

REFUGE RECOVERY

A Buddhist Path to Recovering from Addiction

THE GUIDING PRINCIPLES OF REFUGE RECOVERY

Inspired by 2,600 years of Buddhist community organization and over 80 years of recovery group traditions, these guiding principles are our humble attempt at creating guidelines to maintain group unity powerful enough to guide us through any conditions. These necessary principles provide each Refuge Recovery group a basis to resolve conflicts and to keep our focus firmly on helping each other find freedom from addiction.

1. The group is of utmost importance. Our individual recovery depends upon Refuge Recovery unity.
2. For our groups to be successful, there must be a rotating leadership and democratic decision-making process. Group leaders do not act in the capacity of Buddhist teachers. Elected volunteers serve the group for a designated period of time.
3. All are welcome to participate in Refuge Recovery. The only criteria for membership is a desire to be free from addiction.
4. Refuge Recovery is an abstinence-based program. Elected volunteers are expected to maintain abstinence from all recreational drugs and alcohol, and to adhere to process addiction bottom lines.
5. Each group operates independently, except in matters affecting other groups or Refuge Recovery as a whole.
6. The core purpose of each group is to make the Refuge Recovery program available to all those still suffering from addiction.
7. There are no dues or fees for Refuge Recovery membership. Each group is responsible for its own finances, relying solely on the generosity of its members.
8. Refuge Recovery groups have no opinion on other recovery programs, Buddhist traditions, religions, spiritual philosophies, political causes, organizations or institutions.
9. Refuge Recovery groups are entirely volunteer-led. RR World Services is the non-profit service organization that serves and supports our groups, employing only the people necessary for those purposes.
10. Although we are not an anonymous program, individual RR members are responsible for offering privacy to all who desire it. The practice of humility is at the heart of our program. Members should never use the RR name for personal prestige or financial gain.
11. The Refuge Recovery program depends on our remaining mindful that these guiding principles are more important than individual preferences, desires, views, opinions or personalities.