

What are 'slips'?

Occasionally a man or woman who has been sober through A.A. will get drunk. In A.A. a relapse of this type is commonly known as a "slip." It may occur during the first few weeks or months of sobriety or after the alcoholic has been dry a number of years. Nearly all A.A.s who have been through this experience say that slips can be traced to specific causes. They deliberately forgot that they had admitted they were alcoholics and got overconfident about their ability to handle alcohol. Or they stayed away from A.A. meetings or from informal association with other A.A.s. Or they let themselves become too involved with business or social affairs to remember the importance of being sober. Or they let themselves become tired and were caught with their mental and emotional defenses down. In other words, most "slips" don't just happen.