



## The 12 Steps

### A Nontheistic Translation

1. Admit we are powerless over other people, random events and our own persistent negative behaviors, and 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.

*PRINCIPLE: Willingness to change.*