



# Twelve Steps

These 12 Steps, adapted from the 12-step tradition of Alcoholics Anonymous, offer a gentle framework to support adults as they navigate the complexities of adult life. Within Adult Anonymous Community (AAC) meetings, members share personal insights and lessons learned through practicing these steps, drawing strength from shared experience and reflection. The steps are spiritual in nature, not religious, and are inclusive of all beliefs and worldviews. They are not meant to be rushed or perfected, but engaged with thoughtfully and at your own pace.

1. We acknowledged the challenges and patterns in our lives that feel unmanageable.
2. We recognized that support, connection, or guidance beyond ourselves can help us grow.
3. We made a conscious choice to bring awareness and intention to our personal growth.
4. We honestly examined our feelings, behaviors, and experiences.
5. We shared our truths with ourselves, and with another trusted person when we could.
6. We became willing to let go of what no longer serves us.
7. We embraced humility and a commitment to growth.
8. We made a list of ways we have hurt ourselves or others and acknowledged them.
9. We sought to make amends where possible and appropriate.
10. We continued to observe ourselves and take responsibility for our actions.
11. We practiced reflection, mindfulness, and connection with our inner wisdom.
12. We carried these principles into daily life and shared our growth with others, supporting them where we can.

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