Alcoholic Anonymous

*“stay sober and help other alcoholics to achieve sobriety”*

Abstract:

Nowadays, Alcoholism is a serious issue for every individual. Where treatment program like Alcoholic Anonymous is essential in aiding individuals who cannot face their substance abuse problems on their own. In this article will discuss the notion of AA-style programs. To explore the conceptual factors such like an individual’s personality, social capabilities mental health or physical problems, People who seek assistance from the AA-style program can negatively impact by only on a small percent of the population and program involves many allegations regarding sexual assault and harassment. The 13th Step: Inside AA’s subculture of sexual predators [8]. In final this article inspects the important programs akin to AA have done.

Keywords:

Alcoholics anonymous; Mental health; Psychosocial; Alcoholism; AA-style; Sexual harassment; 13th Step

Introduction and Background:

**What is Alcoholic Addiction?**

Addiction means dependence on a substance or activity, they simply urge for the substance they’re addicted within. An Alcoholic Addition is means to someone have a physical dependency on alcohol. For this kind of people, changes are happening in the brain that drinks large amount alcohol have them to physically drawn if they don’t drink. It causes drinking is prior to a person.

Common Explanation from drinking people:

1. They believe that relying on alcohol give relieve from stress.
2. Consuming Alcohol feels good and a break from reality.
3. Cope with loss of a family member or friend
4. Make comfortable in social situations and lowers individual inhibitions

In the year August 2016, Ministry of Social Justice and Empowerment had collaborated with the National Drug Dependence Treatment Center to undertake National level Survey to estimate the absolute number of individuals who suffer from various drug substance use disorders. The last Survey on the extent estimated about 7.32 Crore person in India was of alcohol and drugs among them 6.25 Crore users of Alcohol. The survey covered over 40,697 individual and age group between 12-60 years old [1]. In such case, Treatment program like Alcoholic Anonymous comes to picture. In the late 1930s, it was developed by two men’s Bill Wilson and Bob Smith who were “chronic inebriates” and had been unsuccessful in their attempts to quit drinking. AA is a global mutual aid fellowship for men and women designed to help each other with their Alcoholism problem by sharing their experience, strength, hope, and recovery from their common problem. The AA is not ailed with any sect, denomination, politics, organization or institutes and doesn’t wish to engage any controversy. The treatment program goals activities are completed via AAs 12-step sequence and aim to assist people in realizing that they are powerless over the substance. It is normally conducted within a group setting self-help program where men and women who want to prevent the consumption of alcohol [2]. The individual can come to terms with their ‘weakness’ and eventually be able to stop drinking completely [2].

In brief, 12-Step of the AA program is as follows [2]:

* Admitting that the individual’s life is unmanageable and that they are powerless over alcohol
* Believing that a higher power could bring them back to sanity
* Relinquishing their will and lives to the care of God
* Making a fearless moral inventory of themselves
* Admitting to God, themselves, and other human beings, the nature of their wrongs
* Being prepared for God to remove these defects of character
* Asking God to remove said personal shortcomings
* Creating a list of all the people that they had harmed and being willing to make amends with them
* Making amends with said people where possible and safe
* Continued to take a personal inventory and when in the wrong, promptly admit it
* Sought through prayer and meditation to improve contact with God, and praying for the knowledge and the will to maintain personal strength.
* Having a spiritual awakening as a result of the completed steps; carry out the messages of the program to other alcoholics, and practicing the principles of the program in all of the individual’s affairs.

Timko et al. [7] found that individuals who attended AA had more positive substance related outcomes than those who did not. Also, individuals who attended more AA meetings were more likely to be able to maintain their abstinence and had less alcohol related concerns at the one-year follow-up point. In the late 1940s, AA initial 12-Tradition as AA grew in popularity, helps fellowship to be stable, unified and influence while disengaged from the “outside issues”. They recommend all the fellowship members to remain anonymous in public media which help other alcoholics.

