

**Can Crystal Meth  
Anonymous help?**

Only you can answer that question.  
This pamphlet will help you ask some  
basic questions that will help you decide.

**San Diego Crystal Intergroup**  
1286 University Ave. #706  
San Diego, CA 92103  
  
[www.SanDiegoCMA.org](http://www.SanDiegoCMA.org)  
[info@SanDiegoCMA.org](mailto:info@SanDiegoCMA.org)  
619.342.1656 - VM

**Do  
I  
Have  
A  
Problem?**

**SDCMA**

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## Do I Have A Problem?

Is crystal a problem in your life? Are you an addict? Do you need Crystal Meth Anonymous? Only you can answer those questions. If you are unsure about whether or not you have a problem with Crystal Meth, it might help to take a minute to answer these questions:

Is crystal making you depressed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is crystal making you feel hopeless?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you tried unsuccessfully to stop or reduce your crystal use?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you ever crave crystal?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you ever use alone?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you use crystal to boost your confidence?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has your use increased?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you use crystal to escape from Problems or stress?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you ever feel guilt or remorse After using crystal?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you lie about how much or how often you use?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you paranoid? (Do you think people are watching you or there is a conspiracy against you?)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you ever use crystal to wake up in the morning or to get through the day?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever felt like you need therapy or psychiatric help as a result of your crystal use?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you ever feel suicidal after Using crystal?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has your use of crystal required you to go into the hospital or see a doctor?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you miss taking important medication because of your use?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you need crystal to have sex?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Are you sexually insatiable, even after many partners or days of sex?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you gotten sexually transmitted diseases because of crystal sex?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> HIV <input type="checkbox"/> Syphilis <input type="checkbox"/> Chlamydia	
<input type="checkbox"/> Parasites <input type="checkbox"/> Herpes <input type="checkbox"/> Hepatitis	
<input type="checkbox"/> Gonorrhea <input type="checkbox"/> Crabs <input type="checkbox"/> Warts	
When you use do you have unsafe sex or sex of a type you otherwise wouldn't want?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you need crystal to have the kind of sex you want?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has crystal seriously injured your finances?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you spend more money than you would like on crystal?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does using result in your missing work or affect the quality of your work?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you lost a job because of crystal?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you neglect your ambitions because of your using?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you need crystal to do your work?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is your crystal use jeopardizing your job or business?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does using make it difficult for you to find or sustain a romantic relationship?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you disappear for days from people who are concerned for you?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does crystal cause you to neglect your duties to your family or significant other?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you lost friends because of your use?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Some of us answered "yes" to many of these questions. Some of us answered "yes" to just a few. How many didn't matter. What mattered was how we felt inside and how crystal was

affecting us. "Do I have a problem with crystal meth?" is a question only you can answer.

## Can Crystal Meth Anonymous help you?

CMA is helping a lot of people. Maybe it can help you too.

CMA is a group of people who used crystal until it became a serious problem. We support each other in sobriety through meetings and socializing together. We use a variety of techniques to create a safe environment and to stay clean. We use a twelve-step program based on the principles of Alcoholics Anonymous.

The steps offer a plan for recovery that helps us repair the damage that crystal has caused.

This is a practical program, giving us the tools to stay clean one day at a time. Together we have found that we could stay clean and sober, and achieve a fulfilling life.

## What can I do now?

The most important things you can do today are:

- Don't use crystal today;
- Attend a CMA meeting. There are meetings throughout the week. For the current list go to [www.sandiegocma.org](http://www.sandiegocma.org) or call 619-342.1656.

At meetings, you will meet others who have found a solution. You will meet other people who want to help. We have all been through what you're going through and we'll help you to stop using crystal.

If you want help, you can find it in the fellowship of Crystal Meth Anonymous. You don't have to use crystal anymore. You can have your life back.