

THE QUESTIONS

1. Has smoking pot 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 smoke marijuana to avoid dealing with your problems?
6. Do you smoke pot to cope with your feelings?
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 dope smoking?
9. Has your use of marijuana caused problems with 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 pot smoking is damaging your relationship with them?

If you answered yes to one or more of these questions, you may have a problem with pot.

The Twelve Steps and Twelve Traditions are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that AA is in any way affiliated with this program. AA is a program of recovery from alcoholism - use of the Twelve Steps and Twelve Traditions in connection with programs and activities which are patterned after AA but which address other problems, does not imply otherwise.

Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol 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 Him. 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 conscience contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon AA unity. 2. For our group purpose, there is but one ultimate authority, a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for AA membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or AA as a whole. 5. Each group has but one primary purpose, to carry its message to the alcoholic who still suffers. 6. An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property & prestige divert us from our primary purpose. 7. Every AA group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever non-professional but our service centers may employ special workers. 9. AA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues, hence the AA 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, and films. 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

THE TWELVE STEPS

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 conscience 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 a result of these steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs.

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon MA 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 MA as a whole.
5. Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.
6. MA groups ought never endorse, finance or lend the MA name to any related facility or outside enterprise, lest problems of money, property & prestige divert us from our primary purpose.
7. Every MA group ought to be fully self-supporting, declining outside contributions.
8. Marijuana Anonymous should remain forever non-professional but our service centers may employ special workers.
9. MA, 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 MA 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, television, film and other public media. We need guard with special care the anonymity of all fellow MA members.
12. Anonymity is the spiritual foundation of all our traditions, reminding us to place principles before personalities.

MARIJUANA ANONYMOUS

GREATER SF BAY AREA MEETING DIRECTORY

(Revised July 23, 2010)

DISTRICT 1 SAN FRANCISCO www.ma-sf.org (415) 325-4875	DISTRICT 2 EAST BAY www.madistrict2.org (510) 287-8873
DISTRICT 3 SOUTH BAY & SANTA CRUZ www.madistrict3.org (408) 450-0796	DISTRICT 12 NORTH BAY www.madistrict12.org (707) 583-2326
MARIJUANA ANONYMOUS WORLD SERVICES P.O. Box 2912 Van Nuys, CA 91404 www.marijuana-anonymous.org info@marijuana-anonymous.org (800) 766-6779	

Marijuana Anonymous is a fellowship of men and women who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. The only requirement for membership is a desire to stop using marijuana. We are self-supporting through our own contributions. M.A. is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. We can do this by practicing our suggested twelve steps of recovery and by being guided as a group by our twelve traditions.

Marijuana Anonymous uses the basic 12 steps of Recovery founded by Alcoholics Anonymous, because it has been proven that the 12 step Recovery program works!

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.