

Sanders, J., Harris, K., Nelson, J., White, W. & McGovern, T. (2014) Gendered members of Alcoholics Anonymous (AA): Varieties of spiritual experience. *Alcoholism Treatment Quarterly*, 32 (2-3), 248-270.

<http://www.tandfonline.com/doi/full/10.1080/07347324.2014.907034#.U7QQHvldVAE>

### **ABSTRACT**

Women and men share similar as well as different strategies in developing their spirituality as part of their overall 12-step experience. Special attention is paid to gender differences to account for a variety of spiritual experiences in recovery. The language and use of metaphors as women and men work the 12 steps in achieving a “spiritual awakening” is explored, recognizing the predominantly male ethos of AA since its inception. The influence of age in expressions of spirituality, distinguishing between young adults, middle-age adults and older adults, is referenced. Need for further understanding of gender differences, with a focus on the spiritual dimensions of recovery, is recommended.

**KEYWORDS:** Alcoholics Anonymous, Gender, Metaphors, Spirituality