



General Principles of SOS

All those who sincerely seek sobriety are welcome as members in any SOS Group.

SOS is not a spin-off of any religious or secular group. There is no hidden agenda, as SOS is concerned with achieving and maintaining sobriety (abstinence).

SOS seeks only to promote sobriety amongst those who suffer from addictions. As a group, SOS has no opinion on outside matters and does not wish to become entangled in outside controversy.

Although sobriety is an individual responsibility, life does not have to be faced alone. The support of other alcoholics and addicts is a vital adjunct to recovery. In SOS, members share experiences, insights, information, strength, and encouragement in friendly, honest, anonymous, and supportive group meetings.

To avoid unnecessary entanglements, each SOS group is self-supporting through contributions from its members and refuses outside support.

Sobriety is the number one priority in a recovering person's life. As such, he or she must abstain from all drugs or alcohol.

Honest, clear, and direct communication of feelings, thoughts, and knowledge aids in recovery and in choosing nondestructive, non-delusional, and rational approaches to living sober and rewarding lives.

As knowledge of addiction might cause a person harm or embarrassment in the outside world, SOS guards the anonymity of its membership and the contents of its discussions from those not within the group.

SOS encourages the scientific study of addiction in all its aspects. SOS does not limit its outlook to one area of knowledge or theory of addiction