

Pills Anonymous Definition of Clean Time and Recovery

In Pills Anonymous we believe clean time is based on abstinence from pills and all other mind altering substances. Many of us came to P.A. due to addiction to prescribed medications, but we believe abstinence should NOT be limited to pills alone. As addicts we say that we have given up our right to seek a “sense of ease and comfort” from ALL mind-altering substances including, but not limited to: certain prescribed medications, alcohol, street drugs, and even some over-the-counter medications.

We understand there are instances in which mind-altering medication may be necessary. We suggest when these circumstances arise, we inform our doctors of our recovery from pill addiction, speak with our sponsor, and share our situation with other members of P.A. before making a decision about taking such medication.

Recovery is our goal, not just physical abstinence. We have found that through the P.A. program our perception has changed and we no longer see using pills as the solution. We believe the best foundation for maintaining and enjoying recovery is through sharing our experience, strength, and hope with each other and by working the Twelve Steps of Pills Anonymous.

