

A.A. Is Not A "Quit Drinking" Organization

Adapted from "The Pro-Addiction Swindle" by dr.bomb

INFORMED CONSENT: THIS ORGANIZATION DOES NOT TEACH PEOPLE HOW TO SWEAR OFF, QUIT FOR GOOD, OR END THEIR USE OF ALCOHOL AND OTHER RECREATIONAL DRUGS.

A warning label that you have never seen...until now!

The recovery group movement and its business arm, the addiction treatment industry, pushes forth the notion that recovering from a bad habit is a lifelong process. This is not for the sake of its clients but for its own continued existence. As long as people believe that they are powerless, mentally ill and their own reactions are proof positive that divine intervention is the key to their salvation then the **Big Lie** will persist.

What is never revealed to the public is that A.A. will **NEVER** teach people how to cease and desist from such problematic behavior for good. Instead of encouraging their members to do away with that problem and squash it as the bug that it is they are convinced, indeed led to "come to believe", that they can't do it without any supervision whatsoever. And the reason why is that without that behavior then the indoctrination serves no purpose. So the member is encouraged to keep performing that behavior!

Starting with its own website, A.A. reveals a tiny part of the truth:

"So A.A. members do not swear off alcohol for life or for any other extended period." A.A. Web Site (aa.org), "How Does A.A. Work?"

The public perception of A.A., the recovery group movement and the addiction treatment industry as a whole is that it's doing something to combat the menace of substance addiction. The public believes, just as I did at a very vulnerable point in my life, that the information on how to cease and desist once and for all can be found within that huge multi-faceted conglomerate. The single-line quoted above contradicts that P.R. facade and is one of the many facts which explain why 12-Step-based "treatment" is a failure.

However, it goes beyond the P.R. A.A. is a pro-addiction religious cult which, according to its book *Alcoholics Anonymous*, celebrates those who return to moderate drinking after their problematic drinking behavior and talks people out of quitting drinking:

"If anyone who is showing inability to control his drinking can do the right-about-face and drink like a gentleman, our hats are off to him." (A.A. pp. 31)

"He made up his mind to quit drinking altogether. It never occurred to him that perhaps he could not do so, in spite of his character and standing. Fred would not believe himself an alcoholic, much less accept a spiritual remedy for his problem. We told him what we knew about alcoholism." (A.A. pp. 39)

And what A.A. knows about how to quit drinking does not exist. The membership as a whole believes that it's impossible for anyone to simply quit and move on, closing and burning that sad chapter of one's life in the process. Instead of supporting one's decision to knock it off once and for all the

membership, whether in the form of counselors or Good Samaritans who only want to "help", will do what they can to talk the person out of that momentous decision.

The proof that A.A. is not a "quit drinking" program is especially obvious when compared against actual advice which does teach people how to quit. For example, Rational Recovery and its technique described on the next page, AVRT® (Addictive Voice Recognition Technique®), contains explicit instructions on how one can arrive at the self-chosen goal to "never drink again". Placing the 200-word description of AVRT® side-by-side against the Twelve Steps of A.A. and one immediately notices that there is no such directive in any of the Steps to never drink.

In fact the opposite directive, that one is "powerless over alcohol", is given in lieu of any directive to quit. Worse, the burden of recovery becomes externalized in the oxymoronic "suggested but vital" belief in a rescuing deity or other figures (preferably A.A. and its membership) and the relinquishment of one's own self-directed life and responsibilities. The human being, rendered inert in the face of addiction, is considered so badly "diseased" that the only modality offered by A.A. is slavish devotion to its own organization or that person will die an "alcoholic death".

Therefore, in spite of A.A.'s Preamble ("Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.") the real purpose of A.A. is this:

"Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (A.A. pp. 77)

<p>Alcoholics Anonymous "The Twelve Steps" aa.org</p>	<p>Rational Recovery AVRT® (200-word description) rational.org</p>
<p>1. We admitted we were powerless over alcohol—that our lives had become unmanageable.</p> <p>2. Came to believe that a Power greater than ourselves could restore us to sanity.</p> <p>3. Made a decision to turn our will and our lives over to the care of God as we understood Him.</p> <p>4. Made a searching and fearless moral inventory of ourselves.</p> <p>5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.</p> <p>6. Were entirely ready to have God remove all these defects of character.</p> <p>7. Humbly asked Him to remove our shortcomings.</p> <p>8. Made a list of all persons we had harmed, and became willing to make amends to them all.</p> <p>9. Made direct amends to such people wherever possible, except when to do so would injure them or others.</p> <p>10. Continued to take personal inventory and when we were wrong promptly admitted it.</p> <p>11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.</p> <p>12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.</p>	<p>Observe your thoughts and feelings, positive and negative, about drinking or using. Thoughts and feelings which support continued use are called the Addictive Voice® (AV®); those which support abstinence are you. When you recognize and understand your AV®, it becomes not-you, but "it," an easily-defeated enemy that has been causing you to drink. All it wants is pleasure. "I want a drink," becomes, "It wants a drink." Think to yourself, "I will never drink again," and listen for its reaction. Your negative thoughts and feelings are your AV® talking back to you. Now, think, "I will drink/use whenever I please." Your pleasant feelings are also the AV®, which is in control. Recovery is not a process; it is an event. The magic word is "Never," as in, "I will never drink/use again." Recognition defeats short-term desire, and abstinence soon becomes effortless. Complete separation of "you" from "it" leads to complete recovery and hope for a better life. The only time you can drink is now, and the only time you can quit for good is right now. "I will never drink/use again," becomes, "I never drink now." It's not hard; anyone can do it.</p>

Sources:

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"anonymous"
Alcoholics Anonymous World Services, Inc. New York, NY, 1976.
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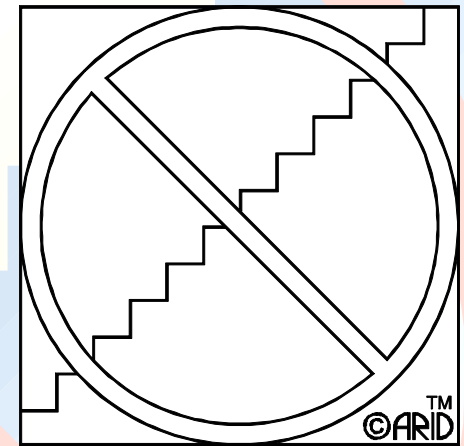
The "Twelve Steps" are found on pp. 59-60.

Rational Recovery: The New Cure For Substance Addiction
Jack Trimpey
Pocket Books, 1996
ISBN: 0-671-52858-0
Dewey: 362.2918 T831r

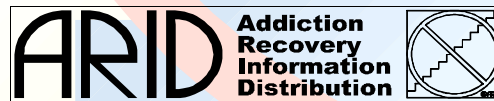
The 200-word description of AVRT® is found on pp. 33-34.

"The Pro-Addiction Swindle"
dr.bomb
The Addiction Recovery Information Distribution Site, July 2005
<http://www.thearidsite.org/AR050721.HTM>

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