



INTRODUCTION TO “THE SAFETY GAP”

“It’s never the drunk that relapses. It’s the sober person who has the power to manage time in a way that makes recovery inevitable or in a way that makes relapse inevitable. ”

Defining the Gap

The Gap: The gap is the period of time between recovery activities, such as attending meetings, working the 12 steps, and engaging with a sponsor or sponsees. This gap represents the time during which an individual is not actively participating in structured recovery work.

Defining Minding or Managing the Gap

Minding/Managing the Gap: Minding or managing the gap involves intentionally keeping the time between recovery activities within a **safe threshold**. This means ensuring that the gap is **short enough** to maintain mental and emotional resilience, thereby minimizing the risk of relapse. Effective gap management requires managing our time within our own personal threshold or set boundaries, i.e. participation in recovery activities, such as attending meetings, working with sponsors or sponsees, and engaging in step work. For newcomers, this often means daily engagement with these activities to maintain continuous sobriety.

Minding the Gap: Making Sobriety Inevitable

Concept Explanation:

Minding the Gap refers to the crucial practice of maintaining a consistent routine of recovery activities, such as attending meetings, working the 12 steps, and engaging with sponsors or sponsees. This "gap" is the **period between these activities**, and managing it effectively makes ongoing sobriety almost **inevitable**.

How the Gap Works:

1. **Personal Thresholds:** Each person's ability to stay sober between recovery activities **varies**. Some with long-term sobriety might manage days without a meeting or step

work, while newcomers typically have a shorter threshold, often needing support every 24-48 hours.

2. **Risk of Relapse:** Extending your gap beyond your personal threshold increases the risk of relapse. For most, a gap exceeding 72 hours can make relapse almost inevitable due to deteriorating mental fortitude.
3. **Protecting the Gap:** To ensure continuous sobriety, it's crucial to keep the gap within a **safe threshold**. For newcomers, this often means daily engagement with recovery activities to maintain mental resilience and prevent relapse.

Steps to Mind the Gap:

1. **Daily Engagement:** Newcomers should work the steps daily with their sponsor, attend meetings, and pray. Upon completing the 12th step, they should continue daily step work with their sponsee(s).
2. **Meetings:** Regular meetings are vital. Committing to 3-5 one-on-one sponsor sessions per week and attending available PAA, SAA, or AA meetings can significantly bolster your recovery.
3. **Commitment:** For effective gap management, sponsors and sponsees should prioritize frequent interaction, especially in the first two weeks.

Commitment Questions for Newcomers:

1. **Daily Meetings:** Can we meet for one hour per day for the next 5 to 7 days?

2. **Meeting Frequency:** How many meetings per week can you commit to in conjunction with the above commitment?

Summary:

Bottom Line: For a life of continuous, joyous sobriety, **vigilantly maintaining your "Safety Gap Window" is essential.** This means regularly engaging in recovery activities and not allowing too much time to pass between them. By doing so, you make your sobriety almost inevitable.

*The Gap is a tool we use to determine how long we can stay sober in between meetings without relapse. The more time we have stayed sober since our last relapse can somewhat shorten the length of our current gap threshold, but not by much. Since everyone's sobriety is different, everyone's gap is also different. Some people can go days without working the 12 steps - but these people usually have a substantial amount of sobriety under their belt. But, most **newcomers** who have just started on this road to recovery won't be able to maintain uninterrupted sobriety for more than 24- **48 hours** without a meeting, working with their sponsees or with their sponsor, etc.*

*It is recommended the newcomer not allow more 24 hours between sessions. When you extend your safety gap beyond its threshold, your chance of relapse rises and our mental fortitude deteriorates. We found that if we extend our safety gap beyond **72 hours** we've made **our relapse almost***

inevitable. And when we protect our safety gap we make our recovery almost inevitable.

Bottom line is: If our goal is **FREEDOM**, if what we want is a life of happy, joyous, **continuous, uninterrupted sobriety**, then we must be **vigilant with our “Safety Gap Window”**.

We who are willing to sponsor make it our priority to work with the newcomer immediately, and as often as possible for the first 2 weeks - until the newcomer is in turn doing likewise with another newcomer. The 12th step is **the heartbeat of any 12 step program**).





For the newcomer, the best way to stay sober during the **first few weeks is to work steps daily with their sponsor, pray 🙏** and go to meetings, then upon completion of their 12th step, to work steps (daily) with their sponsee(s). If the opportunity for daily step work with sponsor/ sponsees does not exist, we have found it best to attend meetings and share at those meetings to protect our safety gaps. We try to make a commitment to our sponsor/sponsees to attend 3-5 one on one sponsor stepwork sessions per week. Meetings are also one of the best tools at your disposal to ensure sobriety. There are many PAA and SAA meetings you can join. You have the P for phreedom meetings, discord meetings, and whatsapp meetings. If you can't get to one of those you can always jump into an SAA meeting, or even an AA meeting.

There are so many meetings and they work wonders for your recovery.

(Are there any questions?)

[PAA MEETINGS LINK](#)

[SAA MEETINGS LINK](#)

THE FIRST 2 COMMITMENT QUESTIONS:

- Can we meet for **one hour per day** for the **NEXT 5 to 7 days?**

- How many meetings per week can you commit to in conjunction with the above commitment?

comments

These circles are CLUTCH!

It is incredible how a simple daily exposure to my own circles will change the way my neurons fire for the next 24 hours.

- yellow
- Middle
- trigger
- Share at check in w wife
- Stop
- No mental sparring
- Danger
- Abort