

**Organizations\*\*** Most of the organizations listed below provide a lot of free information and free support groups on their websites. Some also have free local meetings. They also share most of the following principles:

- Staying sober or clean is a separate issue from religion and spirituality. You don't have to change your beliefs to stay clean and sober.
- You are *not* powerless over your addiction.
- Lifetime meetings are *not* necessary to maintaining lifetime sobriety.

For a comparison of AA and some listed organizations:  
[http://www.rrci.net/recovery\\_spectrum.htm](http://www.rrci.net/recovery_spectrum.htm)

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### **LifeRing Recovery**

<http://www.unhooked.com/index.htm>

Toll free: 800-811-4142

Non-religious/non-spiritual. A self-help recovery organization for individuals who seek group support to achieve abstinence from alcohol and other addictive drugs. Stresses self-empowerment.

From the website: "Self-help in LifeRing means that the key to recovery is the individual's own motivation and effort. The main purpose of the group process is to reinforce the individual's own inner strivings to stay clean and sober. LifeRing is a permanent workshop where individuals can build their own personal recovery plans. . . . LifeRing does not prescribe any particular 'steps' and is not a vehicle for any particular therapeutic doctrine. LifeRing participation is compatible with a wide variety of abstinence-based therapeutic or counseling programs."

There are LifeRing email lists, forums, and online chat meetings, and there may also be local meetings, see contact info above.

**\*\*There are information sources in addition to those listed here (organizations, methods, programs, books, and websites). Search for "non 12 step" to find them.**

### **Rational Recovery® (RR)**

<http://www.rational.org/>

Tel: 530-621-2667

Non-religious/non-spiritual. Teaches Addictive Voice Recognition Technique® (AVRT®), an effective set of methods used by the self-recovered to stay abstinent. RR can also help you overcome the negative effects of 12 step groups on your thought processes.

There is enough free information about AVRT® on the RR website for you to totally recover from any addiction. For additional information, you can pay for access to the subscription part of the RR website (which includes an online discussion area for learning AVRT®), purchase books, purchase DVDs or videotapes, and attend a course for learning AVRT®.

There are no meetings, as Rational Recovery® believes that meetings interfere with recovery.

### **SMART Recovery®**

<http://www.smartrecovery.org/>

Toll free: 866-951-5357, Tel: 440-951-5357

Non-religious/non-spiritual. SMART Recovery sponsors 300+ face-to-face meetings around the world, and 16+ online meetings per week, and has an online message board on which to learn about SMART Recovery and to seek support.

The program offers specific tools and techniques for each of the program points:

Point 1: Enhancing and Maintaining Motivation to Abstain

Point 2: Coping with Urges

Point 3: Problem Solving (Managing thoughts, feelings & behaviors)

Point 4: Lifestyle Balance (Balancing momentary & enduring satisfactions)

There may be local meetings, see contact information above.

### **Secular Organizations for Sobriety/Save Our Selves (SOS)**

<http://www.sossobriety.org/>

Tel: 323-666-4295

Non-religious/non-spiritual. Stresses the use of abstinence-based self-empowerment methods.

From the website: "SOS credits the individual for achieving and maintaining his or her own sobriety, without reliance on any 'Higher Power.' . . . SOS supports healthy skepticism and encourages the use of the scientific method to understand alcoholism."

There is an online chatroom. There may be local meetings, see contact information above or email [sos@cfiwest.org](mailto:sos@cfiwest.org)

### **Women For Sobriety (WFS)**

<http://www.womenforsobriety.org/>

Tel: 215-536-8026

Started in 1976 to address the psychological needs of women alcoholics. Includes a spiritual component. From the website: "Women For Sobriety has self-help groups throughout the world. In addition WFS produces and distributes booklets and literature written specifically to the needs of women alcoholics."

Uses the "New Life" Program, a thirteen statement program of positivity for encouraging emotional and spiritual growth. There may be local meetings, see contact information above.

### **Men For Sobriety**

Many men have requested and benefited from WFS's program (see contact info for Women For Sobriety, above).

