Empower Your Sober Self

WHAT IS LIFERING?

LifeRing is a network of support groups for people who want to live free of alcohol and other addictive drugs.

LifeRing works through positive social reinforcement. The meeting process empowers the Sober Self within each of us.

LifeRing provides support for you to get and stay clean and sober. You do the hard work, and we offer information, advice, understanding and lots of support through face-to-face (f2f) meetings, on-line meetings, other on-line resources, and a variety of publications.

THE "3-S" PHILOSOPHY

"3-S" is short-hand for the fundamental principles of LifeRing

- Sobriety

- Secularity

- Self-Help

SOBRIETY

- All LifeRing groups are based on complete abstinence from alcohol and other non-medically indicated drugs.

- We are supportive of members appropriately taking medically-indicated psycho-active medications prescribed by an informed professional - this includes **MAT** and pain management medications.

- LifeRing groups include people without distinction as to "drug of choice," the same as most modern treatment programs.

SECULARITY

- LifeRing takes a **secular** approach to recovery.

- Meetings are free of religious practices and end with a mutual round of applause.

- We are not anti-religion. We respect each individual's personal religious or spiritual beliefs or lack thereof.

- **Is LifeRing mainly for atheists or agnostics?**
  - No. About 40 per cent of LifeRing participants attend church (or other place of worship) at least once a year. Neither religious proselytizing nor attacks on religion are permitted in our meetings.

SELF-HELP

- LifeRing groups provide **peer support**.

- Discussion centers on current life issues ("How Was Your Week?") and on meeting recovery challenges in the week ahead.

- We encourage each participant to work out their own particular path and to use the group process as a workshop for that purpose.

- Many LifeRing members attend other kinds of meetings or recovery programs, and we honor those decisions.

WHAT IS THE LIFERING MEETING FORMAT?

- Formats vary, but at most meetings the topic is "How Was Your Week?"

- Each person reports on the highlights and heartaches of their past week and plans ahead for the decisions of the coming week.

- LifeRing meetings encourage questions, comments, and other feedback throughout the hour.

- If you have a question, feel free to ask the person right then.

- If you have something to say, say it while it's fresh in your mind.

- As people become comfortable with one another, the meeting atmosphere becomes like a living room filled with sober friends having a relaxed, free conversation. Laughter is a common ingredient.

THERE ARE SOME LIMITS

- Please, no extended "war stories" about your drinking/using past.

- No attack therapy or confrontation.

- Please avoid giving unsolicited advice.

- No religion or politics.

- No trashing of other recovery approaches.

- Keep it civil and keep it positive.

ARE THE MEETINGS CONFIDENTIAL?

- **We value confidentiality and protect our members' anonymity, but we permit members to disclose their own participation if they feel that being open will strengthen their recovery.**
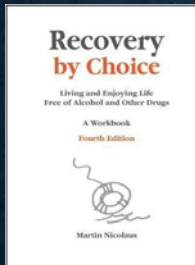
LIFERING SUPPORT GROUPS

- Face to Face Meetings

- Zoom meetings

- Facebook Groups

- In the Rooms

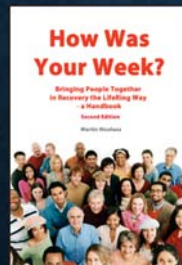- E-Pals – a service for one-to-one communication by email or personal letter

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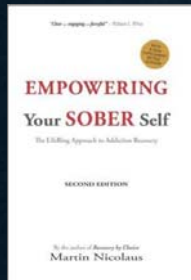
Empowering Your Sober Self: The LifeRing
Approach to Addiction Recovery, 2nd
Edition

Recovery by Choice, A Workbook - Living
and Enjoying Life Free of Alcohol and Other
Drugs, 4th Edition

How Was Your Week? Bringing People
Together in Recovery the LifeRing Way --
A Handbook, 2nd Edition

MORE INFO

- Our website, lifering.org, provides materials about LifeRing and its philosophy for building a robust recovery from substance use disorder.

- Our website lists all meetings in the US. All Bay Area meetings currently are on Zoom due to COVID. Anyone is welcome to attend any online meeting.

- For additional information, please contact LifeRing Board member Mary Beth O'Connor, marybeth@lifering.org