

Dumb Asses Anonymous

1. Admit that you are a dumb ass, and that it has made your life unmanageable.
2. Come to believe that you are a dumb ass, and you need help from a Power greater than yourself.

3. Made a decision to turn your dumb ass over to the care of God.

4. Made a complete inventory of all the dumb ass things you have done.

5. Admitted to God, to yourself, and to another human being, you are a dumb ass.

6. You are ready to have God remove all these dumb ass defects of character.

7. Humbly asked Him to remove your dumb ass shortcomings.

8. You made a list of all persons you were a dumb ass too, and are willing to admit to them, you were a dumbass.

9. You made amends to such people wherever possible, except where it makes you look like a dumb ass.

10. Continued to take personal inventory, and be willing to admit when you are a dumb ass.

11. Sought through prayer and meditation to improve your conscious contact with God, praying only for knowledge of not being a dumb ass and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, has tried to carry this message to dumb asses, and to practice these principles in all affairs.

