

# What Is Addicts Anonymous?

by  
By Jim Rachels



I started Addicts Anonymous on July 25, 2021. When I started this I had one thing in mind and that was to help other addicts. The reason I had this feeling that I needed to help is when I was in rehab I saw so many people in need of help. I also saw that so many have been trying this method over and over only to continue to relapse. People continue to say that relapse is part of recovery. But I'm asking myself why can't we try to change that. I'm not saying we are going to come up with the perfect program but I'm going to try to come up with something that uses all different types of techniques to help addicts.

Addicts Anonymous is a group for addicts by addicts. We are a self-help peer-led group. We aim to provide tools and resources for all those in recovery. We look to also provide support for friends and family as well.

I'm looking to do exactly what the founder of Alcoholics Anonymous, Bill W. did. To give a quick history lesson on Alcoholics Anonymous when Bill W. first started getting sober he was somewhat a part of a group called the Oxford Group. This was a Christian movement and a self-help group. They also had steps. Here are the Oxford's Group six steps they came up with to help a person to better their life.

1. A Complete deflation.
2. Dependence on God.
3. A Moral inventory.
4. Confession.
5. Restitution.
6. Continued work with others in need.

As you can see some of the steps made their way into the Alcoholics Anonymous Twelve Step program. Basically, Bill W. liked what this group was striving to accomplish but imagined this program just for alcoholics as the Oxford Group was not interested in focusing their time and energy on that. Bill W. used these steps and then ended up adding another six of his own and that was the beginning of Addicts Anonymous.

I bring this up as people might say to me my steps are similar to that of Alcoholics Anonymous. And they are right. In my mind no matter which way you slice the pie there are just some things you need to do in your recovery to help move it along. And these things were discovered long before me. So why not use them? I think things such as clearing you're conscious and making amends are ways to move forward quickly in your sobriety. It just feels good to tell someone else things that you have been keeping secret for so long.

I think the six steps that the Oxford Group came up with have stood the test of time and been used over and over with great success. But there has

also been a great number of failures. These are the things I keep in mind as I am developing and writing for this program.

Addicts Anonymous has taken a similar approach to our program in regards to having steps. I believe that people need to see an approach that they could take that has helped millions. I just don't know of any other way to show people the way I believe to be best to get sober. I think the steps work. I also want people to know our steps take a different approach.

One of our major differences with us to the traditional twelve steps is that we don't use any mention of the word higher power or god. Our steps are about using inner strength and courage that I believe we all have deep inside ourselves. Sometimes all we have to do is look. Other times we might have to dig deep inside ourselves to find this.

For our steps you can take a religious, spiritual, or atheistic approach to working with them. Let's start with someone taking an atheist approach to our steps. It's quite simple, they work them as they are within belief in anything else other than yourself. If you are taking this approach you must believe that you have this reservoir of strength and courage to tap into. Again I believe we all have this. So you will just work the steps as written without thinking any further into them.

The next thing would be taking a spiritual approach. There are many ways of doing this spiritually. This can include self-reflection and meditation. Some people do come to the belief in a higher power but to them it is not a creator God. This is another way of approaching our steps.

Then there is taking the religious approach. If this is what you choose remember that God has given you the gift of free will and intelligence. So use these God-given gifts and apply them to the steps. You will focus more on seeing how God is in your life and guiding you in the right direction and you can bring this belief into the step work.

These are some of the different approaches you can take when working on our Ten Steps. I'm sure there are also many other different ways people will end up using to work our steps. I look forward to seeing this and learning from others. I left our steps open to interpretation for this reason.

We have also started a "Virtual Sponsorship Program" where we match up addicts in recovery with our trained Ten Step Specialists. We know that a lot of people do not have access to in-person meetings. Some people may be more than two hours away from a meeting. Some people have no car and no way of getting to a meeting. So having someone to be a Virtual Sponsor and be able to work our steps with them can be invaluable when the addict is in need.

So Addicts Anonymous strives to be a safe place for all. It does not matter if you're religious or not, whether you believe in spirituality or you don't believe in anything at all that's ok. We're open to all types of beliefs.

I want this group to eventually grow all over the world and eventually start hosting in-person meetings. This is my vision and with the help of a great group of people we are working hard daily to make that happen. I hope you get some good takeaways from our group to help you along in your new journey of sobriety.

In the end, what I want is to help people. And this was the best way I was able to think of to help others. I hope this program will do just that. All I can do is try to show people the way I've been able to get sober and stay sober. I hope you enjoy our group and are able to take something away from it to help in your recovery.