

## THE TWELVE STEPS OF CRYSTAL METH ANONYMOUS\*

1. We admitted that we were powerless over crystal meth and our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of a God of our understanding.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a God of our understanding praying only for the knowledge of God's will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts, and to practice these principles in all of our affairs.

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## PHONE NUMBERS

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*Conference Approved Literature*

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# TO THE NEWCOMER

THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO STOP USING.

Crystal Meth Anonymous

## **TO THE NEWCOMER**

The purpose of this pamphlet is to help answer some of the questions newcomers may have about recovery through Crystal Meth Anonymous. This pamphlet has been written by members of our fellowship, all of whom have found recovery through CMA.

### **What is Crystal Meth Anonymous?**

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth.

The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes.

Our primary purpose is to lead a sober life and carry the message of recovery to the crystal meth addict who still suffers.†

### **Am I an Addict?**

Only you can answer that question. For many of us, the answer was clear. We could not control our drug use. Our lives had become unmanageable.

Have you tried to stop using crystal meth and found that you couldn't? Do you find that you can't control your use once you start?

If so, you may be suffering from the disease of addiction. The fellowship of Crystal Meth Anonymous can help.

### **Can I Recover?**

There is a solution. Our experiences may differ externally, but internally we believe they are very much the same.

Many of us that had been arrested, lost our jobs and the trust of our family and friends, now lead productive, honest and purposeful lives. To do so, we place our sobriety before all else and remain open to a spiritual life. If you want what we have, and are willing to go to any lengths to get it, then you are in the right place.

We encourage you to stay close to the CMA fellowship and experience recovery with us.

### **How Can I Stay Sober?**

#### **1. Attend meetings and fellowship.**

Meetings are where we find the support of others who are recovering from crystal meth addiction. We suggest attending 90 meetings in 90 days in order to get a better understanding of how Twelve Step recovery can help you.

#### **2. Get a sponsor and do Step work.**

A sponsor is a person in the fellowship that helps guide us in working the Twelve Steps.

#### **3. Get involved in service.**

One of the best ways to stay sober is to help others in recovery. Even a person with only two days sober can help someone with one day.

### **What About God?**

Crystal Meth Anonymous is a spiritual program, but we believe our members can define what spirituality means for themselves.

What is crucial to recovery is an adherence to spiritual principles. Among these, there are three—honesty, open-mindedness and willingness—that are vital. With these, we will not be defeated. ■