

Can Crystal Meth Anonymous help me?

Yes.

CMA is composed of people who used crystal until it became a serious problem. They help each other to stop using through meetings and mutual support. They teach each other a variety of techniques to stay clean. They encourage personal growth based on the principles of Alcoholics Anonymous.

The CMA program is not religious unless you want to look at it that way. It uses a variation of the *Twelve Steps* of AA, but don't be turned off by the references to God—your belief or non-belief is your choice. Many of us draw strength from religious faith but many of us stay sober without support from a supernatural power.

CMA is a practical program which will give you the tools to stay clean. Together CMA members have found that they can stop using crystal and have a comfortable life.

What can I do now?

- **Don't use crystal today.**
- **Go to a CMA meeting as soon as possible.** There are meetings every day. For the current list go to nycma.org or call 212-642-5029 – someone will call you back within 24 hours.

You will meet others who have been through what you're going through. They will help you to stop using crystal.

You don't have to use crystal any more.

Do I have a problem with Crystal Meth?

If you can't control your crystal use and really bad (or unacceptable) things happen when you use, you have a problem.

What probably started out as weekend or occasional use increased over time. You may have used crystal as a tool to work harder and longer, but couldn't keep a job. You may have used it to feel more at ease socially but came to require it. You may have had an insatiable sexual appetite. You may have endlessly tinkered with projects, accomplishing nothing, but found yourself so busy you couldn't get to work on time. You may have been up for hours picking at your face and arms.

As crystal permeated your life, the drug kept you thinking that staying up for nights on end was OK, that your use was under control, and that you could quit if you wanted to, or that you couldn't afford to quit, or that your using didn't harm your life.

You may have seen others high, or out of control—losing their apartments, their jobs, their significant others, or dieing. You might have been vaguely aware that you also have a problem but you wouldn't admit to yourself that these things were going to happen to you, too.

Your friends and families may have become concerned over your use, as did you. But you saw no way out, believing that there was no way to stop and that you would use until something stopped you—probably physical or mental illness, being sent to prison, or death.

In an honest moment, you probably have admitted to yourself that your drug use is causing serious problems in your life.

This is not "Crystal Meth Anonymous approved" literature. Roy Y. wrote it with the help of some friends. The views expressed are his sole responsibility.

What's the problem?

Physical problems

- Has your use of crystal required you to go to a doctor or into a hospital?
- Does your use affect your health?
- Do you miss taking important medication because of your use?

Sex problems

- Do you cheat on your partner or spouse when you use?
- Have you gotten sexually transmitted diseases because of crystal sex?

- | | |
|--|------------------------------------|
| <input type="checkbox"/> HIV | <input type="checkbox"/> Herpes |
| <input type="checkbox"/> Syphilis | <input type="checkbox"/> Gonorrhea |
| <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Chlamydia |
| <input type="checkbox"/> Antibiotic resistant (MRSA) staph infection | <input type="checkbox"/> Parasites |
| | <input type="checkbox"/> Warts |
| | <input type="checkbox"/> Crabs |

- Do you spend too much time on the Internet looking for sex?
- Are you sexually insatiable even after many partners or days of sex?
- When you use do you have dangerous sex or sex of a type you otherwise wouldn't want?
- Do you need to use to have sex, or to have the kind of sex you want with the kind of people you want?

Financial problems

- Has crystal seriously injured your finances?

Work

- Have you lost a job because of crystal?
- Does using result in your missing work or affect the quality of your work?
- Do you neglect your ambitions because of your using?
- Do you need crystal to do your work or keep up with your family obligations?

Psychiatric problems

- During or after partying, do you sometimes feel:

- hopeless or depressed, or think about committing suicide?
- that your neighbors are watching you?
- that there is a conspiracy against you?
- After staying up have you ever seen or heard things that were not there.
- Have you attempted suicide after using?
- Have you felt you needed psychiatric care as a result of crystal use?

Problems at home

- Does using make it difficult for you to find or sustain a romantic relationship?
- Does crystal cause you to neglect your duties to your significant other?
- Do you disappear for days from people who are concerned about you?
- Have you lost friends because of your use?

I wouldn't have a problem if I could limit my use of crystal.

You probably tried to control your crystal use but you weren't successful. As much as you wanted to control your use, crystal continued to rob you of your life. Here are some of the things you may have tried and which didn't work:

- tried not to use until Friday night but started Thursday night and missed work on Friday (and perhaps Monday and Tuesday), and then went into work wrecked anyway,
- stopped using crystal for weeks or months, but eventually used even more, and
- wanted to stop partying but couldn't stop until your body gave out.
- Your use steadily increased, even against your will.