### **Assertive Community Treatment (ACT/PACT)**

[http://www.nami.org/template.cfm?section=act-ta\\_center](http://www.nami.org/template.cfm?section=act-ta_center)

For some people, treatment of an underlying mental illness resolves their addiction. ACT/PACT can help.

**Books on Recovery** \*\* There are many books that describe non 12 step methods of recovery. Check the addiction/recovery sections of your local library and independent booksellers. A sample of these books is listed below. (Almost all are available at Amazon.com and other independent booksellers. You can also find reviews for most on Amazon.com.)

AA: Not the Only Way--Your One Stop Resource Guide to 12-Step Alternatives, Melanie Solomon (2005). From Amazon.com: "[c]ompares and contrasts many different self-help programs" and includes "contact information for licensed professionals and treatment facilities throughout the U.S. and abroad." Also available at <http://www.aanottheonlyway.com/>

How to Quit Drinking Without AA, Revised 2nd Edition: A Complete Self-Help Guide, Jerry Dorsman (1997).

Many Roads One Journey: Moving Beyond the 12 Steps, Charlotte S. Kasl (1992).

Overcoming Your Alcohol, Drug & Recovery Habits: An Empowering Alternative to AA and 12-Step Treatment, James DeSena (2003).

Rational Recovery: The New Cure for Substance Addiction, Jack Trimpey (1996). Teaches AVRT®, an effective set of methods for neutralizing the voice in your head that tells you to drink/use. Also available at <http://www.rational.org/>

Recovery by Choice: Living and Enjoying Life Free of Alcohol and Drugs. A Workbook, Martin Nicolaus (3rd printing, 2006). Available at the LifeRing website <http://www.unhooked.com/lifering.com/workbook/index.htm>

Sober for Good: New Solutions for Drinking Problems -- Advice from Those Who Have Succeeded, Ann M. Fletcher (2001).

The Tao of Sobriety: Helping You to Recover from Alcohol and Drug Addiction, David Gregson and Jay S. Efran (2002).

## Other Reading Material on Addiction/Recovery \*\*

<http://www.orange-papers.org/orange-addmonst.html>

<http://www.habitsmart.com/>

<http://www.aanottheonlyway.com/>

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**Support for Ex-Steppers**\*\* These are some websites that have facts about 12 step programs and/or provide support for people who leave. Many also provide information about recovery options.

<http://www.morerevealed.com/>

<http://www.orange-papers.org/>

[http://www.aadeprogramming.org/index\\_frames.html](http://www.aadeprogramming.org/index_frames.html)

Yahoo Groups: 12-step-free, without\_aa, EFTCoaa, 12-Step\_Coercion\_Watch, and others

<http://www.blamedenial.co.uk/welcomehome.html>

<http://freedomfrom12steps.blogspot.com/>

<http://www.thearidsite.org/>

<http://www.americanatheist.org/spr97/T2/piety.html>

<http://groups.msn.com/X-STEPPERS/welcome.msnw>

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About This Pamphlet's Author: I was trying to quit drinking, but found that AA did not address how to quit in a direct and practical way. The 12 steps say nothing about quitting; in fact, AA members told me I could not quit for good! The 12 steps and some of AA's other principles also violate my values and beliefs. Because I didn't believe the many 12 steppers who said that our choice was either AA or "jails, institutions or death," I looked for other ways to quit and I found them. What truly helps me stay sober are just a few simple techniques for resisting thoughts of drinking. Other people resist thoughts of drinking or using with their own set of techniques. **Each information source in this pamphlet describes different approaches and techniques for dealing with addiction. Look at these approaches and try the techniques. Discover the ones that work for you. I did it. You can too!**

# AA and NA ALTERNATIVES

If AA or NA is not helping you, please know that you are not alone.

If AA or NA is not helping you, please know that there are other ways to stay sober and/or clean.

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Did you know?

- 95% of people **stop** attending AA meetings within one year, according to several AA surveys in the US and Australia.

- 60% of people stay sober **without** AA, according to The AA Grapevine ("A Doctor Speaks," May 2001 Issue). Other sources say about 80% stay sober without AA or any other support group.

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If a 12 step program is not helping you, please read the information inside about alternative routes to recovery . . .