



BEYOND THE TWELVE

Moderation Management™ Overview

Moderation Management program provides a non-judgmental, compassionate peer-support community focused on helping change your relationship with alcohol. They have Moderate Drinking Guidelines, a definition of A Moderate Drinker, and the Steps of Change. They focus on mutual support through meetings, a private Facebook, and Kickstart programs that focus on both moderation and abstinence through seasonal events such as Dryuary, Dry July, and Sober October.

Relevant Quote:	“Moderation Management (MM) is a behavioral change program and national support group network for people who are concerned about their drinking and desire to make positive lifestyle changes. MM empowers individuals to accept personal responsibility for choosing and maintaining their own path, whether moderation or abstinence.” – MM Website		
Addictive Behaviors:	Focused on alcohol use only.		
View of Addiction:	Doesn’t specifically address addiction, just self-identified or clinically diagnosed problematic alcohol use.		
Change Goal:	Focused on moderate alcohol use, but supportive of abstinence when chosen.		
Spiritual Foundation:	None.		
Meeting Facilitators:	Facilitators are trained by Moderation Management.		
Labels:	Discourages use of “alcoholic” label.		
Sponsorship:	No sponsorship system.		
Length of Participation:	Use the program as long as you need it, not encouraging lifetime attendance.		
Meeting Format:	Meetings follow a specified format.		
Founding:	Founded by Audrey Kishline in 1994.		
Medication Opinion:	Supportive of medication for addiction recovery.		
Literature:	<i>Responsible Drinking, Moderate Drinking: Success Stories & Lessons Learned</i> , and more.		
Website:	http://www.moderation.org/	Meeting Locations:	In person and online.

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

Where and when could I try Moderation Management?

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

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