

**The Women for Sobriety  
“New Life” Program promotes  
behavioral changes by:**

1. Positive reinforcement (approval and encouragement)
2. Cognitive strategies (positive thinking)
3. Letting the body help (relaxation techniques, meditation, diet and physical exercise)
4. Dynamic group involvement.

The Program concentrates on learning new self-enhancing behavior rather than using fear, reproachments and dependencies to control old destructive practices.

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**Statement of Purpose**

1. Women for Sobriety is an organization whose purpose is to help all women recover from problem drinking through the discovery of self, gained by sharing experiences, hopes and encouragement with other women in similar circumstances.
2. Women for Sobriety is unique in that it is an organization of women for women. It recognizes woman's emerging role and her necessity for self-esteem and self-discovery to meet today's conflicts.
3. Women for Sobriety is not affiliated with Alcoholics Anonymous. Members of Women for Sobriety sometimes belong to AA. However, each organization has its individual purpose and should be kept separated.
4. Women for Sobriety believes that drinking began to overcome stress, loneliness, frustration, emotional deprivation, or any number of other kinds of harassment. Dependence and addiction resulted. This physiological addiction can only be overcome by abstinence. Mental and emotional addiction are overcome with the knowledge of self gained through Women for Sobriety.
5. Members of Women for Sobriety live by the Women for Sobriety philosophy: forget the past, plan for tomorrow, and live today.
6. Membership in Women for Sobriety requires a desire to stop drinking and a sincere desire for a new life.

**Women  
&  
Addictions**

*A Way to Recovery*



## “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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## Levels of Recovery:

### Women for Sobriety “New Life” Program

*Practicing the WFS Statements  
as outlined leads in a  
progression toward liberation,  
freedom, and happiness.*

#### LEVEL 1

*Accepting alcoholism as a physical disease.*

“I have a life-threatening problem that once had me.” (#1)

#### LEVEL 2

*Discarding negative thoughts, putting guilt behind, and practicing new ways of viewing and solving problems.*

“Negative thoughts destroy only myself.” (#2) “Problems bother me only to the degree I permit them to.” (#4)  
“The past is gone forever.” (#9)

#### LEVEL 3

*Creating and practicing a new self-image.*

“I am what I think.” (#5)  
“I am a competent woman and have much to give life.” (#12)

#### LEVEL 4

*Using new attitudes to enforce new behavior patterns.*

“Happiness is a habit I will develop.” (#3)  
“Life can be ordinary or it can be great.” (#6)  
“Enthusiasm is my daily exercise.” (#11)

#### LEVEL 5

*Improving relationships as a result of our new feelings about self.*

“Love can change the course of my world.” (#7)  
“All love given returns.” (#10)

#### LEVEL 6

*Recognizing life’s priorities: emotional and spiritual growth, self-responsibility.*

“The fundamental object of life is emotional and spiritual growth.” (#8)  
“I am responsible for myself and my actions.” (#13)