



# BEYOND THE TWELVE

## LifeRing® Secular Recovery Overview

LifeRing is a secular, peer-led network that emphasizes sobriety, self-help, and personal responsibility. The program is based on their 3-S Philosophy and uses a check-in/check-out meeting format. The 3-S philosophy includes a focus on the following core elements:

- Sobriety
- Secularity
- Self-Direction

Relevant Quote:	“Your personal recovery program is a series of experiments. You'll try different ideas and behaviors, and if they help you stay sober, you'll keep them. If they lead to a relapse, you're encouraged to learn from the experience and try something new. The ideas and behaviors that work for you are what make up your personal program.” – LifeRing Website		
Addictive Behaviors:	Defines sobriety as abstinence from alcohol or nonmedically indicated drugs.		
View of Addiction:	A disorder that requires abstinence for long-term recovery.		
Change Goal:	Sustained abstinence.		
Spiritual Foundation:	Secular.		
Meeting Facilitators:	Peers in recovery with lived experience.		
Labels:	Focus on empowering people instead of labels like “alcoholic” or “addict.”		
Sponsorship:	No sponsorship system.		
Length of Participation:	Use the program as long as you need it, not encouraging lifetime attendance.		
Meeting Format:	Peer-led, supportive, conversational format.		
Founding:	Developed from Secular Organizations for Sobriety™ in 1997.		
Medication Opinion:	Views medically assisted recovery as decision between you and your provider.		
Literature:	<i>Recovery by Choice Workbook</i> , <i>Empowering Your Sober Self</i> , and more.		
Website:	<a href="https://www.lifering.org">https://www.lifering.org</a>	Meeting Locations:	In person and online.

What aspects of this program feel like a good fit for me? What aspects don't?

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Where and when could I try LifeRing Secular Recovery?

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How could this program support the goals I've set for my recovery, healing, growth, and change?

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