

## MY FIRST STEP

STEP ONE: "WE ADMITTED THAT WE WERE POWERLESS over crystal meth and our lives had become unmanageable." When I came into the rooms, I didn't know how to approach it. But with the help of my sponsor and a Step worksheet with questions to ask myself, I slowly worked through it. In the end, I felt tremendous relief. This is my story. First my sponsor suggested that I write down my drug history and highlight passages that seemed especially noteworthy. With this in hand, I proceeded to the questions. Here are some of them and my answers:

How powerless was I during my active addiction? By getting high, I lost several jobs, exposed myself to several sexually transmitted diseases, and completely disconnected from family and friends.

How powerless am I over my addiction today? I still fantasize about getting high without suffering any consequences. I'm powerless over what triggers me to want to use, powerless over friends who still use, and especially powerless over my drug dreams. Luckily, I've slowly been able to identify some of my triggers and share about them at meetings.

How was my life unmanageable during my active addiction? As a result of losing work, my phone was disconnected. I lost two places to live. I landed in court. I lost valuable personal belongings, including a cherished record collection and my artwork. Today, thank God, life is much more manageable. My thoughts have become clearer, and my emotional state is much more balanced. My bills and rent are paid on time. My life flows much more smoothly. And having made it through some rough moments without resorting to drugs has given me my first sober references. The Step worksheet also suggested that I define the words *admit*, *accept*, and *honesty*.

*Admit:* This required me to examine my history honestly, without trying to deny my powerlessness and unmanageability.

*Accept:* There's no need to fight, hide, or be ashamed of what happened when I was using. These were awful events resulting from my own illness. In accepting that, I now feel a new freedom and sense of empowerment.

*Honesty:* The truth shall set me free. This is what has helped me most in early sobriety. I've revealed deeply personal things, shared about painful childhood memories, and processed the breakup of a relationship. Yes, it's

## EXPRESSIONS OF HOPE

been a bit dramatic at times, but I feel much better now. I'm very fortunate that I have a safe, sacred fellowship to turn to for help.

What does Crystal Meth Anonymous mean to me? In CMA I hear stories I can identify with—of staying awake for days looking for sex, of psychotic behavior. These stories remind me of my past and of how much worse it could get should I continue to use. By witnessing others get better, I slowly start to notice that I'm getting better myself.

A while ago, I was suffering from my own “stinkin’ thinkin’.” I felt nothing but a sense of doom. My sponsor suggested that I write a gratitude list, which is the last part of the First Step worksheet. Doing this I realized that it's very easy for me to concentrate on what isn't right, what could be, or what should have been. The reality is that I have what I need: a home, food, a job, decent health, medical care, support groups, friends, and family. Much of this could not exist if I were still using. For all this I am grateful. And I certainly could not have done it alone. —*Marcelo A.*