

## ***Defining Sobriety***

8/23/2012

**This is a very difficult question because there isn't much written on the subject. A few topics come to mind regarding clean time but we have to start with the basics. Clean time or physical sobriety is defined as the period of time since the last time you were involved in any sort of behavior which can be construed as acting out sexually. It really does not matter how risky a behavior it is.**

**The definition of sobriety which I believe should be defined for an addict by his sponsor, and then agreed upon, should be exact and leave no room for interpretation - the need to be tough on oneself when establishing boundaries for defining acting out behavior is of paramount importance lest we leave an open door or a window cracked which can lead to a return to addiction.**

**For heterosexual couples it is simple; no sex, including with oneself, with anyone other than our significant other or spouse. I see no reason why sobriety for gays should be any different.**

If you are going to use the circles as a way of helping you “ease into sobriety” when speaking with a sponsor do not leave any behavior as acceptable that could lead to relapse.

How to find someone to help us define sobriety- we can't do it alone. If there are not enough men who have long term sobriety in our groups to help us or if those with time in the program have “retired” from active sponsorship, what choices do you have in S.A.A.?

If this is the case perhaps long distance or email sponsorship is your only solution. Where there is a will there is a way...if you want it bad enough.

***Please remember the Golden Rule of Recovery; “You can not give away what you haven't got!”***

Do not settle to accept help from someone who does not know what they are doing or whose own definition of sobriety is so loose they continue to involve themselves in risky behavior.

**The bottom line is that a healthy definition of sobriety is not difficult to formulate. Lastly, I suppose if an addict is having difficulty he could ask himself; If God were helping me write this definition, what would it look like?**