

“New Life” Acceptance Program

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

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WFS has self-help groups throughout the world, as well as producing and distributing booklets and literature written specifically to the needs of women alcoholics. The WFS Program has also been adapted for other addictions. In addition many men have requested the program and Men for Sobriety groups are beginning to form. For additional information, please contact:

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Women For Sobriety, Inc.

***Who
We
Are***

"New Life" Program



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WHO WE ARE

Women For Sobriety is both an organization and a self-help program for women alcoholics. It is, in fact, the first national self-help program for women alcoholics.

Women For Sobriety has been providing services to women alcoholics since July, 1975. The WFS "New Life" Program grew out of one woman's search for sobriety. (See [Turnabout: New Help For The Woman Alcoholic](#) by Jean Kirkpatrick, Ph.D., Founder of WFS) Now hundreds of WFS self-help groups are found all across this country and abroad.

Based upon a Thirteen Statement Program of positivity that encourages emotional and spiritual growth, the "New Life" Program has been extremely effective in helping women to overcome their alcoholism and learn a wholly new lifestyle.

As a program, it can stand alone or be

used along with other programs at the same time.

It is being used not only by women alcoholics in small self-help groups but also in hospitals, clinics, treatment facilities, women centers, and wherever alcoholics are being treated.

WHAT WE DO

The activities of WFS are: the establishment of self-help groups, the distribution of literature to women who ask for our help, providing a pen pal recovery network for those seeking support in sobriety, as well as Internet and phone support.

Unfunded by any agency, WFS derives its operational money from group donations, sale of literature, conferences, and outside donations.

WHY A PROGRAM FOR WOMEN ONLY

Until the founding of WFS, it was assumed that any program for recovery from alcoholism

would work equally well for women as for men.

When it became obvious that recovery rates for male alcoholics were higher than for females, it was then declared that women were harder to treat and were less cooperative than male alcoholics.

WFS came forth with the belief that women alcoholics require a different kind of program in recovery than the kinds of programs used for male alcoholics.

The success of the WFS "New Life" Program has shown this to be true. Although the physiological recovery from alcoholism is the same for both sexes, the psychological (emotional) needs for women are very different in recovery from those of the male alcoholic.

The "New Life" Program is directed to these specific needs of the woman alcoholic in recovery.