



## **LifeRing Sobriety Policy Statement**

LifeRing defines 'sobriety' as complete abstinence from alcohol or nonmedically indicated drugs.

We value all methods of combating addiction and strive to provide a supportive environment for individuals on their journey toward recovery.

While our organization promotes and provides tools for abstinence from nonmedically indicated drugs and substances, we recognize that the path to sobriety is unique for each person.

We celebrate all periods of sobriety whether it be 24 hours, 24 days, or 24 years and understand that setbacks are a part of the recovery process.

At LifeRing, we encourage participants to be actively involved in their healthcare decisions, including mental health care and substance abuse treatment.

We respect the relationship and do not challenge or second-guess the guidance of members' healthcare providers. Medications and supplements recommended with the guidance of fully-informed healthcare providers and taken as instructed can be a part of a person's personal recovery plan, and does not conflict with a person's commitment to abstinence.

LifeRing recommends complete abstinence instead of moderation as a goal in recovery. Many members have attempted moderation and have found it impossible to achieve. People attending meetings should be aware that many members find discussions of moderation unsettling, and because of this, those exploring moderation as a recovery model should wait until the end of the meeting to speak to a convenor about this subject.

LifeRing recommends abstinence of all substances, including substances which are not a person's substance of choice. Members have found that one addiction is often substituted for another.

LifeRing offers a safe space where people are not judged if they lapse. They will never be told that they are not trying hard enough. We can only share what worked for us, using "I" statements, and we don't use the word "should". Instead, we encourage people to create their own recovery plan and use LifeRing Community support to realize those goals.

*Adopted: September 12, 2021*

*Amended: October 8, 2023*