

If you are anything like many of us, you came into Pills Anonymous with one intention, to get rid of a seemingly hopeless addiction to pills. We came here at our darkest hours, feeling as hopeless and helpless as ever. Once having found our way into the rooms of Pills Anonymous, we heard people describing the insanities they had experienced while in active addiction. You may be able to relate to stories shared and feelings expressed. You are surrounded by people that have been where you are now, and have followed through with a program of action. They have recovered from their addiction!

These people have one thing in common:

They have found a Higher Power of their own understanding.

Do not let the talk of God deter you from the rooms. The Twelve Steps of PA is a spiritual program, not a religious one. Perhaps you came into PA without any sort of understanding or belief in a Higher Power. Maybe a past prejudice with religion has steered you away. It doesn't matter. All that is necessary is a willingness and an open mind to believe that a power greater than yourself may be able to restore you to sanity.

We came into the rooms of PA and found three things to be paramount above all else:

- 1. We had a problem with pills***
- 2. We couldn't solve the problem with pills***
- 3. A Higher Power of our own understanding***

In the past we had tried every method imaginable to quit using pills through our own power. Each attempt was met with yet another failure, as we soon fell back into old habits. This led us on a path of futility until we finally reached a point of desperation where we were willing to try a spiritual approach. Every day in our home lives we readily get rid of our old gadgets and devices which no longer work for us and exchange them for new ones that do. Now is the time to apply that same concept to your addiction to pills.

At first, all that is required is a willingness to believe that a higher power "of your own understanding" could restore you to sanity. Some people choose to adopt or come back to a traditional concept of God. Others may see their Higher Power as an underlying force such as nature or the universe. Some use the PA group itself. Still others do not define their Higher Power at all. It is important to emphasize that this is a concept of a Higher Power that is personal to you.

As you work through the Twelve Steps of PA, you start to notice a change in your way of thinking and attitude toward life.

You will feel relieved of your obsession with pills and begin to experience the life around you. You will feel a sense of freedom and peace. You will suddenly realize that your Higher Power has done for you what you could not do for yourself.

Pills Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from pill addiction. The only requirement for membership is an honest desire to stop using pills. There are no dues or fees for PA membership; we are self-supporting through our own contributions. Pills Anonymous is not affiliated with any religious group, politics organization, or institution. We do not wish to engage in any controversy and neither endorse nor oppose any cause. This is a program which works by regularly attending meetings and working the 12 Steps of Recovery with other pill addicts. Our primary purpose is to carry the message to the addict who still suffers. We work together to stay clean and help others achieve this same freedom.

THIRD TRADITION

The only requirement for membership is a desire to stop using pills.

Third Step Prayer

*God, I place my will and my life in Your care.
Open my mind and my heart to the light of
Your guidance.*

A Higher Power

