbelief.org/>
9. **[AA Agnostics of the San Francisco Bay Area](http://www.aaagnostics.org/agnostic12steps.html)**
<http://www.aaagnostics.org/agnostic12steps.html>

10. **[Realistic Recovery](https://realisticrecovery.wordpress.com/the-12-steps-of-realistic-recovery/)**
<https://realisticrecovery.wordpress.com/the-12-steps-of-realistic-recovery/>
11. **[White Bison's Medicine Wheel](http://aaagnostica.org/wp-content/uploads/2012/06/Medecine-Wheel-12-Steps.pdf)**
<http://aaagnostica.org/wp-content/uploads/2012/06/Medecine-Wheel-12-Steps.pdf>
12. **[A Freethinker's Steps](https://paganpressbooks.com/jpl/STEPS.HTM)**
<https://paganpressbooks.com/jpl/STEPS.HTM>
13. **[The Twelve Step Journal](https://12step.org/references/12-step-versions/tsj/)**
<https://12step.org/references/12-step-versions/tsj/>
14. **[The Twelve Steps of Self-Confirmation](http://aaagnostica.org/wp-content/uploads/2012/06/Alcoholics-Anonymous-and-the-Counseling-Profession.pdf)**
<http://aaagnostica.org/wp-content/uploads/2012/06/Alcoholics-Anonymous-and-the-Counseling-Profession.pdf>
15. **[Tracy C's 12 Steps](https://aaagnostica.org/2015/07/26/rewriting-the-12-steps-for-athleists/)**
<https://aaagnostica.org/2015/07/26/rewriting-the-12-steps-for-athleists/>
16. **[The Practical 12 Steps](https://mindremakeproject.org/tag/practical-12-steps/)**
<https://mindremakeproject.org/tag/practical-12-steps/>
17. **[The Secular 12 Steps Interpretation](https://reedsy.com/discovery/book/twelve-secular-steps-an-addiction-recovery-guide-william-wolf)**
<https://reedsy.com/discovery/book/twelve-secular-steps-an-addiction-recovery-guide-william-wolf>
18. **[The Forum AA Group, San Francisco 1965 interpretation: AA Steps](https://rebelliondogspublishing.com/blogs/rebellion-dogs-blog/posts/musings-from-san-francisco-march-2019-rebellon-dogs-blog)**
<https://rebelliondogspublishing.com/blogs/rebellion-dogs-blog/posts/musings-from-san-francisco-march-2019-rebellon-dogs-blog>

AA Agnostica

1. We admitted we were powerless over alcohol, that our lives had become unmanageable.
2. Came to believe 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 whenever 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.

We Agnostics

1. We admitted we were powerless over alcohol - that attempts to control our drinking were futile and that our lives had become unmanageable.
2. 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.
3. Made a decision to accept things that were outside our control, especially what already is and to do the best with it.
4. Made a searching and fearless inventory of ourselves.
5. Admitted to ourselves with total openness and to another human being, the exact nature of our wrongs.
6. Became willing to let go of our behaviors and personality traits that could be construed as defects and were creating problems.
7. With humility, we acknowledge that we had these shortcomings, and with openness, we sought to eliminate those 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 whenever 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 contemplation and meditation to improve self-awareness and adopted a spiritual approach to life as our primary purpose.
12. 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

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 turn to our fellow men and women, particularly those who have struggled with the same problem.
4. We have 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.
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 come to us in the same way.

Secular Organization for Sobriety

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. I will make direct amends, as I deem appropriate and not injurious, to those whom I have harmed or negatively impacted and to myself.
10. I will continue sincere and meaningful self-evaluation, and strive for personal betterment.
11. 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.
12. With newfound acceptance and insight, I will try to keep awareness and compassion for others and myself, in the fore.

Buddhist Non-Theist

1. We admitted our addictive craving over alcohol, and recognized its consequences in our lives.
2. Came to believe that a power other than self could restore us to wholeness.
3. Made a decision to go for refuge to this other power as we understood it.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to ourselves and another human being the exact moral nature of our past.
6. Became entirely ready to work at transforming ourselves.
7. With the assistance of others and our own firm resolve, we transformed unskillful aspects of ourselves and cultivated positive ones.
8. Made a list of all persons we had harmed.
9. 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.
10. Continue to maintain awareness of our actions and motives, and when we acted unskillfully promptly admitted it.
11. 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.
12. 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.

