

# Psychedelics in Recovery Guiding Principles

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We suggest...

1. Honesty in our considerations for approaching psychedelic use of any kind. We should have a trusting relationship with a sponsor and other fellows in our support network in both our primary qualifying fellowship (NA, AA, SLAA, etc.) who we can openly talk to without fear of judgment or being stigmatized.
2. Thoughtfulness and respect for integrating conscious, intentional use of psychedelics as part of our recovery. We treat these tools as medicines, sacraments, or catalysts for ceremonial use and spiritual growth, not as substances or drugs. Set and setting matter.
3. Using caution when deciding whether to ingest any psychedelic. We research our sources, we check a sample for impurities whenever possible, and we test a small dose to determine effect response.
4. Acknowledging that many of these medicines are considered to be “prohibited substances” under the law, and the same risks apply to us. We educate ourselves in knowing our rights and how to use them, and what behavior has certain protections and what doesn’t. We avoid risk, such as operating a vehicle or doing anything that could endanger the health and well-being of children or minors.
5. Personal discretion regarding disclosure of the role psychedelics and/or plant medicines have in our recovery. We understand that talking about psychedelics in mainstream AA or NA meetings may be deemed “an outside issue.”
6. Relying on the fundamentals of Step Twelve when “carrying the message of recovery” in the context of our fellowship to the still sick and suffering or longtime members from other fellowships that are new to ours.
7. Being mindful of the primary purpose of our fellowship, which is to provide a safe space for fellows to share experience, strength, and hope regarding the use of psychedelics and plant medicine in our recovery. Our fellowship is not designed to be a forum for sourcing or to find peers to participate in sessions.
8. Respecting our fellows’ right to find their own definition of sobriety and whether to embrace abstinence, harm reduction or other strategies of recovery.

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