

# Women for Sobriety New Life Program

*Developed for the unique needs of women*

Established in 1975, Women for Sobriety (WFS) is the first peer support recovery program designed specifically to help women overcome substance use disorders (SUDs).

Based on 13 Acceptance Statements, the WFS New Life Program is a secular, life-affirming, and self-empowering program, developed to address the specific emotional needs of women.

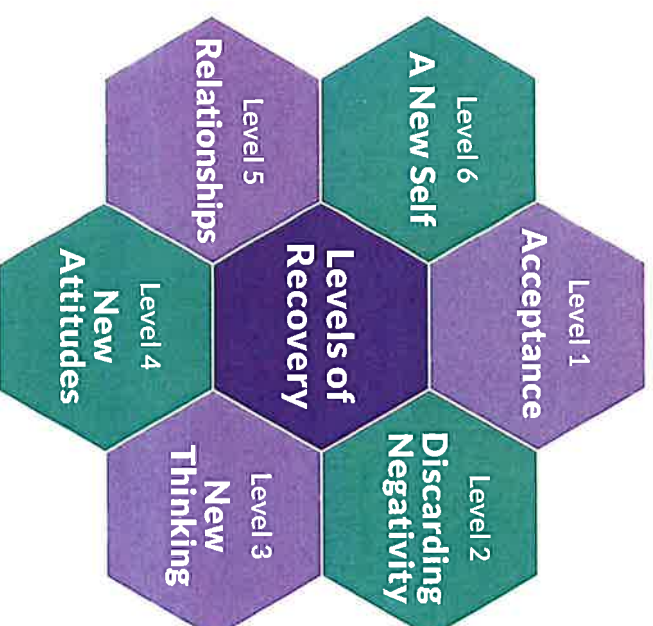
This approach helps women reduce feelings of guilt and shame — so common with addictions. Participants develop a sense of empowerment and self-worth and engage in a lifelong journey of emotional and spiritual growth. To support each woman's emotional growth, the New Life Program and its peer support groups adhere to strict confidentiality.

The New Life Program was validated by research as an effective program option. WFS offers an inclusive and supportive environment for women overcoming SUDs regardless of financial resources, race, sexual orientation, gender identity, abilities, religion, and backgrounds. No payment is required. WFS is supported by voluntary donations.



## Levels of Recovery

By practicing the 13 Acceptance Statements regularly, you will work toward achieving the following six levels of personal growth.



## New Life Program Tools

- Positive thinking rooted in cognitive behavioral principles
- Morning meditation
- Daily practice of the 13 Acceptance Statements
- Practicing a healthy lifestyle to support physical healing
- New Life literature, books, and audio visual media
- Weekly in-person, video and text chat peer support meetings
- Email newsletters
- Find Women for Sobriety on the following social media:



## WFS Support Community

WFS is an inclusive community of capable, competent, caring, and compassionate women bonded together to help each other overcome our addictions. We offer many accessible ways to join our caring and supportive community.

### In-Person Meetings

WFS meetings are held worldwide and are led by Certified Facilitators, peers who have maintained consistent sobriety and who have demonstrated in-depth knowledge of the New Life Program. Find a local meeting at [womenforsobriety.org/meetings](http://womenforsobriety.org/meetings).

### WFS Online

This vibrant, worldwide community is a great source of 24/7 support and includes a message board and peer-facilitated chat and Zoom meetings. Visit [wfsonline.org](http://wfsonline.org).

### Phone Support

Long-term WFS participants volunteer to serve as contacts to help women get started on their New Life journey. Email [contact@womenforsobriety.org](mailto:contact@womenforsobriety.org).

### Annual Weekend Conference

Women gather to build connections and deepen their knowledge of the New Life Program. Visit [womenforsobriety.org/conference](http://womenforsobriety.org/conference).

**Start your New Life today!**



## Women for Sobriety New Life Program Acceptance Statements:

1. I have a life-threatening problem that once had me.  
*I now take charge of my life and my well-being. I accept the responsibility.*
2. Negative thoughts destroy only myself.  
*My first conscious sober act is to reduce negativity in my life.*
3. Happiness is a habit I am developing.  
*Happiness is created, not waited for.*
4. Problems bother me only to the degree I permit.  
*I now better understand my problems. I do not permit problems to overwhelm me.*
5. I am what I think.  
*I am a capable, competent, caring, compassionate woman.*
6. Life can be ordinary or it can be great.  
*Greatness is mine by a conscious effort.*
7. Love can change the course of my world.  
*Caring is all-important.*
8. The fundamental object of life is emotional and spiritual growth.  
*Daily, I put my life into a proper order, knowing which are the priorities.*
9. The past is gone forever.  
*No longer am I victimized by the past. I am a new woman.*
0. All love given returns.  
*I am learning to know that I am loved.*
1. Enthusiasm is my daily exercise.  
*I treasure the moments of my New Life.*
2. I am a competent woman, and I have much to give life.  
*This is what I am, and I shall know it always.*
3. I am responsible for myself and for my actions.  
*I am in charge of my mind, my thoughts, and my life.*

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### Vision Statement

WFS envisions a world where individuals live mindful lives and take responsibility for their thoughts and actions.

### Mission Statement

Through the New Life Program, WFS supports women seeking a sober life in recovery from problematic substance use.

LEBANON THURSDAYS 12-1 PM  
LBCC ROOM 223

ALBANY FRIDAYS 12-1 PM  
C.H.A.N.C.E. 231 SE LYON ST

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**WOMEN FOR SOBRIETY**  
CAPABLE • COMPETENT • CARING • COMPASSIONATE



**We are capable and competent,  
caring and compassionate, always  
willing to help another, bonded together  
in overcoming our addictions.**

~ WFS Motto