

How It Works

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His 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 addicts, and to practice these principles in all our affairs.

It looks like a big order, and you can't do it all at once. Remember that our addiction did not occur in the overnight. Take it easy.

One thing that will defeat us in our recovery is an attitude of indifference or intolerance toward spiritual principles. Three of these are essential: honesty, openness and goodwill. With them we are well on our way.

We believe that our approach to addiction is completely realistic, since the therapeutic value of one addict helping another is without parallel. We believe that our method is practical because the addict is the person who can best understand and help another addict. We believe that the sooner we face our problems in society, in our daily lives, the more quickly we will become acceptable, responsible and productive members of

that society.

The only way not to return to active addiction is not to take that first drug. If you're like us, you know that one is too many and thousand not enough. We put great emphasis on this, because we know that when using drugs of any kind, or substitute one for another, we fall back into addiction.

The recovery does not end just with being clean. In abstaining from all drugs (and this also refers to alcohol and marijuana), we face feelings that we never used to meet with success. Some of these feelings we were not capable of feeling in the past. We must be willing to meet old and new feelings as they arise.

Thinking of alcohol as different from other drugs has caused many addicts relapse. Previously, many of us viewed alcohol separately. However, we can't afford to be confused: alcohol is a drug. If we are going to recover, we must abstain from all drugs.

We learn to have these feelings and realize that they can't harm us unless we let ourselves be influenced by them. Instead of doing something guided by a feeling that we can't handle, we call a member of this group. By sharing, we learn to work with the sentiment. It is possible that there are other members who have had a similar experience and can explain what they found useful to them. Remember, an addict alone is in bad company.

The Twelve Steps, the power of the Holy Spirit and sponsors help us to deal with these feelings. In this group, our joy is multiplied when you share a good day and our sorrows are relieved to share a bad one. For the first time in our lives we need not be alone. Now that we have a group, we can develop a relationship with God and have the support we need to work through our recovery.

This group offers hope. All you need to bring with you is the desire to stop using and a willingness to try a new way of living. Come to meetings, listen with an open mind, ask questions, get telephone numbers and use them. *Stay clean just for today.*

We would like to remind you that this is an anonymous group and that your anonymity is maintained with the strictest confidence. "We do not want to know what drug or how much you used, who your connections are, what have you done in the past, how much or how little you have, we just want to know what you want to do with your problem and how we can help.