

Twelve 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 any of the above questions, you may have a problem with marijuana.



Has Smoking Pot Stopped Being Fun? ...you're not alone

District 12 Meeting Schedule (070108)

Sunday	Cotati	6:30PM
	Cotati Lions Club/Scout Hut Cotati Hub corner of La Plaza and Old Redwood Hwy	
Monday	Corte Madera	6:30PM
	Marin Lutheran Church 649 Meadowsweet Drive	
Tuesday	Petaluma	7:15PM
	Sonoma County Alano Club 955 S. Petaluma Blvd. (next to Mr. Mom's)	
Wednesday	Sebastopol	6:15PM
	Sebastopol Community Church, Room 4 1000 Gravenstein Highway (N)	
Thursday	Santa Rosa	8:00PM
	Room H, Second floor 3554 Round Barn Boulevard	
Friday	San Rafael	7:15PM
	Marin County Alano Club 1360 Lincoln Avenue at Maple	

Meeting times and locations may change.

Call for most current information before attending.

www.marijuana-anonymous.org
Marijuana Anonymous
(707) 583-2326
(415) 419-3555

For the Newcomer

This pamphlet is for those coming to Marijuana Anonymous for the first time. We have tried to answer some of the questions most often asked by newcomers.

Am I a marijuana addict?

If you find it difficult to control your marijuana use, if you think about using marijuana even when you are not, or if you have broken promises to yourself or others about limiting or stopping your use, you may be an addict. Only you can decide. No one in Marijuana Anonymous will decide for you. (see [Twelve Questions](#))

What is Marijuana Anonymous?

We are a group of men and women who have lost the ability to control our marijuana use and have problems that relate directly or indirectly to marijuana. We share experience, strength, and hope with each other so that we can recover from our addiction to marijuana, as well as help others to recover. Our program is adapted from the Twelve Steps of Alcoholics Anonymous.

How can MA membership help me with my marijuana use?

In MA, we know what it is like to lose control over marijuana and not be able to stop using, despite pledges, pleas, and promises. Our only qualification for helping others is that we have stopped using ourselves. If we can do it, you can do it too! It is the support that MA members offer each other that is the backbone of the program's success.

If I join MA will I need to stop drinking or using other drugs?

The only requirement for MA membership is a desire to stop using marijuana. We have found, however, that recovery requires us to examine our use of other drugs as well, including alcohol. (See [Dangers of Cross Addiction](#))

What happens at an MA meeting?

People discuss their problems with marijuana, what they did to recover, and what life is like now. We have found that as a group we can achieve for ourselves results which, as individuals, we failed at repeatedly.

What commitments do I make by attending an MA meeting?

None. There are no records or files and you need not disclose anything about yourself if you don't want to. No one will bother you if you do not wish to come back.

What happens if I meet people I know in MA?

Membership in MA is confidential and anonymous. Whom we see and what we hear in meetings is not mentioned outside of the meetings. People you know whom you see at meetings are there for the same reason you are and will respect your anonymity.

How much does MA membership cost?

Nothing. There are no dues or fees. MA meetings pay their bills through the voluntary contributions of those attending. A basket is passed at each meeting for contributions. Marijuana Anonymous is completely self-supporting.

Is MA a religious organization?

No, nor is it connected with any religious organization, sect, denomination, politics, institution, or any other organization whatsoever.

Is there much talk about God?

Most MA members come to believe in the idea of a power greater than themselves. Some call this power God. There is room in MA for all beliefs or no belief at all.

Do MA members continue going to meetings after they are cured?

We don't believe in a cure for marijuana addiction; too many of us have relapsed. We find it is useful to go to meetings to maintain our recovery. By association with

others with our problem, we give each other strength to avoid marijuana use on a "one day at a time" basis.

What is the Program of Recovery?

The Twelve Steps are the program. The purpose of the Twelve Steps is to help us develop a relationship with a Power greater than ourselves, to improve our relationships with others, and to help us find serenity in ourselves. It is recommended you attend as many meetings as you can and do not use between meetings. We suggest that you get phone numbers of other members and call them between meetings---especially if you have a desire to use. We also suggest that you get a sponsor as soon as possible.

What is a sponsor and how do I get one?

A sponsor is someone who shares their experience, strength, and hope with you. They will help you understand the 12 Steps and will guide you along the path of recovery. You are free to ask anyone to be your sponsor, but our experience indicates it works best when men sponsor men and women sponsor women.

Who started Marijuana Anonymous?

In theory, Bill W. did. As one of the founders of AA, he is the architect of all the Twelve Step programs. Different people (it always takes at least two for one addict to help another) started the Marijuana Anonymous meetings in each of the four original groups of Marijuana Anonymous. To remind us where the inspiration for our beginnings came from, the MA meeting format states:

"Marijuana Anonymous uses the basic Twelve Steps of Recovery founded by Alcoholics Anonymous, because it has been proven that the Twelve Step Recovery program works!"

Why a separate program for marijuana?

Marijuana Anonymous, like most other 12 Step programs that came along after Alcoholics Anonymous, started "with a coffee pot and a resentment." The addicts that started the first Marijuana Anonymous meetings didn't feel comfortable sharing about their problems in the

other programs aimed at chemical dependencies, and in some meetings, they were actually told that they couldn't share. Eventually, a few got enough sobriety (and enough courage) to start their own meetings aimed at their drug of choice, sometimes meeting in their own homes.

The diseases of alcoholism and addiction are the same no matter what the drug of choice, but sometimes the symptoms are different. You can use to go up or come down. Your substance of choice depends upon which way you want to go, and what you've been exposed to.

The early members of MA found that, for the most part, marijuana is a "high bottom" drug and they had a hard time identifying with some of the heavier substance abusers who had lost everything they had. Marijuana is also more tranquilizing than some of the speedier drugs and the early recovering pot addicts had a hard time identifying with addicts who used in order to get wired. Marijuana addicts tend to smoke their pot and just sit around and then sit around some more. They usually continue to function and even manage to hold on to their jobs, which sets them apart from many of the other substance abusers.

It is very difficult to go to a meeting and be called a "lightweight" by the other addicts when you are absolutely despondent about what is happening to your life and are trying frantically to get clean. Being told to "Come back when you get a real addiction" doesn't help either. Marijuana addicts already have a real addiction.

Members of MA range from addicts who did nothing but marijuana, to addicts who did everything possible and could get off everything else but not pot. They needed special meetings aimed at coping with marijuana addiction. Now they have a refuge among people who know that pot addiction is nothing to joke about.