

Frequently Asked Questions: For Those New to PIR

Please note that answers have been sourced by the community.
We are not clinicians or professional therapists.

1. Q: Who are we, and why are we here?

A: Psychedelics in Recovery is a 12-step fellowship of people from all 12-step programs and other paths of Recovery who share our experience, strength, and hope with each other. Our primary purpose is to pursue Recovery and help others do the same, as defined by the individual. The only requirement for membership is a desire to recover from our addictive behaviors and/or an interest in psychedelics and/or plant medicines as an aid to our process of Recovery.

2. Q: Is this Fellowship for people who are addicted to psychedelics?

A: No. PIR focuses on integrating the safe, intentional, and/or ceremonial use of psychedelics and/or plant medicines with 12-Step Recovery. If members have resisted working the steps or have not yet found the right space to do them, we hope PIR may be a bridge to 12-Step Recovery. Some of our members may have experienced addictive tendencies with psychedelics and/or plant medicines at times. They may be able to help identify what psychedelic addiction looks like. Primarily, PIR focuses on the healthy use and integration of psychedelics and/or plant medicines into our Recovery program.

3. Q: How does PIR help?

A: PIR is a 12-Step Fellowship open to all members seeking Recovery from harmful behaviors. We accept the responsible use of psychedelics and/or plant medicines to enhance our individual lives. PIR welcomes many models of Recovery, including harm-reduction and medication-assisted models of Recovery, which are more flexible than traditional abstinence-based 12-Step models. We are an informal peer support space that recognizes and respects trauma survivors' opportunity to heal in community through a spectrum of group sharing models from silent or neutral group acceptance to kind and loving reflection ("Feedback") from others.

4. Q: How are PIR meetings similar or different from other 12-Step fellowship meetings?

A: Like many traditional 12-Step meetings, we have a few standard readings that include the 12 steps as adapted for PIR. We generally allow time for individual members to share their experience, strength, and hope, with or without integrating the use of psychedelics and/or plant medicines into their recovery program. We allow for self-defined recovery/sobriety/ abstinence from harmful use/behaviors, and we also talk openly about trauma recovery.

5. Q: Are people in PIR in other recovery programs, too?

A: Many fellow travelers have been or are currently also in AA, NA, ACA, Al-Anon, CoDA, Recovery Dharma, and non-faith based fellowships, to name a few. Some members have had trouble with substances, like drugs or alcohol; others have more process or behavioral addictions, like gambling, overeating, or codependency.

6. Q: Do I have to work the steps to recover?

A: Recovery is unique to each individual. There are no 'Rules' here, but as a 12-Step group, we encourage members to work the steps as soon as they can, or at least work towards applying the principles and concepts of the 12 steps in their daily living.

7. Q: Do I have to admit I have a problem with drugs or alcohol?

A: If we have a problem with drugs/alcohol/other harmful behaviors, healing can begin when we accept that for ourselves and admit it to others. Admission of loss of control (or powerlessness) over harmful behavior is the first step. We encourage you to practice rigorous honesty with yourself and trusted others. Open up when it feels safe for you.

8. Q: When and how do I ask questions?

A: If you are new, the best place to ask questions is from more experienced members in the digital "Parking Lot" after the meeting. The parking lot is considered the "meeting after the meeting" for more open discussion and community building. We share our experiences but do not give advice or tell others what to do. It is worth noting that the parking lot is not a space to promote oneself for financial or material gain.

9. Q: What does sobriety mean in PIR?

A: In PIR, we allow members to define what sobriety means to them. In PIR, it mostly means abstaining from self-defined harmful behaviors. These could be substance-based or process-based sobriety. Some people are "sober from": alcohol, methamphetamine, cigarettes, etc., and others are "sober from": self-injury, gambling, sex, or food addiction.

10. Q: Regarding alcoholics and addicts using psychedelics and plant medicines, what about the phenomenon of craving or relapse?

A: "Craving" is the basis for addiction. "Relapse" is engaging in self-defined harmful behaviors after a period of abstinence. For alcoholics and addicts, craving occurs as a response to ingesting our drug of choice or engaging in self-destructive behavior. Addiction is generally defined as craving, compulsion, loss of control/ inability to stop engaging in self-defined harmful behavior(s), with or without negative consequences. In PIR, some members mindfully use psychedelics and/or plant medicines to reduce the craving and obsessions often associated with addiction. Psychedelics are not considered inherently addictive and should not cause craving or relapse. If they do, we contact our sponsors, fellow travelers, or trusted others to promptly restore a healthy recovery process. Please find more information on our Cares and Considerations document.