

# ESSENTIAL RECOVERY DEFINITIONS

- **The opposite of addiction isn't connection; the opposite of addiction is recovery.**
  - Hari's failed thesis\* regarding the opposite of addiction rests on a false premise – that we already believe *the opposite of addiction is sobriety*. **We don't.** That's a misrepresentation derived from a conflated view of sobriety as a primary goal of AA or other recovery pathways. **It's not.**
  - The preamble of AA states, “a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and *help others to recover* from alcoholism.”
  - Due to the narrow definition of alcoholism in AA, *sobriety is the preferred first step* to recovery, but *is not a requirement for membership* or inclusion in the fellowship.
  - **The only requirement for membership is a desire to stop drinking.**

\* [Ted Talk – Johann Hari – Everything you think you know about addiction is wrong](#)