

Staying Sober Without God: The Practical 12 Steps to Long-Term Recovery from Alcoholism and Addictions by Jeffrey Munn.

Step 1

Traditional Version: Admitted we were powerless over alcohol—that our lives had become unmanageable

Practical Version: Admitted we were caught in a self-destructive cycle and currently lacked the tools to stop it

Step 2

Traditional Version: Came to believe that a power greater than ourselves could restore us to sanity

Practical Version: Trusted that a healthy lifestyle was attainable through social support and consistent self-improvement

Step 3

Traditional Version: Made a decision to turn our will and our lives over to the care of God as we understood him

Practical Version: Committed to a lifestyle of recovery, focusing only on what we could control

Step 4

Traditional Version: Made a searching and fearless moral inventory of ourselves

Practical Version: Made a comprehensive list of our resentments, fears, and harmful actions

Step 5

Traditional Version: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

Practical Version: Shared our lists with a trustworthy person

Step 6

Traditional Version: Were entirely ready to have God remove all these defects of character

Practical Version: Made a list of our unhealthy character traits

Step 7

Traditional Version: Humbly asked Him to remove our shortcomings

Practical Version: Began cultivating healthy character traits through consistent positive behavior

Step 8

Traditional Version: Made a list of all persons we had harmed and became willing to make amends to them all

Practical Version: Determined the best way to make amends to those we've harmed

Step 9

Traditional Version: Made direct amends to such people wherever possible, except when to do so would injure them or others

Practical Version: Made direct amends to such people wherever possible, except when to do so would cause harm

Step 10

Traditional Version: Continued to take personal inventory, and when we were wrong, promptly admitted it

Practical Version: Practiced daily self-reflection and continued making amends whenever necessary

Step 11

Traditional Version 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

Practical Version: We started meditating

Step 12

Traditional Version: 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

Practical Version: Sought to retain our newfound recovery lifestyle by teaching it to those willing to learn and by surrounding ourselves with healthy people