

Sponsors

We can't do this alone. Most of us have tried to stay clean on our own. We weren't able to do it for long. Without the support of our sponsors and other recovering addicts, we were lost. As we worked the Steps, our sponsors became amazing resources. They worked the Steps and have been through all kinds of tough challenges—*sober*. The collective experience of the fellowship as expressed through our sponsors gives us guidance in our new lives.

Keep in mind that these tools are not meant to overwhelm us. They are based on the experience of addicts who have found a solution. The basis for any addict's recovery in CMA starts with the Twelve Steps.

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.

The Twelve Steps of Alcoholics Anonymous. 1. We admitted we were powerless over alcohol, that 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 God as we understood him. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to ourselves, to God, 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 Him 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 God as we understood him, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

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SOBER TOOL KIT

Crystal Meth Anonymous



Recovery can be pretty daunting in the beginning. The thought of going a whole day (even an hour!) without getting high is frightening. How did we do it? We kept it simple: We admitted we were addicts. We made a decision to not pick up, no matter what. If admitting we were addicts and making a decision sound challenging, don't worry. Recovering addicts over the years have developed practical tools that help keep us sober even as we wrestle with these larger questions. This Tool Kit describes the most common strategies we used.

The Twelve Steps

It's never too early to start the Steps—the simple plan for living that keeps us sober a day at a time. We did this work honestly and thoroughly, following our sponsor's suggestions. Working the Steps gradually freed our minds from thoughts of using and addictive behaviors. Ultimately, they brought us to an awakening of the spirit which relieved us of the obsession to use.

The Twelve Traditions

Many of us wondered what the Twelve Traditions have to do with keeping us sober. The Twelve Traditions suggest how we conduct ourselves as a group and how we relate to each other and the fellowship. They remind us that personal recovery depends upon CMA unity, that as members of CMA we are vitally important to one another. The Traditions help us maintain the integrity of our fellowship and provide a safe environment for recovery.

Abstinence

Crystal Meth Anonymous suggests abstinence from all mind-altering substances. If we truly believe we are addicts, we must accept that any drug use will lead us back into our chaos. The first one is the problem, not the last. We learn how to stay sober one day at a time. The truth is we don't have to use again, no matter what.

Higher Power

For most of us, CMA was our last resort. Our willpower was not enough. We needed a power greater than ourselves—something stronger than our addiction—to stay clean. In the Fellowship of CMA this power is often called God, God of Our Understanding, or Higher Power. Try to keep an open mind. There are as many concepts of a Higher Power as there are people in CMA. Your Higher Power should make sense to you, and your relationship with your Higher Power is entirely personal. The most important thing is that *your* Higher Power works in *your* life.

H.O.W.

Honesty, Open-mindedness, and Willingness are essential principles of recovery. We use them as a guide for our developing sobriety and to help us accept people, places and institutions as they are. We are honest in our intentions and our actions. We strive for the open-mindedness and willingness to a spiritual solution and to accept suggestions.

Literature

Recovery literature gives us insight and comfort, especially when we can't get to a meeting or reach another fellow. It explains how we use the Steps to form the basis of our sobriety and relates the experience, strength and hope of our members. We hear the voice of our fellowship in the stories of other addicts getting clean, such as those found in *Crystal Clear: Stories of Hope*.

Meetings

Meetings provide a safe shelter where we find support, direction, and fellowship. Meetings give us the chance to listen to the experiences of newcomers who remind us that using is still a nightmare, as well as to the triumphs and struggles of those living in the solution. Even when we have been sober for a substantial period of time, we continue to show up at

meetings so newcomers can find the help they seek—just as we found it when we were new.

One day at a time

We try to live in the moment. Yesterday's problems are yesterday's affairs, and tomorrow's surprises can wait until tomorrow. If we can focus on staying sober today—keeping in touch with our sponsor and other fellows, leaning on our Higher Power, going to meetings, and working the Steps—we can be happy, joyous and free. Regardless if we have ten days or ten years, we all are only promised a daily reprieve based on our spiritual condition.

Prayer and meditation

Recovery in CMA is a spiritual journey. Through prayer we reach outward to the universe instead of relying on our selfish egos. We learn to meditate, we create moments of calm in our lives instead of reacting to our emotional turmoil. Prayer and meditation also served a practical purpose, helping us through moments of crisis. We ask our Higher Power for the next right word or action, listening for a little help to accept our situation or ourselves.

Service

One of the main principles of the program is that we give it away to keep it. Whether through setting up the meeting room, acting as secretary for our home group or working on a committee, service keeps the fellowship running smoothly. Service keeps us connected and takes us out of our own heads. And we don't have to chair a meeting or join a committee to be of service. We learn to look everywhere around us to see how we can help. Showing up, taking a chip, sharing our experience with the Steps, and talking honestly about our lives in sobriety—by taking part in the fellowship we are being of service.