



FAQ - FREQUENTLY ASKED QUESTIONS: For Those New to PIR

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

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

A: Psychedelics in Recovery is a 12-step fellowship of people from many 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, as defined by the individual, and to help others do the same. The only requirement for membership is a desire to recover from addiction and/or an interest in the use of psychedelics and/or plant medicines as an aid to our process of recovery.

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

A: No. Although some members may have experience with abuse of psychedelics or plant medicines and might be able to help identify signs of psychedelic addiction, PIR is focused on integrating the safe, intentional, and/or ceremonial use of psychedelics and/or plant medicines into a healthy 12-step process of recovery.

Q: How does PIR help?

A: PIR is open to all seeking recovery from addiction, with an overarching awareness of the potential for the responsible use of psychedelics and/or plant medicines to improve and enhance the individual and communal lives of our members. We encourage our members to speak openly about recovery. We are an informal, peer support space that provides an opportunity for individuals to heal in community by incorporating practices gleaned from a spectrum of group-sharing models, ranging from silent or neutral group acceptance to kind and loving reflection (“feedback”) from others.

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 virtual “parking lot” after the meeting. The parking lot is considered the ‘meeting after the meeting’ and allows 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.



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

A: PIR groups tend to be more accommodating to a wider range of approaches to recovery than those typically espoused by members of traditional abstinence-based 12-step groups. PIR members often find healing by following models of recovery that integrate harm-reduction strategies or medication-assisted therapy. However, as is true in many traditional 12-step fellowships, our meetings typically open with a few standard readings, including the 12 Steps as adapted for PIR, and provide participants the opportunity to share their experience, strength, and hope. Participants who choose to share about their use of psychedelics and/or plant medicines will not be stigmatized in PIR. We allow members to self-define their understanding of recovery/sobriety/abstinence, and we encourage individuals to embark on a process of exploration to discover for themselves the most effective methods for recovering from their addictions.

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 experienced trouble with substances like drugs or alcohol; others may have found themselves suffering from process-based or behavioral addictions, such as gambling, overeating, or codependency.

Q: Do I have to work the Steps to recover?

A: No. We encourage members to find their own path to recovery. For some, this may involve following the 12 Steps. We encourage members to work the Steps and apply those principles and concepts in their daily lives.



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

A: If we find we have a problem with drugs, alcohol, or harmful behaviors, healing can begin when we accept this for ourselves and we admit it to others. Admission of loss of control (or “powerlessness”) over addiction is the First Step. We encourage you to practice rigorous honesty with yourself and trusted others. Share when you feel comfortable and safe.

Q: What does sobriety mean in PIR?

A: In PIR, we allow members to define what sobriety means to them. Generally, sobriety is characterized by abstinence from self-defined harmful behaviors. These behaviors could be substance-based or process-based. Some members are sober from alcohol, narcotics, or tobacco; others are sober from codependence, self-injury, gambling, sex, or food addiction.

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

A: “Craving” and avoidance of the symptoms of withdrawal are part of the basis for addiction. “Relapse” refers to engaging in self-defined harmful behaviors after a period of abstinence. For alcoholics and addicts, the phenomenon of craving occurs as a response to ingesting our drug of choice or engaging in self-destructive behavior. Addiction is generally defined as craving, compulsion, and a loss of control or an inability to stop engaging in self-defined harmful behavior(s). In PIR, some members mindfully work with psychedelics and/or plant medicines to reduce the craving and obsessions often associated with addiction. Most psychedelics are not considered inherently addictive. If we experience the phenomenon of craving or relapse, we contact our sponsors, fellow travelers, or trusted others to promptly restore a healthy recovery process. Please find more information in our Cares and Considerations document.