Gabe S's 12 Steps

1. We admitted we could not control our drinking, nor do without it, that our lives had become unmanageable.
2. We came to believe that others who had had or understood our problem could help us return to and maintain sanity.
3. We decided to accept what they said and act on their suggestions.
4. We made a searching inventory of our bad feelings, of those aspects of our own character that had contributed to these and of the harms we had done. We noted occasions where we had done well and were glad of these.
5. We showed the inventory to at least one other person and discussed it with them.
6. We accepted our moral and personal weaknesses, and accepted that they needed to change.
7. We became willing to admit those weaknesses to others, where appropriate, and to heed any advice that they might offer.
8. We became willing to make amends to those we had harmed.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, when we were wrong promptly admitted it and when we had done well, recognized this.
11. We adopted a practice of meditation and one of reflection upon our place in the world and how we could contribute to it.
12. Having experienced a psychic change as the result of these steps, we tried to carry this message to other alcoholics, and to practice these principles in all our affairs.

Gabe S's Therapist's 12 Steps

1. Alcohol was something we could not do with, or without. Our lives and relationships were shattered.
2. We gained hope by talking to others who either have had or understood our problem.
3. We decided to accept what they said and act on their suggestions.
4. We needed to own our behaviour both good and bad.
5. We discussed it with someone else.
6. We identified those personal characteristics which had shaped our lives and accepted that they needed to change.
7. We asked for practical help in effecting these changes.
8. We made a list of those people whose lives had been affected adversely by our actions and behaviour, became prepared to make amends.
9. We repaired the harm we had done to them, whenever possible without doing further harm to ourselves or anyone else.
10. We continued to own our behaviour on a daily basis.
11. We tried to discover our own place in the world and to get in touch with our own personalities.
12. We became prepared to help others follow the same path.

Beyond Belief Agnostics

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 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. 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.

AA Agnostics of the San Francisco Bay Area

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.

Realistic Recovery

1. I can no longer deny I have an addiction, and *admit* my addiction can make me *feel* powerless, and that my choices and decisions while unaware or in denial of my addiction were destructive.
2. I came to *believe* that realistic and rational thinking could restore me from the insanity of addictive thinking.
3. I will *let myself be helped* by myself and others by using realistic and rational thinking and will never again turn my will and life over to addictive thinking.
4. I will make a realistic and rational *evaluation* or “inventory” of my thoughts, feelings and behaviors, both positive and negative. This is not to induce guilt and shame, but to evaluate where my attitudes, actions and decisions were not realistic or rational.
5. I will now admit to myself, the exact nature of my thoughts, feelings and behaviors, both positive and negative. I will share and *review* this evaluation with another willing person if I choose, unless where to do so would put myself or others at risk.
6. I am entirely ready to allow realistic and rational thinking to *reveal* my destructive patterns of addictive thinking and behaviour.
7. I will apply realistic and rational thinking and behaviour to *replace* my addictive thinking and behaviour.
8. I will make a *list* of all person’s I have harmed, or been harmed by, in a way that might have enabled my addictive thinking.
9. I will take the responsibility of *making amends* and give the opportunity of receiving amends, except when to do so would put myself or others at risk.
10. I will *continue to evaluate* my life, and when my thoughts, feelings and behaviors are not realistic or rational, I will promptly admit it.
11. I will seek to *improve my conscious awareness of reality*, striving for the knowledge of what is real and rational and for the ability and determination to stop my addictive thinking and behaviour.
12. Having had *progress* towards a realistic and rational self-awareness away from addictive thinking as a result of what I have accomplished with these principles, I shall practice these principles in all areas of my life, and will be willing to *share* these principles with others who think they might gain from them.

White Bison's Medicine Wheel

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Forgiveness
9. Justice
10. Perseverance
11. Spiritual Awakening
12. Service

A Freethinker's Steps

1. We admitted that we were alcoholics —that we suffered from an addiction which is invariably fatal unless arrested.
2. We hoped for recovery from our addiction.
3. We committed ourselves to lifelong abstinence, staying away from the first drink, a day at a time.
4. We joined a fellowship of recovering alcoholics, who help each other maintain sobriety.
5. We honestly evaluated our lives, acknowledging both our strengths and our weaknesses.
6. We did our best to build on our strengths and to overcome our weaknesses.
7. We got our lives in order — dealt with the wreckage of the past — made amends whenever feasible.
8. We strived to be in good health: We stopped smoking, exercised, got enough rest, and ate nutritious food.
9. We determined to live in the real world, here and now, whether pleasant or painful. We pledged allegiance to reason and evidence, rather than superstition and dogma.
10. We abstained from mind-altering drugs, including those prescribed by physicians.
11. We continued to share our experience, strength and hope with other recovering alcoholics.
12. We carried the message of sobriety to alcoholics who were still drinking.

