

# Our Basic Philosophy:

## Sobriety Secularity Self-Help

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### **Sobriety means abstinence from alcohol and other addictive drugs.**

LifeRing welcomes any person with substance addiction without distinction, as well as people involved in relationships with them. We do not support or condone 'using' or moderation approaches.

### **Secularity means without religion. Your belief or lack of it remains your private business.**

LifeRing meetings support scientifically based recovery methods that rely on human effort and do not use prayer or discuss theology, pro or con. What is important is that each person takes responsibility for their own recovery and is available to give support to others.

### **Self-Help means that we develop a personal recovery program tailored to our particular background and needs.**

LifeRing believes that recovery is achievable through one's own motivation and initiative. The *Recovery by Choice* workbook is available from LifeRing as a resource for persons in recovery. In our meetings there is a diversity of approaches to sober living; it is up to each person to decide what does and does not work for them. The main purpose of the group is to reinforce each other's choices to stay clean and sober. LifeRing is an ongoing "workshop" where individuals build their own recovery plans.

We change most effectively when we have a plan for learning that fits our lives, interests, resources and goals.

Daniel Goleman  
*Working With Emotional Intelligence (1998)*

It is time to recognize the multiple pathways and styles of recovery in... all organization providing addiction treatment and recovery support services.

White and Kurtz  
*The Varieties of Recovery Experience (2005)*

## About LifeRing

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**LifeRing** is a self-directed approach for people looking to recover from addiction to alcohol and/or drugs, or who are in relationships where chemical dependency is a problem.

**LifeRing** welcomes everyone without distinctions based on "drug of choice".

**LifeRing** includes people of all religious faiths and none. Meetings are free of religious observances.

**LifeRing** supports individuals building their own recovery programs, and requires no particular steps other than abstinence from alcohol and drugs.

**LifeRing** meetings are autonomous except as they may affect other meetings. A basket may be passed for voluntary contributions but there is no charge for participation.

**LifeRing** meetings are conducted by peer volunteers called convenors.

**LifeRing** is a free-standing, self-supporting, democratically run organization. All officers and directors are unpaid volunteers; we meet expense through voluntary member contributions and literature sales.

Additional information about LifeRing may be found at [www.liferingcanada.org](http://www.liferingcanada.org)

## "How was your week?"

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At most LifeRing meetings, people sit in a circle. The meeting is small enough so that everyone can participate. After a short opening statement, the meeting convenor asks "How was your week?". People take turns talking about the successes and challenges of their last week in recovery and their plans for the coming week ahead.

No one is required to label themselves as "alcoholic" or "addict". A desire to be clean and sober is the only requirement for attendance. You need to be clean and sober at the time of the meeting in order to participate.

LifeRing meetings encourage questions, comments and other feedback throughout. The meeting atmosphere often resembles a living room filled with sober friends having a relaxed, free conversation. Laughter is a common ingredient.

There are some limits. We use "I" statements when speaking, we avoid "war stories" about our past. No attack therapy or confrontation. We avoid giving unsolicited advice, or speaking of religion or politics. We do not trash other recovery approaches and keep it civil and positive.

Meetings are confidential. What is said and who is seen stays in the room. Participation is free. Meetings often end with a round of applause to celebrate each other's sobriety.