



Riders on the Road

Salubrious Driving: an 8 Step Program

(we don't have time for 12; we're in a hurry!)

1. We admit that driving is making us crazy, and it's not getting any better, yet we can't just hide in the house all day. We need help!
2. We make a searching and fearless moral inventory of ourselves and our driving habits, discover that we are not perfect drivers (maybe not even in the top ten percent), and admit it to ourselves and to God as we understand God, but not necessarily to anyone else until we're good and ready. It won't be long.
3. We come to believe that a Power greater than ourselves can restore us to sanity, and we humbly beseech Him, Her or It to do so immediately. We say thank you.
4. We imagine what it feels like in others' driving moccasins, and often remember when we wore a pair just like that.
5. Much as we would like to make amends to the drivers we've offended so far and their passengers too, we realize that if we take on a project that immense we will never get anywhere. Instead, we say a quiet but sincere 'sorry' to ourselves, call it even and move on.
6. We continue to take personal inventory and when we are driving badly we promptly admit it and take salubrious corrective action. We do *not* worry about correcting or punishing others. We know that is their job, not ours. We try not to forget that! And most of the time we don't.
7. We seek through prayer and meditation to improve our conscious contact with God as we understand God, praying for knowledge of how He would have us drive and the power to do as we're told. We could swear we heard Him tell us to lighten up, laugh more, and lay off the whining and the cussing.
8. Having had a driving awakening as a result of these steps, we carry this message to other drivers, and practice these principles whenever we drive. We are so much happier! In fact, we feel salubrious!!

Remember, Salubrious = healthy and safe, not slow

With sincere thanks and a Cheery Rider Wave to the folks at AA who created the very wise and successful program from which these steps were adapted.

Riders
on the
Road

www.RidersontheRoad.com