The Twelve Step Journal

1. We admitted we were powerless over our addiction/compulsion - that our lives had become unmanageable.
2. We came to believe that, like all human beings, our power was limited and we needed to learn to let go and learn from others.
3. We made a decision to let go of control, assume a spirit of goodwill, seek the wisdom of responsible others, and discover our true "voice within."
4. We made a searching and fearless inventory of our strengths and weaknesses.
5. We admitted to our journal, ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to listen to wise counsel and seek that still small voice within to guide us to change our behaviors which have been harmful to ourselves and others.
7. Humbly began the process of deep change so we could overcome our weakness.
8. Made a list of all persons we have harmed, became willing to make amends to them all, and to forgive those against whom we have held grudges.
9. We 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. Through meditation and journaling we continually seek to clarify and improve our own judgment and to consider the best direction and purpose our lives can take.
12. Having developed deeper wisdom and an appreciation of the spiritual as a result of these steps, we tried to carry this message to other addicts and to practice these principles in all our affairs.

The Twelve Steps of Self-Confirmation

1. I realize I am not in control of my use.
2. I acknowledge that a spiritual awakening can help me to find a new direction.
3. I am ready to follow and stay true to the new path I have chosen.
4. I have the strength and courage to look within and to face whatever obstacles hinder my continued personal and spiritual development.
5. I commit to become fully aware of how my use hurt those around me.
6. I am changing my life and developing my human potential.
7. I am proud of my strength and ability to grow.
8. I will do all I can to make up for the ways I have hurt myself and others.
9. I will take direct action to help others in any way that I can.
10. I will strive to be self-aware and follow the new path I have chosen.
11. I will continue to develop my potential through helping others and strive to become fully conscious of myself and life around me.
12. I will continue to develop my own human potential and spirituality and will actively help others who cannot control their use of alcohol.

Tracy C's 12 Steps

1. Acknowledge that I cannot drink safely at any time, that bad shit happens to me every single time and it tears my life to shreds.
2. Come to believe I am a) worth living happily and sober b) that I have the power to do things differently—I can change maladaptive and destructive patterns of thought, behavior and action, and make wise choices to stay sober and happy.
3. Become willing to do things differently and make healthy choices in my thoughts, behaviors and actions through various methods, be it CBT, suggestion from wise friends, my sponsor, my father's wisdom, a therapist, SMART meetings, meditation and the development of my own inner strength and wisdom.
4. Look at the patterns of thought and behavior that don't serve me and keep me angry, depressed, upset and lead me to drink. Where resentments are concerned, acknowledge my part, be it ever so small, so I can empower myself to change these patterns and have compassion for others. Recognize that interacting with unhealthy people is foolish and causes me harm.
5. Reflect on these patterns, discuss them with someone if necessary and fully acknowledge that these things harm me and cannot continue.
6. Become willing to surrender these negative patterns of thought, behavior and actions, including drinking or other addictive behavior, unhealthy romantic entanglements with douchebags, unhealthy job settings and unhealthy people.
7. Take the necessary action to change these maladaptive patterns, to end unhealthy relationships and continue to take action that leads me to sobriety, sanity and wellness.
8. Make a list of persons I have harmed and become willing to make amends to them.
9. Make direct amends to such people, whenever possible, except when to do so would injure them, myself or others.
10. Continue to watch for maladaptive behavior, without judgement, and take action to change it. Be kind and apologize when I'm in the wrong. Drive like a Taoist.
11. Involve myself in positive activities, such as dance, travel, learning in classes, exercise, meditation, going to museums and readings, writing and cooking. Hang out with positive and spirit-lifting people to participate in life and keep moving forward, away from my addictive past.
12. Develop an ethical compass. Treat others with respect and compassion, live with wisdom and generosity. Give back to the community when possible and to others in recovery while employing healthy boundaries. Live an example of a positive, openhearted, honest, ethical life and put the shopping cart back where it belongs in the grocery store parking lot.

The Practical 12 Steps

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 a 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 12 Steps Interpretation

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 recover from addiction.
3. Made a decision to actively work a Twelve Step recovery 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.

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

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.