

ACA 12 Steps - Agnostic/Secular

1. Admitted we were powerless over our family dysfunction and that our lives had become unmanageable.
2. Came to believe the wisdom of the ACA program and its members could restore us to sanity.
3. Made a decision to follow a path of recovery.
4. Made a searching, fearless, and honest inventory of ourselves and our families of origin.
5. Admitted to ourselves and to another human being the exact nature of our past.
6. Became entirely ready to work at nurturing and transforming ourselves.
7. With the assistance of others and our own firm resolve, we transform negative aspects of ourselves and cultivate positive ones.
8. Made a list of all persons we had harmed and those who had harmed us. Then became willing to make amends and open to letting go of the shame and blame we hold for ourselves and others.
9. Made direct amends and forgave such people wherever possible, except when to do so would injure ourselves or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through meditation to improve our conscious contact with our highest selves and to find integrity in all areas of our lives.
12. Having had an awakening as a result of these steps, we tried to carry this message to others like us and to practice these principles in all our affairs.

Please note this is not an ACA WSO-sanctioned document.