



## Alternatives to Twelve-Step

When it comes to chemical dependency, the number one recommended program for recovery from addiction is Alcoholics Anonymous, and the various other support groups that have evolved from the Twelve Steps and Twelve Traditions. Approximately 93% of all treatment programs in the US are “12 Step” based. Why is that? Because for many people, the 12-Step philosophy and program of recovery works, and that is fantastic! However, there are those that this philosophy and way of life does not work for. Therefore there has to be alternatives, because from a scientific perspective, the effectiveness of all support groups for addictive behavior is unproven. According to The National Institute on Drug Abuse (NIDA) the best predictor of rehabilitation is an individual’s belief in a specific program. Matching the recovery program to each person’s individual needs is critical to success.

The following is a brief overview of a few programs of recovery that have proven to be successful for many people that are not 12 Step based. Please note the internet links provided for these recovery alternatives SMART Recovery: [www.smartrecovery.org](http://www.smartrecovery.org)

SMART Recovery® is a nationwide, nonprofit organization which offers free support groups to individuals who desire to gain independence from any type of addictive behavior. SMART Recovery® also offers a free Internet Message Board discussion group, and sells publications related to recovery from addictive behavior. The SMART Recovery® approach to recovery is summarized in the Four-Point program, which teaches how to:

- Enhance and maintain motivation to abstain
- Cope with urges
- Manage thoughts, feelings, and behaviors
- Balance momentary and enduring satisfactions

Rational Recovery: [www.rational.org](http://www.rational.org)

Rational Recovery® is the exclusive, worldwide source of counseling, guidance, and direct instruction on *self-recovery* from addiction to alcohol and other drugs through planned, permanent abstinence. RR uses an exclusive method, AVRT (Addictive Voice Recognition Technique) ® which is a cost-effective, dignified approach to all addictive behavior. AVRT® is a *comprehensive* remedy for addiction, allowing addicted people to fully recover in as short a time as they like, without regard to age of onset, the substance of choice, previous unsuccessful attempts at recovery, and the existence of other personal problems. AVRT-based recovery is nothing more or less than secure, permanent abstinence, without the need to ever attend a meeting, or adhere to any form of philosophy such the 12-Step program. In fact RR holds the position that dependency upon meetings or any other group fosters dependency, rather than the elimination of addiction once and for all.

**Women for Sobriety [www.womenforsobriety.org](http://www.womenforsobriety.org)**

Women for Sobriety is a non-profit organization dedicated to helping women overcome alcoholism and other addictions. Their "New Life" acceptance program helps achieve sobriety and sustain ongoing recovery. The "New Life" acceptance program is as follows:

- I have a life-threatening problem that once had me.  
*I now take charge of my life. I accept the responsibility.*
- Negative thoughts destroy only myself.  
*My first conscious act must be to remove negativity from my life.*
- Happiness is a habit I will develop.  
*Happiness is created, not waited for.*
- Problems bother me only to the degree I permit them to.  
*I now better understand my problems and do not permit problems to overwhelm me.*
- I am what I think.  
*I am a capable, competent, caring, compassionate woman.*
- Life can be ordinary or it can be great.  
*Greatness is mine by a conscious effort.*
- Love can change the course of my world.  
*Caring becomes all important.*
- The fundamental object of life is emotional and spiritual growth.  
*Daily I put my life into a proper order, knowing which are the priorities.*
- The past is gone forever.  
*No longer will I be victimized by the past, I am a new person.*
- All love given returns.  
*I will learn to know that others love me.*
- Enthusiasm is my daily exercise.  
*I treasure all moments of my new life.*
- I am a competent woman and have much to give life.  
*This is what I am and I shall know it always.*
- I am responsible for myself and for my actions.  
*I am in charge of my mind, my thoughts, and my life.*

To find the closest WFS Group in your area, please contact WFS Headquarters at:  
**<http://www.womenforsobriety.org/beta2/>**

These are but a few recovery alternatives available, so that an individual can be proactive in creating a life free from addiction, without being forced into a way of life that they feel is contrary to their personal integrity.