

## **Secular 12 Steps**

**from the Beyond Belief Seattle Group (Seattle & Everett, WA)**

**2021**

**Step One: *“Admitted we were powerless over our addiction and that our lives had become unmanageable.”***

**Step Two: *“Came to believe the wisdom of the program and its members could restore us to sanity.”***

**Step Three: *“We made a decision to follow a path of recovery.”***

**Step Four: *“We made a searching, fearless, and honest inventory of ourselves.”***

**Step Five: *“We admitted to ourselves and to another human being the exact nature of our wrongs.”***

**Step Six: *“We became entirely ready to remove our defects of character.”***

**Step Seven: *“With the assistance of others and our own firm resolve, we transform negative aspects of ourselves and cultivate positive ones.”***

**Step Eight: *“We made a list of all persons we had harmed and became willing to make amends to them all.”***

**Step Nine: *“We made direct amends to such people wherever possible, except when to do so would injure them or others.”***

**Step Ten: *“We continued to take personal inventory and when we were wrong promptly admitted it.”***

**Step Eleven: *“We sought through meditation to improve our conscious contact with our highest selves and to find integrity in all areas of our lives.”***

**Step Twelve: *“Having had an awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.”***