



BEYOND THE TWELVE

Recovery Dharma Overview

Recovery Dharma is founded on, and inspired by, Buddhism that originated in India and later flourished in other regions of Asia. It's a trauma-informed, empowered approach to recovery that's peer-led and non-theistic. They focus on the Three Jewels of Buddhism: the Buddha (the potential for awakening and the goal of the path), the Dharma (the teachings), and the Sangha (the community of wise friends to travel with). The Dharma is focused on how recovery relates to the following key aspects:

The Four Noble Truths:

- 1-There is Suffering 2-The Cause of Suffering 3-Ending the Suffering 4-The Path

The Eightfold Path:

- 1-Wise Understanding 2-Wise Intention 3-Wise Speech 4-Wise Action
- 5-Wise Livelihood 6-Wise Effort 7-Wise Mindfulness 8-Wise Concentration

Relevant Quote:	“As people who have struggled with addiction, we’re already intimately familiar with the truth of suffering. Even if we’ve never heard of the Buddha, at some level we already understand the core of the teachings: that in this life, there is suffering.” – Recovery Dharma Book		
Addictive Behaviors:	Appropriate for all addictive behaviors, not limited to substances.		
View of Addiction:	A form of suffering arising from craving, attachment, and avoidance.		
Change Goal:	Abstinence from substances; process addictions are individualized.		
Spiritual Foundation:	Uses Buddhist practices and principles but is non-theistic.		
Meeting Facilitators:	Led by community volunteers.		
Labels:	Focus on empowering people instead of labels like “alcoholic” or “addict.”		
Sponsorship:	May utilize a Recovery Dharma mentor”		
Length of Participation:	Encouraged to commit to a lifelong journey of growth and awakening.		
Meeting Format:	Meetings follow a suggested meeting format, which can vary.		
Founding:	Emerged in 2019 from Refuge Recovery®, building upon shared Buddhist principles, establishing independent, peer-led structure and governance model.		
Medication Opinion:	No stated opinion on this.		
Literature:	Recovery Dharma (2 nd ed.)		
Website:	https://recoverydharma.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 Recovery Dharma?

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

**Information about Recovery Dharma is used for educational reference only and doesn't imply affiliation, partnership, or endorsement.*