

# Honoring the Twelve Steps Through a Peer & Multiple Pathways Lens

## Preface: Intent and Respect for Alcoholics Anonymous

This document is offered with deep respect for Alcoholics Anonymous and the Twelve Steps, which have supported the recovery of millions of people for nearly a century. The purpose of this comparison is not to replace, revise, or diminish the 12-Step model, but to demonstrate how its core principles can be expressed within a peer-led, multiple-pathways framework that emphasizes choice, trauma-informed care, and inclusivity. Many individuals continue to find meaning and healing through spiritually centered recovery, including AA, while others benefit from different or complementary approaches. This reflection is intended to build understanding across recovery communities and to highlight shared values such as honesty, accountability, service, and personal growth.

### Step 1

Alcoholics Anonymous: We admitted we were powerless over alcohol—that our lives had become unmanageable.

Peer / Multiple Pathways: We recognized that our relationship with substances or behaviors was causing harm or distress, and we acknowledged the need for change while honoring personal agency, lived experience, and resilience.

### Step 2

Alcoholics Anonymous: Came to believe that a Power greater than ourselves could restore us to sanity.

Peer / Multiple Pathways: We explored sources of safety, hope, meaning, and support—spiritual, relational, cultural, community-based, or personal—that could help restore balance and wellbeing.

### Step 3

Alcoholics Anonymous: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Peer / Multiple Pathways: We chose recovery supports that aligned with our values, beliefs, culture, and identity, which may include spirituality, faith, community, or self-directed responsibility, while maintaining autonomy.

### Step 4

Alcoholics Anonymous: Made a searching and fearless moral inventory of ourselves.

Peer / Multiple Pathways: We engaged in self-reflection at a pace that felt safe, focusing on understanding experiences, patterns, strengths, and challenges without shame or moral judgment.

### **Step 5**

Alcoholics Anonymous: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Peer / Multiple Pathways: We shared our story with trusted people of our choosing in ways that supported accountability, healing, boundaries, and emotional safety.

### **Step 6**

Alcoholics Anonymous: Were entirely ready to have God remove all these defects of character.

Peer / Multiple Pathways: We became open to growth and change, recognizing that many behaviors developed as survival responses and that healing can involve learning, support, and self-compassion.

### **Step 7**

Alcoholics Anonymous: Humbly asked Him to remove our shortcomings.

Peer / Multiple Pathways: We sought continued growth using supports we trust—spiritual, relational, therapeutic, cultural, or community-based—while honoring readiness and consent.

### **Step 8**

Alcoholics Anonymous: Made a list of all persons we had harmed, and became willing to make amends to them all.

Peer / Multiple Pathways: We reflected on the impact of our actions on others while also acknowledging harm done to us, balancing responsibility with self-protection and healing.

### **Step 9**

Alcoholics Anonymous: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Peer / Multiple Pathways: We chose if, when, and how to repair relationships in ways that prioritized safety, consent, boundaries, and wellbeing for all involved.

### **Step 10**

Alcoholics Anonymous: Continued to take personal inventory and when we were wrong promptly admitted it.

Peer / Multiple Pathways: We practiced ongoing self-awareness with kindness, accountability, and flexibility.

### **Step 11**

Alcoholics Anonymous: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Peer / Multiple Pathways: We engaged in reflective or grounding practices—such as prayer, meditation, mindfulness, movement, or cultural rituals—that aligned with our beliefs and supported connection and meaning.

## **Step 12**

Alcoholics Anonymous: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Peer / Multiple Pathways: Having experienced growth and healing—spiritual or otherwise—we shared our lived experience to support others, while respecting diversity, choice, and multiple pathways to recovery.

## **Closing Reflection**

Recovery is not a one-size-fits-all process. The strength of the recovery community lies in its diversity of pathways and its shared commitment to dignity, autonomy, and hope. By viewing the Twelve Steps alongside a peer-informed, trauma-responsive perspective, we can broaden access to recovery supports without diminishing long-standing traditions. When recovery systems remain collaborative rather than competitive, they are better positioned to serve individuals, families, and communities with compassion, effectiveness, and respect.