

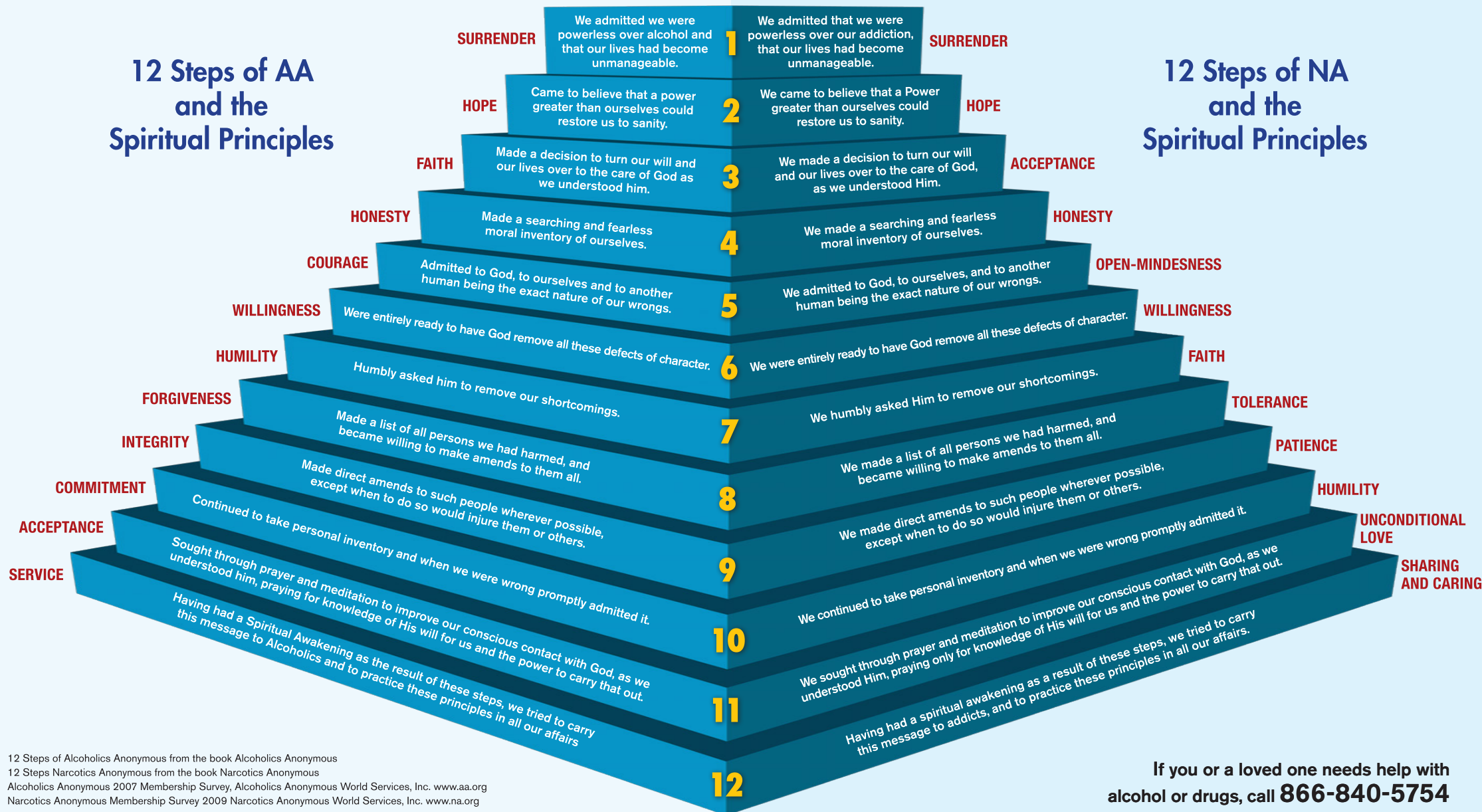
Founded in 1935, **Alcoholics Anonymous** was the first of many programs to use the 12-Step philosophy. These simple, brilliant and often controversial twelve steps have become the foundation for programs such as Narcotics Anonymous, Cocaine Anonymous, Crystal Meth Anonymous, and the list goes on. There are over 200 programs based on the 12-Step philosophy. Substance abuse facilities all over the world use this method to assist addicts and alcoholics to lasting recovery.

According to a survey conducted by Alcoholics Anonymous in 2007, men outnumber women two to one in their fellowship. The survey also shows the average age of A.A. members to be 47 years and the average length of sobriety in A.A. is 8 years.

Founded in 1953, **Narcotics Anonymous** adapted the 12-Step philosophy of Alcoholics Anonymous to help addicts achieve freedom from addiction. Jimmy K, the founder, adapted the 12 Steps of Alcoholics Anonymous to apply to addicts. He also added the word "We" to the beginning of each step, setting it apart from AA and changed the steps to read "our addiction" instead of alcohol.

According to a survey conducted at the 2009 Narcotics Anonymous World Convention, 52% of members were male and 42 % were female. It also shows the average age of members to be 43 years. The average length of time drug free was shown to be 9 years.

12 Steps of AA and the Spiritual Principles



If you or a loved one needs help with alcohol or drugs, call **866-840-5754**