

FIRST STEP WORKSHEETS FOR CRYSTAL METH

These worksheets are not officially produced or approved by Crystal Meth Anonymous.
You can get the latest revision at <http://www.royy.com>

DO I HAVE A PROBLEM WITH CRYSTAL METH?

If you can't control your crystal use and really bad (or unacceptable) things happen when you use, you have a problem.

What probably started out as weekend or occasional use increased over time. You may have used crystal as a tool to work harder and longer, but couldn't keep a job. You may have used it to feel more at ease socially but came to require it. You may have had an insatiable sexual appetite. You may have endlessly tinkered with projects, accomplishing nothing, but found yourself so busy you couldn't get to work on time. You may have been up for hours picking at your face and arms.

As crystal permeated your life, the drug kept you thinking that staying up for nights on end was OK, that your use was under control, and that you could quit if you wanted to, or that you couldn't afford to quit, or that your using didn't harm your life.

You may have seen others high, or out of control—losing their apartments, their jobs, their significant others, or dieing. You might have been vaguely aware that you also have a problem but you wouldn't admit to yourself that these things were going to happen to you, too.

Your friends and families may have become concerned over your use, as did you. But you saw no way out, believing that there was no way to stop and that you would use until something stopped you—probably physical or mental illness, being sent to prison, or death.

In an honest moment, you probably have admitted to yourself that your drug use is causing serious problems in your life.

What's the problem?

Physical problems

- Has your use of crystal required you to go to a doctor or into a hospital?
- Does your use affect your health?
- Do you miss taking important medication because of your use?

Sex problems

- Do you cheat on your partner or spouse when you use?
- Have you gotten sexually transmitted diseases because of crystal sex?

- | | |
|---|------------------------------------|
| <input type="checkbox"/> HIV | <input type="checkbox"/> Gonorrhea |
| <input type="checkbox"/> Syphilis | <input type="checkbox"/> Chlamydia |
| <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Parasites |
| <input type="checkbox"/> MRSA staph infection | <input type="checkbox"/> Warts |
| <input type="checkbox"/> Herpes | <input type="checkbox"/> Crabs |

- Do you spend too much time on the Internet looking for sex?
- Are you sexually insatiable even after many partners or days of sex?
- When you use do you have dangerous sex or sex of a type you otherwise wouldn't want?
- Do you need to use to have sex, or to have the kind of sex you want with the kind of people you want?

Financial problems

___ Has crystal seriously injured your finances?

Work Problems

___ Have you lost a job because of crystal?

___ Does using result in your missing work or affect the quality of your work?

___ Do you neglect your ambitions because of your using?

___ Do you need crystal to do your work or keep up with your family obligations?

Psychiatric problems

___ During or after partying, do you sometimes feel:

___ hopeless or depressed, or think about committing suicide?

___ that your neighbors are watching you?

___ that there is a conspiracy against you?

___ After staying up have you ever seen or heard things that were not there?

___ Have you attempted suicide after using?

___ Have you felt you needed psychiatric care as a result of crystal use?

Problems at home

___ Does using make it difficult for you to find or sustain a romantic relationship?

___ Does crystal cause you to neglect your duties to your significant other?

___ Do you disappear for days from people who are concerned about you?

___ Have you lost friends because of your use?

I wouldn't have a problem if I could limit my use of crystal.

You probably tried to control your crystal use but you weren't successful. As much as you wanted to control your use, crystal continued to rob you of your life. Here are some of the things you may have tried and which didn't work:

___ tried not to use until Friday night but started Thursday night and missed work on Friday (and perhaps Monday and Tuesday), and then went into work wrecked anyway,

___ stopped using crystal for weeks or months, but eventually used even more, and

___ wanted to stop partying but couldn't stop until your body gave out.

___ Your use steadily increased, even against your will.

If you have concluded you might have a problem with crystal meth, continue to the next section.

SUGGESTIONS

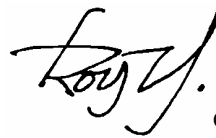
"The Steps shall set you free, but first they'll piss you off." (modern, anon.) Don't be surprised if you get **very angry** while doing these worksheets.

Here's your first opportunity in the program to be fearless and honest. You don't have to fill in every blank or write well (in recovery you get no points for grace and style), but work hard to find plenty of examples. Make sure your notes are clear so that you can understand them later in your recovery when you may want to review them. People often review their First Step worksheets on their one-year anniversary and notice how far they have come in their understanding of their problem with crystal meth.

You don't have to show these worksheets to anyone--they are to help **you** understand your personal experience with crystal. However, you will probably want to discuss with your sponsor some of the incidents on these worksheets.

In addition to doing these worksheets, read Step One in any other *Step* workbook or guide. Narcotics Anonymous has a good *Step* workbook (about \$12 from the Tuesday 7:30 pm and the Friday 8 pm CMA beginners' meetings in New York City or from NA, more from bookstores). Most large bookstores have recovery sections. You can browse for *Step* guides. Take several to the bookstore coffee shop and skim. Pick the one which seems most comprehensible to you and most in tune with your concept (or not) of God or *Higher Power* (the two are used synonymously in CMA and the other Anonymous programs). You can use this book throughout your *Step* work.

