

The 12 Steps

The 12 Steps of AA were written by alcoholics who had a theistic faith, who incorporated into their wording “God” and “God as we understood Him”.

Many prospective clients have seen the words “God” and “Him” and inferred that the 12-Step programme is exclusively for people who believe in God and so is not for them.

In order to make the 12-Step programme readily accessible to all, Rhoserchan has adapted the original wording of the Steps of AA to fit the requirements of our non-religious rehabilitation service, while remaining true to their fundamental principles.

Here follow both wordings of the Steps, for comparison.

Step 1

We admitted we were powerless over our addiction, that our lives had become unmanageable.	We admitted our addiction was more powerful than we were, and that we had become unable to manage our own lives.
---	--

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.	Seeing other addicts in recovery we came to believe that with help we too could recover.
---	--

Step 3

Made a decision to turn our will and our lives over to the care of <i>God as we understood Him</i> .	We made a decision to stop acting on impulse and instead to ask for help and be guided by the principles of the 12-Step programme.
--	--

Step 4

Made a searching and fearless moral inventory of ourselves.	Made a searching and fearless moral inventory of ourselves.
---	---

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	Admitted to ourselves and another person the exact nature of our blocks to recovery.
---	--

Step 6

Were entirely ready to have God remove all these defects of character.	By acting always on our strengths and assets we saw our blocks to recovery diminish.
--	--

Step 7

Humbly asked Him to remove all our shortcomings.	We asked for help, to accomplish what we could not achieve alone.
--	---

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.	Made a list of all persons we had harmed, and became willing to make amends to them all.
--	--

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.	Made direct amends to such people wherever possible, except when to do so would injure them or others.
--	--

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.	Continued to take personal inventory and when we were wrong promptly admitted it.
---	---

Step 11

Sought through prayer and meditation to improve conscious contact with God <i>as we understood Him</i> , praying only for knowledge of His will for us and the power to carry that out.	Sought through prayer or meditation to develop our spiritual and ethical selves.
---	--

Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.	Recovering from addiction as a result of these steps, we shared our experience, strength and hope with others seeking recovery, and continued to practice these principles in all our affairs.
--	--

Rhoserchan has the greatest respect for the Steps and Traditions of AA and is not to be understood as making any judgement whatsoever about AA. We have changed the wording solely for use within this rehabilitation unit with individual residents who feel unable to work certain steps because they have no useable concept of 'God'. Residents are free to choose how they wish to interpret the Steps.