

# SOS Sobriety: The Proven Alternative To 12 Step Programs

If you're struggling with addiction, you may be wondering if a 12-step program is the right choice for you. While 12-step programs have helped many people achieve sobriety, they're not the only option. SOS Sobriety is an evidence-based approach that offers a different path to recovery.

## What is SOS Sobriety?

SOS Sobriety is a comprehensive addiction treatment program that was developed by Dr. Kevin McCauley. SOS stands for "science, options, and support." The program is based on the latest scientific research on addiction and recovery. It offers a personalized approach to treatment that is tailored to each individual's needs.



## SOS Sobriety: The Proven Alternative to 12-step

**Programs** by James Christopher

★★★★☆ 4.1 out of 5

Language : English

File size : 1974 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 240 pages



## How does SOS Sobriety work?

SOS Sobriety uses a variety of therapeutic techniques to help people achieve sobriety. These techniques include:

- Cognitive-behavioral therapy (CBT): CBT helps people identify and change the negative thoughts and behaviors that can contribute to addiction.
- Motivational interviewing: Motivational interviewing helps people explore their ambivalence about change and move towards making a commitment to sobriety.
- Mindfulness: Mindfulness helps people focus on the present moment and accept their thoughts and feelings without judgment.
- Medication: Medication can be used to treat the symptoms of addiction and help people stay sober.

### **What are the benefits of SOS Sobriety?**

SOS Sobriety has a number of benefits over traditional 12-step programs. These benefits include:

- It is evidence-based: SOS Sobriety is based on the latest scientific research on addiction and recovery.
- It is personalized: SOS Sobriety offers a personalized approach to treatment that is tailored to each individual's needs.
- It is flexible: SOS Sobriety offers a variety of treatment options that can be tailored to each individual's needs.
- It is confidential: SOS Sobriety respects the confidentiality of its clients.

### **Is SOS Sobriety right for me?**

If you're struggling with addiction, SOS Sobriety may be the right choice for you. This evidence-based approach offers a personalized and flexible path to recovery. To learn more about SOS Sobriety, contact us today.

## Testimonials

"SOS Sobriety saved my life. I had been struggling with addiction for years, and nothing else had worked. SOS Sobriety gave me the tools I needed to get sober and stay sober." - John

"I highly recommend SOS Sobriety to anyone who is struggling with addiction. This program is based on science, and it really works." - Mary

"SOS Sobriety is the best addiction treatment program I've ever seen. I'm so grateful for this program." - Bob

## Contact us

To learn more about SOS Sobriety, contact us today.

- Email: [info@sossobriety.com](mailto:info@sossobriety.com)
- Phone: 1-800-555-1212

We are here to help you achieve sobriety and live a happy, healthy life.



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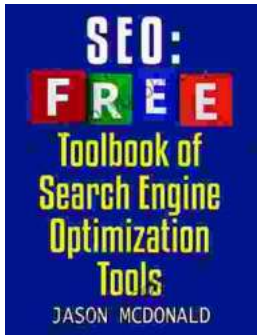
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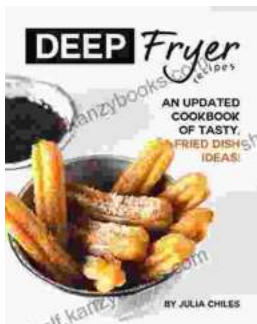
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