Twelve Traditions of Alcoholics Anonymous [3]:

* Our common welfare should come first; personal recovery depends upon A.A. unity.
* For our group purpose, there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
* The only requirement for A.A. membership is a desire to stop drinking.
* Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
* Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
* An A.A. group ought never to endorse, finance, or lend the A.A. name to any related facility or outside an enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
* Every A.A. group ought to be fully self-supporting, declining outside contributions.
* Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
* A.A., as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve.
* Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never to be drawn into public controversy.
* Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
* Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Irrationality of Alcoholics and Anonymous by Gabrielle Glaser [5]:

A case example that biased Alcoholics Anonymous, J.G is a lawyer who started drinking at the age of 15. He favored the gin, whiskey drank all the way. He later spotted beer and loved the earthy, bitter taste on his tongue when took his first cold sip. He characterized himself by uncontrolled drinking and preoccupation with alcohol. He struggles with relapses. He had joined the AAs 12-Step program, as an atheist, he dedicated himself to program. Everyone had warned him that he had a chronic disease. When he listened to the cunning promise to internal whisper that to have one drink, which set him on a cycle of beginning and abstinence. “So, I’d have one drink [5],” he says, “and the first thing on my mind was: I feel better now, but I’m screwed. I’m going right back to where I was. I might as well drink as much as I possibly can for the next three days [5]”. The 12-Step doesn’t work for someone like J.G., says AA that person must be flawed deep. Its faith-based 12-step program dominates treatment in the United States [5]. But researchers have debunked central tenets of AA doctrine and found dozens of other treatments more effective [5]. It is not for every one individual. It has about twenty percent succeed of all time while it is an effective treatment program and it is one method among several, which include other kinds of supporting groups like psychotherapy, medication or combination of all. Therefore, the concepts of AA have a fundamental flaw from medical and biological perspectives.

Perpetuates of Sexual Abuse at AA [7]:

Alcoholic Anonymous has involved in many allegations regarding sexual harassment in AAs 12-Step & 12-Tradition program. A long form from Twelve-Tradition of 12-Step program

*“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward. [3]”*

Monica Richardson was one of the members in AA for 36 years. Before she walked away and embarked on a personal mission to expose abusive practices in the 12-Step community [7]. The 13th step was the documentary produced by her about the sexual and financial exploitation in 12-Step groups [7]. Since starting her blog **Leaving AA** in 2010 and she had received “thousands” of emails from the current and former members who had experienced sexual harassment, assault and abuse from other members of “the fellowship.” [7]. Her major point of contention with AA is their refusal to warn the newcomers to the program. Because they all are sitting next to someone who has been court ordered to attend the meetings as a condition of probation or parole. In 2014, membership survey states the 12 percent of members were referred to the organization by the criminal justice system.

Trust is extinguished in AA:

A girl who had been a member in AA for six years. She met a man at an Alcoholics Anonymous barbecue hosted by her female sponsor [7]. He asked for her card, saying he could help to promote her clothing business. She checked with her sponsor whether the man was a “safe” person. Her sponsor replied, “yes- he’s an elder with 30 years sober”. A week later, she went on a bike ride with him and then stopped by his house for waffles where he proceeded to sexually assault her “in every way, shape, and from.” She drove to her sponsor’s house, hysterical, immediately after the rape where her sponsor told her not to call the police and go to the hospital because “Everyone in AA will hate her” [7]. Instead, she suggested, “look for her part in what happened” [7]. She initially trusted her alleged perpetrator because “elders,” those with many years of sobriety in the program [7]. They are considered as a golden in the AA community - highly respected and put on a pedestal. She quickly disintegrated by AA “family” when she began speaking about the alleged attack. When she went to the meetings and talked about it “I was raped by a man in AA”. She gets hauled out of meetings by various women’s saying ‘How dare you to say that in a meeting’. They said, are you going to scare the newcomers and going to keep them from getting sober? The recent avalanche of allegations against Harvey Weinstein, Kevin Spacey, and other powerful members of the Hollywood community has been a horrifying reminder of the prevalence of sexual assault, harassment, exploitation, and abuse in American society. There is something uniquely heart-breaking, though, about the way people who have been sexually abused in AA (and other 12 step groups) are encouraged to “look for their part” in what has happened to them [7].

Implications, Recommendations, and Conclusion:

A bleak view of the effectiveness of AA program; however, this neither true or accurate. As we discussed in the article AA is effective for the majority of people [6]. What this paper has aimed to demonstrate is that AA is not a one-size-fits-all concept or program [4]. “AA needs to warn its members that there could be a sex offender or violent offender who’s been sent there, so be careful who you trust. [7]”

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