

NEW YORK CRYSTAL METH ANONYMOUS

WHAT IS CROSS TALK?

NYCMA.ORG

Cross talk is conversation between individuals during sharing or speaking time. This includes: offering advice, directly speaking to an individual member instead of the group, or questioning or interrupting whoever is speaking.

Cross talk is not referring to someone's share if you are moved by it or if it reminds you of your own experience. Nor is it sharing your own experience in response to a share. We try to avoid offering unsolicited advice or instruction. Therefore, many meetings discourage cross talk.

Specific examples of cross talk:

A member shares, "I drank alcohol and I don't know whether or not to start my day count over." Someone cross-talks, "You need to start your day count over or you are going out."

Another example: a member shares, "...and then I went to rehab and it changed my life..." Someone asks, "Excuse me, can you tell me where you went? I need a recommendation." When this happens, the chair may helpfully suggest that the members discuss the matter after the meeting.

Examples which are not cross talk:

A member shares, "I drank alcohol and I don't know whether or not to start my day count over." The next fellow says, "When I was counting days, I drank a beer. My sponsor and I fought about it. I started my day count over, because I didn't want to question it in my own mind."

Another example: John D. shares, "I am having a really hard time not picking up." Someone shares, "It was good for me to hear John. It helps me to know that other people feel like I do." This is not cross talk.

Since CMA doesn't make any rules for meetings, each group is autonomous and decides for itself how to address cross talk, if it occurs.

**New York Crystal Meth
Anonymous Intergroup**

P.O. Box 1517

Old Chelsea Station

New York, NY 10113

info@nycma.org 212-642-5029