

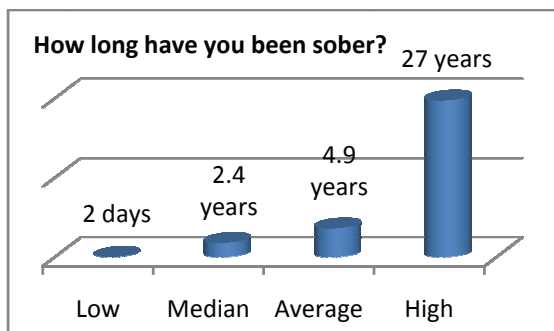
## 12 Step Meetings Most Important for Sobriety

### Say AA and NA Meeting Attendees

By: Andrew T. Martin, MBA, CADCA

A broad sampling of 12 Step meeting attendees in Southern California report, by a 43 percent margin, that 12 Step meetings are the most important thing they do to stay sober; followed by 10 percent of those surveyed stating prayer.

Sobriety time varied as follows:



When asked what the most important elements in their life that helped them to improve themselves, the survey participants reported '12 Step work', at 27 percent of the respondents, and 'spirituality (God)', at 20 percent of the respondents.

The thing in nature that gives them the most peace is the 'ocean', at 27 percent of the respondents, and 'lawn', at 10 percent of the respondents.

The thing in life that gives them the most comfort is 'children', at 17 percent of the respondents, and 'family', at 13 percent of the respondents.

The thing in life that gives them the most stress is 'work', at 20 percent of the

respondents, and 'children', at 13 percent of the respondents.

When asked what circumstances in life, besides substance abuse, gives them the most challenge, those surveyed stated 'family', at 13 percent of the respondents, and 'relationships', at 10 percent of the respondents. Both answers are similar in that they are referring to intimate interpersonal relationships.

When asked what kind of help in building a healthy sober lifestyle they would appreciate most, those surveyed stated 'fellowship', at 17 percent of the respondents, and 'sponsorship', at 13 percent of the respondents.

When asked what the most important things are in their sober living environment that they appreciate most, those surveyed stated 'serenity', at 20 percent of the respondents, and 'family', at 17 percent of the respondents.

The data collected indicates some clear trends with regard to working the steps, spirituality, and interpersonal relationships.

This information was gathered in a survey conducted in August and September of 2007 and sponsored by Serene Center, a continued care sober living community for alcoholics and addicts in early recovery. The survey results were gathered from multiple AA and NA meeting locations in the Southern Los Angeles County region. Over thirty surveys were collected in this study.