

The Odds of Staying Sober

Alcoholics Anonymous (AA) has surveyed its groups over the years in 1990 the recovery rate was 4% . The latest number reflects 3% of the people would attend a 12 step meeting will stay sober. Early AA claims numbers as high as 75% in the first 4 years of the program 1935-1939. I have listed ways to increase the 3% average of Today.

Here's How to Increase the Odds

Reading the AA Big Book 164 pgs (Add)	1%
Attending 12 step meetings regularly	3%
Getting a Sponsor/ Sharing Partner	3%
Getting new friends in Recovery.....	3%
Working the 3 rd & 10 th Step Daily.....	3%
Avoiding Resentments of any type.....	5%
Daily Prayer Morning/ Night.....	5%
Reading the Big Book Daily.....	5%
Working with Addicts/ Alcoholics Daily.....	5%
90 meetings in 90 Days	5%
Working the 4 th and 5 th step in the first year	7%
Working All 12 steps First year	10%
Staying Sober for 5 years	15%
Becoming Active in the Gospels of Jesus Christ.....	20%
Going to the Temple.....	20%
	<hr/>
	Giving 110 %

Records show that 75% is the Highest Number Ever Recorded “ May God Bless You”