

What Is CMA?

Crystal Meth Anonymous is a fellowship of people for whom methamphetamine and other drugs have become a serious problem. The members of CMA meet regularly to help each other stay clean and to carry the message of recovery to crystal meth addicts.

Our only requirement for membership is a desire to stop using. The Fellowship advocates complete abstinence from all drugs, including alcohol, marijuana, and any medication not taken as prescribed. Time and again, we have seen how alcohol and other drugs lead us right back to meth.

Staying clean is our top priority. We lay a solid foundation for our daily recovery with these basic elements:

- Meetings and fellowship
- Sponsorship and Step work
- Service and commitments

Meetings are where we gather to hear the experience, strength, and hope of fellow members. We come to CMA because of our common problem; we stay because of the common solution. Our groups strive to maintain an atmosphere of trust and confidentiality. CMA's traditions of unity and anonymity are paramount for they give each member equal standing and an equal opportunity to recover.

The Twelve Steps of Crystal Meth Anonymous are a spiritual, not religious, path of recovery. We define for ourselves the nature of our personal relationship with spirituality. Working these Steps with a sponsor as our guide, we experience a spiritual awakening.

Service is essential for the survival of both the addict and the Fellowship. The gift of recovery was freely shared, and in turn we gratefully offer it to other addicts. That is our primary purpose. Nothing else is as effective as one addict helping another.

If you think you may have a problem with crystal meth, you're in the right place. Welcome home. You always have a seat here.



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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