

DANGERS OF CROSS ADDICTION

As stated in our third tradition, the only requirement for membership in Marijuana Anonymous is a desire to stop using marijuana. There is no mention of any other drugs or alcohol. This is to adhere to the "singleness of purpose" concept, but many of us have found that the only way that we can keep our sobriety is to abstain from all mind and mood altering chemicals, including alcohol.

When we give up the drug of our choice, a void is created. The initial struggle to abstain from marijuana use often leaves us vulnerable. To fill this void we may start to use, or increase the use of, other substances such as alcohol, cocaine, pills, or other self-prescribed drugs. Although we may not now be addicted to these substances, their use can lower our inhibitions, leaving us open to repeating old patterns of thinking and behaving that can lead back to marijuana use. The fact that we became addicted to marijuana reflects a tendency towards behavior that may lead to cross addiction or substitution addiction to these substances.

To reiterate, the only requirement for membership is a desire to stop using marijuana. It is important, however, to recognize the potential to create one problem as we strive to recover from another.