



12 Steps of Black Fathers Anonymous

We believe that the 12 step approach to addressing this issue is the correct one, because the healing power of one father helping another is without equal. Our process is proven and sensible because who can better understand the hardships, joys, and frustrations of being a father better than another father? So we welcome you without condemnation or judgment but with support and understanding to our meetings. Here are the steps we believe will help us to become better fathers.

1. We admitted we were powerless over other people and that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity and restore our relationships with our children.
3. We made a conscious decision to turn our wills and our lives over to the care of God as we understood Him.
4. We made a fearless and moral inventory of ourselves and our relationships.
5. We admitted to God, ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all, especially our children.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong, promptly admitted it.
11. We 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.
12. After having had a spiritual awakening as the result of these Steps, we tried to carry this message to other disconnected fathers and to practice these principles in all our affairs.

There is much work for us to do and we cannot do it all overnight. The important thing to remember is that we have to take the first step; we have to begin the journey. It doesn't matter what others say or do we must as fathers and as men begin to repair the relationships with our children. We no longer have the option of doing nothing. There are three things that we must have to succeed on this journey; they are honesty, open-mindedness, and willingness. We must be honest with ourselves about ourselves, we must be open-minded to learn new things, and we must be willing to accept and live by spiritual principles. Remember, it is not how you start that determines a good father, but how you finish. What matters most is that each of us begins today to become better fathers.