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