



BEYOND THE TWELVE

Women for Sobriety™ Overview

Women for Sobriety supports women seeking a sober life in recovery. Their motto is “we are capable and competent, caring and compassionate, always willing to help another, bonded together in overcoming our addictions.” The program uses the Thirteen Acceptance Statements:

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| 1-I have a life-threatening problem that once had me | 8-The fundamental object of life is emotional and spiritual growth |
| 2-Negative thoughts destroy only myself | 9-The past is gone forever |
| 3-Happiness is a habit I am developing | 10-All love given returns |
| 4-Problems bother me only to the degree I permit | 11-Enthusiasm is a daily exercise |
| 5-I am what I think | 12-I am a competent woman, and I have much to give life |
| 6-Life can be ordinary or it can be great | 13-I am responsible for myself and for my actions. |
| 7-Love can change the course of my world | |

Relevant Quote:	<p>“WFS believes that addiction began to overcome stress, loneliness, frustration or emotional deprivation in daily life—dependence often resulted. The physical, mental and emotional components of addiction are overcome with abstinence from all substances and the self-awareness gained by practicing the program. Participation in WFS requires a sincere desire for a New Life.”</p> <p>– WFS Founding Principles</p>		
Addictive Behaviors:	Appropriate for all addictive substances.		
View of Addiction:	A coping mechanism for unmet emotional and psychological needs.		
Change Goal:	Abstinence from substances.		
Spiritual Foundation:	Focused on “emotional and spiritual growth, self-responsibility.”		
Meeting Facilitators:	Facilitators are certified by Women for Sobriety.		
Labels:	Encourages the use of “a competent woman.”		
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, are only open to women.		
Founding:	Founded by Jean Kirkpatrick, PhD in 1975.		
Medication Opinion:	Supportive of medication for addiction recovery.		
Literature:	<i>New Life Program</i>		
Website:	https://womenforsobriety.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 Women for Sobriety?

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

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