

## **Atheist 6 Steps**

Step 1. **ADMISSION**; We admit defeat. We admit we lost the power of choice concerning alcohol and drugs. We admit our lives were unmanageable.

Step 2. **WILLINGNESS**; We choose to be willing to keep an open mind, take action, and follow suggestions.

Step 3. **DISCOVERY**; We make an honest personal inventory; focusing on resentments, fears, and self centered behaviors.

Step 4. **EXPOSURE**; We share our personal inventory with a sponsor. With their aid and experience, we gain clarity of our issues and destructive patterns, and an understanding of our part in creating roadblocks to change.

Step 5. **RESTITUTION**; We make restitution with guidance, to the best of our ability, to anyone we have injured. We refrain from creating additional injury to others and ourselves by doing so.

Step 6. **SPONSORSHIP**; We maintain abstinence, and continue to practice personal discovery and exposure, seeking honesty, humility, and tolerance while sponsoring others to follow this course of action.