

## Who is a marijuana addict?

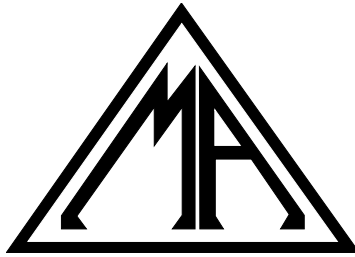
We who are marijuana addicts know the answer to this question. Marijuana controls our lives! We lose interest in all else; our dreams go up in smoke. Ours is a progressive illness often leading us to addictions to other drugs, including alcohol. Our lives, our thinking, and our desires center around marijuana – scoring it, dealing it, and finding ways to stay high.

# The Twelve Questions of Marijuana Anonymous

The following questions may help you determine whether marijuana is a problem in your life.

1. Has using marijuana stopped being fun?
2. Do you ever get high alone?
3. Is it hard for you to imagine a life without marijuana?
4. Do you find that your friends are determined by your marijuana use?
5. Do you use marijuana to avoid dealing with your problems or to cope with your feelings?
6. Has your marijuana use led to financial difficulties and/or legal consequences?
7. Does your marijuana use let you live in a privately defined world?
8. Have you ever failed to keep promises you made about cutting down or controlling your use of marijuana?
9. Has your use of marijuana caused problems with your health, memory, concentration, or motivation?
10. When your stash is nearly empty, do you feel anxious or worried about how to get more?
11. Do you plan your life around your marijuana use?
12. Have friends or relatives ever complained that your using is damaging your relationship with them?

If you answered yes to any of the above questions, you may have a problem with marijuana.



## How It Works

### From Life With Hope

The practice of rigorous honesty, of opening our hearts and minds, and the willingness to go to any lengths to have a spiritual awakening are essential to our recovery.

Our old ideas and ways of life no longer work for us. Our suffering shows us that we need to let go absolutely. We surrender ourselves to a Power greater than ourselves.

Here are the steps we take which are suggested for recovery:

1. We admitted we were powerless over marijuana, 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 God.
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 God, as we understood God, praying only for knowledge of God's 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 marijuana addicts and to practice these principles in all our affairs.

Do not be discouraged; none of us are saints. Our program is not easy, but it is simple. We strive for progress, not perfection. Our experiences, before and after we entered recovery, teach us three important ideas:

- That we are marijuana addicts and cannot manage our own lives;
- That probably no human power can relieve our addiction; and
- That our Higher Power can and will if sought.



## **The Twelve Traditions Of Marijuana Anonymous**

1. Our common welfare should come first; personal recovery depends upon M.A. unity.
2. For our group purpose there is but one ultimate authority, a loving God whose expression may come through in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using marijuana.
4. Each group should be autonomous except in matters affecting other groups or M.A. as a whole.
5. Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.
6. M.A. groups ought never endorse, finance, or lend the M.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every M.A. group ought to be fully self-supporting, declining outside contributions.
8. Marijuana Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. M.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Marijuana Anonymous has no opinion on outside issues; hence the M.A. name ought never be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow M.A. members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way 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.

*The Promises are found in the book Alcoholics Anonymous on pages 83-84 directly following discussion of Step 9.*

# The MA Promises

The MA Promises are found in the last paragraph of Step 9 in the book *Life With Hope*

The rewards we've received from taking Steps Eight and Nine are profound and sublime. These actions have enabled us to live to good purpose and empowered us to be of service to others. Miracles have become everyday reality. We do things that we could never have done alone. God has become a living force in our lives. We have grown free and joyful. Service to others has replaced selfishness. We've lost our fears and regained trust in God, ourselves, and other human beings. Petty problems have stopped bedeviling us. Our attitude has turned from denial, defiance, and belligerence to gratitude, humility, and a sincere effort to be of service. We have gained dignity as we've retaken our proper place in society. The hard work that we put into the first Nine Steps was a precious accomplishment and a valuable gift.

## OUR AWAKENING

Our awakening has come about as a result of a spiritual house cleaning, being aware of who we are, and cultivating a growing relationship with our Higher Power. That relationship can lessen the role of fear as the main source of motivation in our lives. We know that our needs will be met—perhaps not in the ways that we had hoped for, but in ways from which we can truly grow. We have found that freedom from fear is much more important than freedom from want. We start to accept the unpleasantness in our lives and become grateful when we are able to experience growth from it.

We learn to give without expecting rewards. We act as responsible members of society, living not in isolation but with a sense of community. We become true partners with our friends and loved ones. With the help of a Higher Power, we respond positively to adversity. Practicing the principles we learn by taking the Twelve Steps produces rewards beyond calculation. With a deep sense of gratitude and the help of a power greater than ourselves, we can live in spiritual, emotional, and physical recovery; we live with serenity and security, one day at a time. Humbly seeking to do the will of a Higher Power, we find that we can now live useful lives. As a result, we reap benefits we had thought unattainable, even unimaginable.

As we each work the program in our own special way, we discover the spiritual principles that we all have in common. We are all unique examples of how the program works, each of us with our distinct gifts to share. We take these steps for ourselves, not by ourselves. Others have gone before; others will follow. We recover.

## The Unity Prayer

I put my hand in yours  
and together we can do  
what we could never do alone.  
No longer is there a sense of hopelessness.  
No longer must we each depend upon  
our own unsteady willpower.  
We are all together now,  
reaching out our hands  
for power and strength  
greater than ours.  
And as we join hands,  
we find love and understanding  
beyond our wildest dreams.