

The Twelve Steps of the Addicted and Compulsive Person

THE "REVILED SUBSTANDARD" VERSION

1. I (not we) declared I was in complete control of my addiction/compulsion, that my life was fine and dandy - thank you very much.
2. I always knew that there was no power greater than myself, but all of you needed to be restored to sanity.
3. I made a decision to turn my will and my life over to the care of my addiction/compulsive behavior because it was the only thing that understood me.
4. I made a superficial and paranoid IMMORAL inventory of anybody but myself.
5. I admitted nothing to nobody - ever.
6. I was entirely ready to have God punish you for all your defects of character.
7. Humbly asked Him to bug somebody else.
8. Made a list of all persons who had harmed me and became willing to take revenge upon them all.
9. I took direct revenge whenever possible, especially when to do so would harm or injure them or others.
10. I continued to take other people's inventory and when they were wrong promptly told them so.
11. I sought through alcohol/drugs/relationships/food/sex/etc. to maintain unconscious contact with myself praying only for what I wanted, when I wanted it and the power to get it.
12. Having had a SPIRITUAL DEATH as a result of these steps, I tried to carry this message to other addicted/compulsive people and take as many of them as I could with me.