

## **Sixteen Steps for Discovery and Empowerment**

1. We admit we have the power to take charge of our lives and stop being dependent on substances or other people for our self-esteem and security.

Alternative: We admit we were out of control with/powerless over \_\_\_\_\_ but have the power to take charge of our lives and stop being dependent on substances or other people for our self-esteem and security.

2. We come to believe that God/The Goddess/Universe/Great Spirit/Higher Power awakens the healing wisdom within us when we open ourselves to that power.

3. We make a decision to become our authentic selves and trust in the healing power of the truth.

4. We examine our beliefs, addictions and dependent behaviour in the context of living in a hierarchical, patriarchal culture.

5. We share with another person and the Universe all those things inside of us for which we feel shame and guilt.

6. We admit to our strengths, talents, accomplishments and intelligence, promising not to hide these qualities to protect other's egos.

7. We become willing to let go of our shame, guilt, and any behaviour that prevents us from taking control of our lives and loving ourselves and others.

8. We make a list of people we have harmed and people who have harmed us, and take steps to clear out negative energy by making amends and sharing our grievances in a respectful way.

9. We express gratitude to people who have been kind or loving to us, and remember to acknowledge our many blessings.

10. We learn to trust our reality and daily affirm that we see what we see, we know what we know and we feel what we feel. When we are right, we promptly admit it and refuse to back down.

11. We promptly admit to mistakes and make amends when appropriate, but we do not say we are sorry for things we have not done and we do not cover up, analyze, or take responsibility for the shortcomings of others.

12. We seek out situations, jobs, and people who affirm our intelligence, perceptions and self-worth and avoid situations or people who are hurtful, harmful, or demeaning to us.

13. We take steps to heal our physical bodies, organize our lives, reduce stress, and have fun.

14. We seek to find our inward calling, and develop the will and wisdom to follow it.

15. We accept the ups and downs of life as natural events that give us lessons for our growth.

16. We grow in awareness that we are sacred beings, interrelated with all living things, and, when ready, take an active part in helping the planet become a better place for all life.

*Many Roads, One Journey: Moving Beyond the 12 Steps,*  
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