



Beyond the Basics

12 Step Recovery Program

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2) Non-Alcoholics in AA

Non-Alcoholics in AA

- Perhaps you have diagnosed yourself to be Non-Alcoholic. You can successfully **STOP OR MODERATE** and have **NEVER** experienced the *phenomenon of craving*.
- Realize this is a progressive disease, and even though you are **not yet** conclusively an alcoholic, you may be what the Big Book refers to as a potential alcoholic.
- Early in his drinking career, Bill W. refers to himself as such, "Potential alcoholic that I was, I nearly failed my law course." (p.2)

Non-Alcoholics in AA

- *The Big Book cautions: “Though you may be able to stop for a considerable period, you may yet be a potential alcoholic. (p.34)*
- *Alcoholic or not, you are welcome and even encouraged to join Alcoholics Anonymous, provided you have a desire to stop drinking. Undoubtedly, many Non-Alcoholics have already joined AA. There is absolutely no requirement to be alcoholic.*
- *“The only requirement for AA membership is a “desire to stop drinking”. (AA Preamble)*

Non-Alcoholics in AA

- *Even prior to publication of the Big Book, Non-Alcoholics were invited to meetings:*
- “In addition to these casual get-togethers, it became customary to set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life. Aside from fellowship and sociability, the prime object was to provide a time and place where new people might bring their problems.”(p.159)

Non-Alcoholics in AA

- *It has now become customary for any AA member with a “desire to stop drinking” to introduce themselves as “an alcoholic”.*
- *While it is impossible to determine how many members of AA are Non-Alcoholics; logic suggests their percentage has and will continue to increase - their likelihood of an unintentional “relapse” is remote.*
- *Likewise, the percentage of AA members with “long-term sobriety” that are non-alcoholic probably increases each year.*

Non-Alcoholics in AA

- *Come enjoy the sober fellowship and to repeatedly renew your resolve to not drink.*
- *You might decide to pursue “a spiritual awakening as the result of these steps.”*
- *The Big Book says “...we are sure that our way of living has its advantages for all.”*
(Foreword 1st Edition)
- *To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. (p.46)*

Non-Alcoholics in AA

- “No person likes to think he is bodily and mentally different from his fellows.” (p.30)
- *If you diagnosed yourself as Non-Alcoholic **please be mindful** that the real alcoholic, once very far advanced, is actually “bodily and mentally different” from you.*
- Any **advice** from a Non-Alcoholic about how they “**stayed sober**” using will power does not apply to a real alcoholic with advanced alcoholism - it is much more likely to **help kill them** than do any good.

Non-Alcoholics in AA

- “No person likes to think he is bodily and mentally different from his fellows.” (p.30)
- *If you diagnosed yourself as Non-Alcoholic **please be mindful** that the real alcoholic, once very far advanced, actually is “bodily and mentally different” from you.*
- *Your recovery experience based primarily on will power does not apply to them.*
- *Any advice from a Non-Alcoholic about how you “stayed sober” is more likely to **help kill them** than do any good.*

DISCUSSION:

- Do you agree some members of AA are **Non-Alcoholics** or potential alcoholics?
- Is the only requirement for AA membership a “desire to stop drinking”? (pro’s and con’s)
- What percentage of AA members would you estimate are actually **Non-Alcoholics**?
- Can anyone have a **spiritual awakening**?
- Should a **Non-Alcoholic** give advice based on how they stayed sober to a newcomer with advanced alcoholism? (Discuss why?)

THE BIG BOOK (BB)

of ALCOHOLICS ANONYMOUS

is a “SURVIVAL
GUIDE”

with **DO-OR-DIE DIRECTIVES**
for **DESPERATE ALCOHOLICS**