THE FIVE STEPS OF DUAL DIAGNOSIS

1. We admitted that we had a mental illness in addition to our addiction to crystal meth, and we accepted our dual diagnosis.
2. We became willing to accept help for both of these diseases.
3. We have understood the role of medication, including its risks and benefits, and the importance of clinical interventions and therapies; and we have accepted the need for sobriety from crystal meth and abstinence from all non-prescribed drugs in our program.
4. We came to believe that when our own efforts were combined with the help of others in the fellowship of DD CMA and God, as we understood God, we would develop addiction free lifestyles.
5. We continued to follow the DD CMA recovery program in order to live free from active addiction, manage our wellbeing, and help others who are also dually diagnosed.

Today, I will be free of crystal meth and other mind-altering substances.
Today, I will follow a healthy plan to manage my emotional or psychiatric illness.
Today, I will practice the Twelve Steps of CMA and Five Steps of Dual Diagnosis.

Adapted from The Five Steps of Dual Diagnosis from Double Trouble in Recovery