

Acceptance

Alcoholics Anonymous Big Book, Pg. 417

Acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my addiction, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

* "alcoholism" was changed to "addiction." All other text is true to the original.

There is Hope

When we came to CMA, we found other crystal meth addicts who recovered from a hopeless state of mind, body and spirit. They showed us how to live useful and rewarding lives by embracing a simple program of action.

Through the Steps, we let go of our denial and learned to be honest with ourselves. We developed a relationship with a Higher Power of our own conception. We opened up to another addict about our past and asked our Higher Power to remove our character defects.

We cleaned up the wreckage from the tornado of our old life and embarked upon a new course. We found freedom from fear; love replaced our selfishness.

The truth of our new lives is: We now handle difficulties that once compelled us to use crystal meth. We help others in ways we could never do for ourselves. By finding a spiritual basis on which to live, we can become the miracle of recovery that is happening in the rooms of CMA. We lead incredible lives and give hope to the still suffering addict that recovery from crystal meth is truly possible.



CMA Interim Approved Literature

The General Service Committee has approved this literature to be used widely by the fellowship, and encourages feedback and comment so that it may be considered in the future for approval by the General Service Conference.

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The Promises

Alcoholics Anonymous Big Book, Pg. 83

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? **We think not.** They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

I Can Stay Sober

I can stay sober.
I don't have to relapse.
I never need to go back out there;
I can stay here—there is a solution.
I can stay here and stop running;
I can stay here and start saying yes to life.
I can find a Higher Power to rely on.
I can find some peace and find out who I really am.
I can make a decision and make some changes.
I can make some new friends—
And make amends to my old ones.
A lot of addicts will go back to using, but I don't have to.
Not if I get a sponsor and get to work.

Take a deep breath...
If I can accept the truth and put away my fantasy,
If I can ask for a little help,
If I can take these suggested steps,
One day at a time, I will be free.

(Groups may change this reading to the “We” version at their discretion)



CMA Conference Approved Literature

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CMA Helpline - (855) 638-4373

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We Can Stay Sober

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