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meetings every day. For the current list, go to nycma.org or call 212-642-5029.

At meetings, you will meet others who have found a solution. You will meet other people who want to help. We have all been through what you're going through and we'll help you to stop using crystal. If you want help, you can find it in the fellowship of Crystal Meth Anonymous.

You don't have to use crystal anymore. You can have your life back.

Can Crystal Meth Anonymous help?

Only you can answer that question. This pamphlet will help you ask some basic questions that will help you decide.

New York Crystal Meth Anonymous Intergroup

P.O. Box 1517
Old Chelsea Station
New York, NY 10113
info@nycma.org 212-642-5029

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NEW YORK CRYSTAL METH ANONYMOUS

DO I HAVE A PROBLEM?

DO I HAVE A PROBLEM? Is crystal a problem in your life? Are you an addict? Do you need Crystal Meth Anonymous? Only you can answer those questions. If you are unsure about whether you have a problem with crystal meth, it might help to take a minute to answer these questions:

Is crystal making you depressed? YES NO

Is crystal making you feel hopeless? YES NO

Have you tried unsuccessfully to stop or reduce your crystal use? YES NO

Do you ever crave crystal? YES NO

Do you ever use alone? YES NO

Do you use crystal to boost your confidence? YES NO

Has your use increased? YES NO

Do you use crystal to escape problems or stress? YES NO

Do you ever feel guilt or remorse after using crystal? YES NO

Do you lie about how much or how often you use? YES NO

Are you paranoid? (Do you think people are watching you or there is a conspiracy against you?) YES NO

Do you ever use crystal to wake up in the morning or to get through the day? YES NO

Have you ever felt like you need therapy or psychiatric help as a result of your crystal use? YES NO

Do you ever feel suicidal after using crystal? YES NO

Has your use of crystal required you to go to the hospital or see a doctor? YES NO

Do you miss taking important medication because of your use? YES NO

Do you need crystal to have sex? YES NO

Are you sexually insatiable, even after many partners or days of sex? YES NO

Have you gotten a sexually transmitted disease because of sex while on crystal? YES NO

<input type="checkbox"/> HIV	<input type="checkbox"/> Chlamydia
<input type="checkbox"/> Parasites	<input type="checkbox"/> Herpes
<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Gonorrhea
<input type="checkbox"/> Crabs	<input type="checkbox"/> Warts

When you use do you have unsafe sex or sex of a type you otherwise wouldn't want? YES NO

Do you need crystal to have the kind of sex you want? YES NO

Has crystal seriously injured your finances? YES NO

Do you spend more money than you would like on crystal? YES NO

Does using result in your missing work or affect the quality of your work? YES NO

Have you lost a job because of crystal? YES NO

Do you neglect your ambitions because of your using? YES NO

Do you need crystal to do your work? YES NO

Is your crystal use jeopardizing your job or business? YES NO

Does using make it difficult for you to find or sustain a romantic relationship? YES NO

Do you disappear for days from people who are concerned for you? YES NO

Does crystal cause you to neglect your duties to your family or significant other? YES NO

Have you lost friends because of your use? YES NO

Some of us answered “yes” to many of these questions, some to just a few. The differences in our responses, however, were unimportant. What mattered was how we felt inside and how crystal was affecting us. “Do I have a problem with crystal meth?” is a question only you can answer.

Can Crystal Meth Anonymous help you? CMA is helping a lot of people. Maybe it can help you too. CMA is a group of people who used crystal until it became a serious problem. We support each other in sobriety through meetings and socializing together. We use a variety of techniques to create a safe environment and to stay clean. We follow a Twelve Step program based on the principles of Alcoholics Anonymous. The Twelve Steps offer a plan for recovery that helps us repair the damage crystal has caused. This is a practical program that gives us the tools to stay drug-free, one day at a time. Together, we have found that we can stay clean and sober and have fulfilling lives.

What can I do now? The most important things you can do today are:

- Don't use crystal
- Attend a CMA meeting. There are

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