Any questions? Ask your sponsor or call me.



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STEP 1

We admitted we were powerless over crystal—

—that our lives had become unmanageable.

Concept 1: POWERLESSNESS OVER AMOUNT OF CRYSTAL CONSUMED

1.1 Have you ever tried to **stop using** completely? Give examples:

- a. _____

- b. _____

- c. _____

What was the result?

- a. _____

- b. _____

- c. _____

1.2 Have you ever tried to **limit** or **control** the **amount** of crystal you used by **limiting dosage** (for instance, promising yourself or someone else you would have only 2 bumps at a party)? Give examples:

- a. _____

- b. _____

- c. _____

What was the result?

- a. _____

- b. _____

- c. _____

1.3 Give examples of **how** you tried to **limit** or **control** the **amount** of crystal you used by **switching drugs** (for instance, switched from crystal to cocaine or ecstasy, or switched to alcohol):

- a. _____

- b. _____

- c. _____

What was the result?

- a. _____

- b. _____

- c. _____

- 1.4 Give examples of **how** you tried to **limit** or **control** the **amount** of crystal or drugs you used by **limiting the time** for using (for instance, decided not to use after Sunday noon):
- What was the result?
- a. _____ a. _____

- b. _____ b. _____

- c. _____ c. _____

- 1.5 Have you ever awakened after a period of using and found that you could not remember some part of the run? Give examples:
- a. _____

- b. _____

- c. _____

Concept 2: POWERLESSNESS over BAD RESULTS from Using

- 2.1 What have you done to try to use without bad results (for example, to use only at home, or not to leave the house after starting to use)
- What was the result?
- a. _____ a. _____

- b. _____ b. _____

- c. _____ c. _____

- 2.2 What have you done to try to limit or avoid the bad effects of using on your health (for example, remember to eat, drink Gatorade® and take your prescribed medications):
- What was the result?
- a. _____ a. _____

- b. _____ b. _____

- c. _____ c. _____

- | | |
|---|---|
| <p>2.3 How else did you try to control the other bad results of your using, and were you successful?</p> <p>a. _____
_____</p> <p>b. _____
_____</p> <p>c. _____
_____</p> | <p>What was the result?</p> <p>a. _____
_____</p> <p>b. _____
_____</p> <p>c. _____
_____</p> |
|---|---|

**Concept 3: UNMANAGEABILITY:
THE UNACCEPTABLE RESULTS OF MY USING**

- 3.1 What was it in your life that was **unacceptable to you** and brought you to Crystal Meth Anonymous?
- a. _____

- b. _____

- c. _____

- 3.2 What **crisis** other than the one that finally brought you into CMA would eventually have occurred?
- a. _____

- b. _____

- c. _____

- 3.3 How has using affected your **self-esteem, self-image or self-respect**?
- a. _____

- b. _____

- c. _____

- 3.4 Have you ever gotten into **physical fights** or been mugged as a result of your using?
- a. _____

- b. _____

- c. _____

3.5 Have you ever **lost a job or a promotion** as a result of your using?

- a. _____

- b. _____

- c. _____

3.6 Have you ever **lost a lover or significant friend** as a result of your using?

- a. _____

- b. _____

- c. _____

3.7 Have you been **hospitalized** (regular or psychiatric) as a result of your using?

- a. _____

- b. _____

- c. _____

3.8 Have you been very **depressed** and/or felt life was not worth living (crystal often causes severe depression)? Have you attempted suicide?

- a. _____

- b. _____

- c. _____

3.9 How has using affected your **goals for your life**, and the progress you have made to achieve them?

- a. _____

- b. _____

- c. _____

3.10 How has using affected your **health** (heart, liver, stomach, skin, nervous system [peripheral neuropathy, or tingling/pain/numbness in fingers or toes])?

- a. _____

- b. _____

- c. _____

3.11 Give some examples of your using putting your life or the **lives of others in danger**?

- a. _____

- b. _____

- c. _____

3.12 What is it about your behavior when you drink that your lover/family/friends object to most?

- a. _____

- b. _____

- c. _____

3.13 Has any **physical abuse** happened to you or others as a result of your using?

- a. _____

- b. _____

- c. _____

3.14 How has your using adversely affected you even when you are sober?

- a. _____

- b. _____

- c. _____

CONCLUSIONS

4.1 What convinces you that you can no longer use crystal or other drugs safely?

- a. _____

- b. _____

- c. _____

4.2 Are you admitting or accepting? What is the difference between these two things? How are you accepting through your behavior?

4.3 Do you have a problem with crystal? ____

4.4 Give 15 reasons why you should continue in the program of Crystal Meth Anonymous?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____