

Core Principles of the SOS Collective

Shared principles keep us grounded and connected in our recovery journey. These principles guide how we show up—for ourselves and each other—and create a common language we can return to in meetings and conversations. By weaving them into our community, we strengthen our sense of trust, purpose, and belonging.



SOBRIETY FIRST

SOS prioritizes sobriety as a fundamental and non-negotiable principle. Regardless of the challenges one may face in life, abstaining from alcohol is the core foundation of our personal freedom. SOS understands the importance of adherence to this principle ensuring that the commitment to sobriety is always unwavering.



OWNERSHIP OF OUR PATH – SISTERHOOD OF SUPPORT

Each of us is responsible for ownership of our individual healing. The journey begins when we stop waiting for external factors to change and start exploring our own internal path with intention -- remembering that our path is OUR choice. When we participate in a sisterhood of support personal growth and healing can begin. We strengthen our commitment to sobriety with our shared mission of service, mutual support, hope, personal growth, connection and by recognizing the lifesaving power of community.



SURRENDER WITH WILLINGNESS AND COURAGE

We acknowledge the power and influence alcohol has had over us and surrender to a new way of living. Surrendering goes beyond mere acceptance; it requires the willingness and courage to embrace change, which leads to freedom. We fully release the past and step into alignment with our true selves.

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HOW - HONESTY, OPENNESS, WILLINGNESS



We need to be honest with ourselves before we can become aware of what needs to change. We don't wait until we're "ready" we just begin. A willing heart is enough to open the door to transformation. We stay open to learning, growth, and new possibilities.

AWARENESS, ACCEPTANCE, AUTHENTICITY



When we become aware of our inner experience—our thoughts, emotions, and beliefs—we gain the power to accept them without judgment. This acceptance is the foundation of authenticity. When we stop resisting who we are, we begin to live in alignment with our true selves, rather than conforming to external pressures. When we practice authenticity, we reinforce self-acceptance, cultivating a deeper sense of self-compassion, integrity, and inner peace.

BOUNDARIES



We set clear, self-honoring boundaries. We learn to say no—to alcohol, to triggers, or anything that jeopardizes our sobriety. Discovering and respecting who we are and what we need from life, helps us redefine those people, places and situations that are no longer serving us and set them aside or limit their time in our life so we may find peace.

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SELF - CARE



Self-care is how we stay grounded, healthy and present in sobriety. Caring for yourself physically, emotionally, mentally and spiritually allows you to show up as your most honest and connected self. True self-care includes compassion for the parts of you that are still healing. It means forgiving your missteps, recognizing your needs and honoring your progress. As women, we need to prioritize our own needs, helping us feel more grounded and whole. When we truly care for ourselves, we build an inner strength that supports all areas of our lives.

EMPOWERMENT



When women are empowered, a foundation of strength, resilience, and self-confidence is established. Empowerment fosters a sense of hope and possibility. Establishing a toolbox to manage emotions and challenges, maintains motivation and builds resilience. It is through empowerment that we reclaim control over our lives and develop internal strength.

SPIRIT-LED LIVING



We nurture spiritual growth through honesty, humility, forgiveness, compassion, gratitude and service. Our journey is physical, emotional, personal, and spiritual. We believe healing is a path we walk individually and in community. We learn to open our hearts to a new self-perspective by listening to our instincts and intuition. Healing begins with trusting and loving ourselves. When we embrace self-love, we shape our relationships and environment to support our sobriety with intention and self-awareness.