

How

We will be given freedom from addiction when we:

- Go to meetings
- Choose a Sponsor
- Work the 12 Steps and 12 Traditions with the guidance of our sponsor
- Let go of our “old life” of addiction
- Open up and embrace our “new life” of recovery

A meeting is a gathering of people in recovery. It can be in person, also called face-to-face or via electronic media including video and conference calls.

A sponsor is a member who guides another through the Steps and Traditions of the program, and is someone who has had a “spiritual awakening” as the result of working the Steps.

A strong recovery program strengthens our connections - with ourselves, each other, our Higher Power and ultimately, with Life itself.



RitL Preamble

Recovery in the Lifestyle is a fellowship of people who share their experience, strength and hope with each other, that they may solve their common problems and help others recover in the lifestyle.

The only requirement for membership is a desire to be in recovery. There are no dues or fees for membership; we are self-supporting through our own contributions. Recovery in the Lifestyle is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay in recovery and help others in the lifestyle to achieve it.

We would love to connect with you!

For more information about our Fellowship, please visit our website at:

<http://www.ritl.org>



Recovery in the Lifestyle

Who

What

When

Where

Why

How



Who

- BDSM lifestyle people who are in recovery, or would like to be, and our friends who support us.

We

- **Follow** an AA World Services approved program based on the 12 Steps and Traditions of AA.
- **Respect** the importance of anonymity
- **Welcome all** 12 Step Recovery Programs
- **Are like-minded people** who understand the value of sharing their collective

Experience, Strength and Hope

- **Believe** our recovery can best be supported in an environment where we can be our authentic selves in an open, non judgemental, supportive way



What

- Face-to-face meetings
- Online fellowship & meetings via Discord

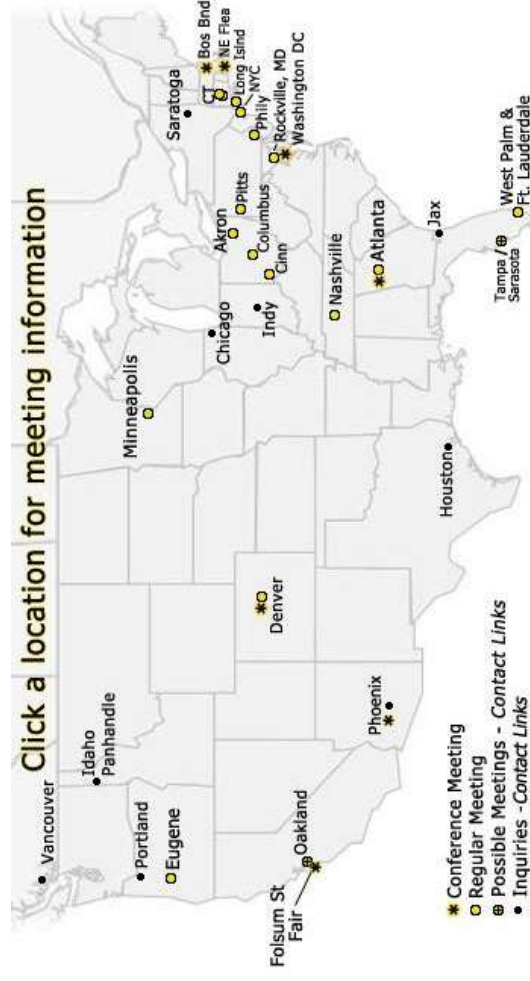
When

- Face-to-face meetings are held throughout the week
- Discord meetings are held on Monday and Wednesday at 8 PM

Where

- At venues all over the country
- Visit ritl.org for details
- Discord: <https://discord.gg/kXwW3cZ>

Click a location for meeting information



Why

- 20.1 million people, suffer from a substance use disorder, as reported by the 2016 SAMHSA survey
- Addiction robs its victims of friends, families, employability, dignity, quality of life and even of life itself
- Our Higher Power has given us the Gift of Recovery but we need a program to support it
- We know that a quality recovery program can restore us to a life worth living, one that is deeply satisfying in ways we never thought possible
- We are worth it, and so are YOU!