

Twelve Steps

of Psychedelics In Recovery™

1. We admitted we were powerless over addiction - 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 a Higher Power of our own understanding.
4. Made a searching and fearless inventory of ourselves.
5. Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.
6. Were entirely ready to have our Higher Power remove any characteristics that cause suffering.
7. Humbly asked our Higher Power to remove these obstacles.
8. Made a list of all beings we had harmed and became willing to make amends to them all.
9. Made direct amends to such beings wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were out of alignment with our values, promptly admitted it.
11. Sought through spiritual practice to improve our conscious contact with a Power greater than ourselves, asking only for knowledge of this Power's will for us and the ability to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others seeking recovery and to practice these principles in all areas of our lives.

These Steps provide us with a foundation from which to prepare, process, and integrate psychedelic experiences into a program of recovery. Those who have embraced other 12-step programs may find it helpful to maintain their connection to those groups and fellows. We also welcome those who have no connection to other 12-step fellowships and hope they may find this Fellowship to be a bridge to 12-step recovery. Some people may find it difficult to share about the integration of psychedelics with others in traditional recovery groups. Each of us must determine for ourselves when, how and with whom we can talk openly about our involvement in this Fellowship without fear of judgement or stigmatization.

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