

Russell Brand's 12 Steps:

1. Are you a bit fucked?
2. Could you not be fucked?
3. Are you, on your own, going to 'unfuck' yourself?
4. Write down all the things that are fucking you up or have ever fucked you up and don't lie or leave anything out.
5. Honestly tell someone trustworthy about how fucked you are.
6. Well that's revealed a lot of fucked-up patterns. Do you want to stop it? Seriously?
7. Are you willing to live in a new way that's not all about you and your previous, fucked-up stuff? You have to.
8. Prepare to apologize to everyone for everything affected by your being so fucked-up.
9. Now apologize. Unless that would make things worse.
10. Watch out for fucked-up thinking and behavior and be honest when it happens.
11. Stay connected to your new perspective.
12. Look at life less selfishly, be nice to everyone, help people if you can.