



IN THE SOLUTION



Welcome to Pills Anonymous. We are glad you are here. We are all here because we have a disease called addiction. This disease creates an obsession to use pills and an absolute inability to stop once we start. Active addiction has taken us to depths of unimaginable despair, corruption and defeat. We recognize that we have to change our lives and that we cannot do it alone. We assure you that there is a solution and recovery is possible. Our recovery consists of rigorous honesty, the opening of our minds and hearts, and the willingness to go to any lengths to have a spiritual awakening.

We move from our addiction and toward our recovery by practicing the Twelve Steps of Pills Anonymous. Through these steps we find the miracle of recovery, one day at a time.

1. We admitted we were powerless over our addiction to pills and all other mind-altering substances — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

By following these steps and connecting with a Power greater than ourselves, we surrender our old ideas and ways of life which no longer work for us. To some this process may seem overwhelming. However, our experience has shown that guided by this simple plan of faith and action it is possible to live a life filled with joy, gratitude and usefulness to others.