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ABSTRACT
Alcoholics Anonymous (AA) offers a live stage to study how humility is worn by thousands for another day of sobriety and more freedom from the bondage of self. It has been the coauthors' intent to emphasize the significance of humility as a cardinal virtue across the 12-Step program and as essential to all its key elements. The coauthors have placed this emphasis in the context of a wider theological history of thought as this converged on Bill W. and AA. In addition, the coauthors have offered a constructive developmental interpretation of the 12 Steps that relies on a model of four modulations of humility. Finally, the coauthors have reviewed in brief some approaches to the measurement of humility in this context, and suggest several aims for future research.

KEYWORDS
Alcoholics Anonymous; 12-Step recovery; humility; virtue

Introduction
What does humility mean in the context of Alcoholics Anonymous (AA) and how does it function in the process of recovery? In AA circles, humility is the virtue of the individual who is no longer an “inflated” self and is now a worker among workers. To use a favorite AA expression, he or she is “not God” (Kurtz, 1991). Helping others—and other alcoholics in particular—becomes a humble daily practice that benefits recipient and helper (Pagano, Post, & Johnson, 2011). In this article, we first consider philosophical and theological perspectives on humility, then discuss humility in the context of AA, and offer a framework for understanding the 12 Steps by constructing a model of four modulations of humility. We conclude with directions for future research on the role of humility in addiction recovery.