

SELF-HELP GROUPS

FROM ADDICTION TO RECOGNITION THROUGH A SPACE BEYOND THE NORMS OF PRIVATE/PUBLIC

1.
Starting Point:
Experience of a personal or societal Crisis.
E.g. death, sexual abuse, war, financial crisis.

2.
Discovering the **Pattern of Addiction:**
Alcohol, Food, Pills etc. as a fast solution for keeping up with public expectations.

3.
'Chronicallisation' of the Crisis:
Developing an **Inner Divide** such as an **Inner Fight** between the "Private" and the "Public" Identity.

= In opposition to the scientific conception of addiction as a Vicious Circle, "Alcoholics Anonymous" interpret their disease as a **Spiral**. It leads to a...

An ideal-typical **Life-Line of Addiction and Recovery:**

Described in the Autobiographies of recovered "Alcoholics Anonymous" between 1935 and 2012.

8.
Radical Reorganization of Life:

Where once a battlefield was now an empty space is left. This space may be filled by the rituals and value-system of "Alcoholics Anonymous". The result is a change of identity from **"Secretly Addicted"** to **"Dry Alcoholic"**.

7.
Capitulation:

Seeing oneself fears, shames, desires etc. truly being mirrored in the confession of Others melts the divide between the public and the private identity. This enables to capitulate not against one or the other party of the Inner Fight but **giving up the Dialectic Fight itself**.

4.
...Hitting Bottom:
The Inner Divide/Fight leads to a Social Disaster: e.g. loosing Job, Home, Partner, becoming Deviant, seriously Ill/Damaged.

6.a
Falling through the cracks: Becoming a Tippler, Outlaw, Criminal, Homeless etc

5.
Entering a Liminal State:
A State where culturally modulated Emotions e.g. Pride, Fear, Shame become irrelevant compared to the Insensitivity of Pain and Self-Destruction in the course of the Inner Fight and the total Isolation from the Others and Oneself in the course of the Inner Divide.

6.b
Participating in the Rituals of Self-Help Groups:

- Creating a secured Space with Security of **Anonymity**.
- Collectively quoting a fixed **Value-System** for Orientation.
- Listening to **Confessions** of Others about Taboo-Breakings without rating them.