

The Twelve Steps in Reverse (From the AA Grapevine)

1. I declare my complete control over alcohol and everything else; and further declare that my life was in perfect order
2. I recognized no power as great as I was; nor any person as smart as I was, and if you don't like it come outside
3. I made a decision to run my life and everyone else's to suit only me and pity those who got into my life.
4. I made a searching and through inventory of my fellow man and found him to be woefully lacking in all respects; nor did I ever hesitate to tell him so.
5. I admitted to no one, including, God and Myself, that there could possibly be anything wrong with my actions or me.
6. I bent every effort toward increasing my defects of character—and did a little drinking besides.
7. I continued my obnoxious arrogant air of asking no one for anything—my Big Eye was for telling, not asking.
8. I kept a complete list of all persons who had harmed me, either real or imaginary, and swore to get even and did a little drinking besides.
9. I got even where possible, except when to do so might injure me.
10. I continued to bitch about everything to everyone and, when I was right, was prompt to admit it and had a little drink.
11. I sought through scheming and conniving to materially improve myself—at the expense of my fellow man. Nor did I ever hesitate, when the opportunity presented itself, to bring disaster and misery to anyone who happened to cross my path.
12. Having had a complete moral, physical, financial and spiritual breakdown, all of my remaining effort was directed toward dragging those near me and dear to me down to these same depths of despair; And I did a little drinking too.

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