The Proactive Twelve Steps
5th edition

Step 1: There is a big difference between who I want to be and what I do. I am stuck in what I do.

Step 2: To get unstuck, I need to find, in myself, a calm and open space.

Step 3: To find myself, moment by moment, I take a mindful pause.

Step 4: I look at my life systematically, to see patterns in how I have been relating to people and situations.

Step 5: I look at my behavior patterns with compassion, to understand the emotional logic behind them.

Step 6: I see how my behavior patterns have been ways of coping with what feels overwhelming.

Step 7: I learn to accept the sense of vulnerability that comes from facing what feels overwhelming.

Step 8: I explore alternative behaviors and rehearse them in safe settings.

Step 9: I apply these new mindful behaviors in my everyday life.

Step 10: I keep paying attention to the causes and effects of my actions, and act accordingly.

Step 11: I keep facing reality mindfully, moment by moment, with a mindful pause.

Step 12: My life reflects a growing sense of respect and compassion for myself and others.

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