



THE 12 STEPS OF PSYCHEDELICS IN RECOVERY

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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.



THE 12 TRADITIONS OF PSYCHEDELICS IN RECOVERY

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1. Our common welfare should come first; personal recovery depends upon PIR unity.
2. For our group purpose, there is one authority: loving-kindness, as expressed through our group conscience. Our leaders are trusted servants, they do not govern.
3. The only requirement for PIR membership is an interest in psychedelics and/or plant medicines to aid our recovery process; however, PIR does not endorse the use of any substances.
4. Each group should be autonomous except in matters affecting other groups or PIR as a whole.
5. PIR's primary purpose is to pursue recovery and help others do the same.
6. PIR groups or PIR as a whole ought to refrain from endorsing, financing, or lending the PIR name to any related facility, outside enterprise, or individual, lest problems of money, property, or prestige divert us from our primary purpose.
7. PIR as a collective is entirely self-supporting, declining outside contributions.
8. PIR service work is voluntary, but we may employ special workers.
9. PIR may create service boards or committees directly responsible to those they serve, however, PIR functions in the spirit of allowing all members an opportunity to volunteer.
10. Individual PIR members have a variety of opinions on outside issues; however, members remain mindful that PIR is an inclusive program and are respectful when sharing and listening about sensitive topics. PIR, as an organization, has no opinion on outside issues.
11. At a public level, we may self-disclose our involvement in PIR if we do not proclaim to represent the organization. As members of PIR, we respect and protect all members' anonymity.
12. The spiritual intention of PIR is to create diverse, safe, and sacred spaces for all who wish to recover...always striving for humility over hubris and principles before personalities.



GUIDING PRINCIPLES

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We suggest honesty in our considerations for approaching psychedelic use of any kind. We recommend a trusting relationship with a sponsor or other fellows in a 12-step recovery program

We suggest thoughtfulness and respect for integrating conscious, intentional use of psychedelics as part of 12-step recovery. We treat these tools as medicines, sacraments, or catalysts for ceremonial use and spiritual growth, not as substances or drugs for temporary pleasure or escape. Set and setting matter.

We suggest using caution when deciding whether to ingest any psychedelic. We educate ourselves and make informed decisions.

We suggest personal discretion regarding disclosure of the role psychedelics and/or plant medicines have in our recovery. We understand that talking about psychedelics in mainstream 12-step meetings is deemed an “outside issue.”

We suggest relying on the fundamentals of Step 12 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.

We suggest being mindful of the spiritual intention of our fellowship, which is to provide a safe space for us to share experience, strength, and hope regarding the use of psychedelics and plant medicine in our 12-step recovery process.

Please respect our fellows’ right to find their own definition of recovery.

We do not use PIR meetings or parking lots for sourcing medicines, self-promotion for financial gain, finding others to participate in sessions, recommending retreat centers, organizations, and/or individuals to facilitate psychedelic experiences.



INTEGRATION AND A PLAN OF ACTION

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The word ‘psychedelic’ means "mind-manifesting." The word ‘entheogen’ means “discovering the divine within.” When these are applied under the right conditions, with right intention and with the utmost respect, they can provide us with profound insights, healing, and sometimes radical shifts in personal awareness. We do not consider the use of psychedelics to be destructive. We do not use them for numbing, escapism or avoidance. We practice openness and honesty when integrating psychedelics into our 12-step program because they help us become more aligned with our primary goal of recovery.

It is worth noting that Bill Wilson, one of the co-founders of A.A. had his own experiences with psychedelics, specifically LSD, and recognized its transformative potential. He likened the experience to his original “white-light” encounter that was the bedrock for the “spiritual awakening” discussed in the Big Book literature. We feel that the implications of this are far-reaching and worth exploring.

To quote the Big Book of Alcoholics Anonymous: “***There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a [person] in everlasting ignorance – that principle is contempt prior to investigation.***” pg. 568, 4th Edition.

If you have explored or are interested in exploring psychedelics as a therapeutic aid to your process of recovery, then you may find this Fellowship has a lot to offer.

We suggest what many 12-step fellowships suggest:

- Working the 12 Steps with a sponsor or a group of fellows.
- Finding a home group for fellowship and connection in recovery.
- Looking for ways to be of service.



PREAMBLE

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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. As our third tradition states: “The only requirement for membership is an interest in psychedelics and/or plant medicines as an aid to our recovery process.”

Our members either have had prior experience with, or are interested in, integrating the intentional use of psychedelics and/or plant medicines into our spiritually-oriented program.

Psychedelics in Recovery is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. We do not sell or promote the use of any substances. This is a safe space in which we can openly discuss the role of psychedelics in our individual recovery journeys. While psychedelics are not considered inherently addictive, we practice mindfulness and accountability around the intentions we carry in the utilization of these medicines.

We recognize that some in recovery may form addictive patterns with anything that induces altered states. If we find we are using these experiences in self-destructive ways or as a means to escape or avoid, we practice rigorous honesty with ourselves and trusted others in order to promptly restore a healthy recovery process.



SAFETY GUIDELINES

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As PIR continues to grow, it is essential that we establish a safe container for all of us to heal and recover together. We can be willful people and many of us come here with a history of trauma. We include all members; those who are aggressive as well as those who are shy. A healthy meeting space maintains a balance between these extremes of personality expression. PIR strives to be a trauma-sensitive 12-step fellowship that focuses on equity and inclusion and allows each individual member to find their own definition and path of recovery. With that, please see our suggested safety guidelines:

Protecting PIR as a Whole:

Legality of Psychedelic Substances: Psychedelic medicines are not legal or decriminalized in many places. In order to protect PIR, we must not promote psychedelic services or disclose where to find psychedelic substances in the meeting or in the parking lots.

Safety in Meetings:

Each Meeting is autonomous and is also a reflection of PIR as a whole. Each meeting has the primary purpose to pursue recovery and welcome newcomers. Each meeting can decide how it is run, provided that decision is guided by the group conscience. PIR unity is as important as individual group autonomy.

We suggest each meeting follow the basic meeting format that includes the adapted 12 Steps and Traditions, Integration and a Plan of Action and the Guiding Principles.

We suggest each group and individual member maintain an atmosphere of recovery. Be mindful of language, screen etiquette, crosstalk, sexual or inappropriate behavior in the meeting or in the parking lot after the meeting. Inappropriate behavior can include and is not limited to: bullying, derogatory comments, negativity, harsh judgments, medical/psychiatric advice, self-promotion of one's own business & predatory comments. If a meeting decides by group conscience to adopt aspects "outside" the basic format (e.g. crosstalk/feedback, double dipping, profanity allowed), this could be mentioned in the meeting format readings so newcomers know what to expect in that individual meeting.

We suggest that each meeting have a General Service Representative (GSR) to connect the group/meeting to PIR as a whole. GSRs attend their own groups Business Meetings. GSRs also attend a monthly GSR Business Meeting (with all the other GSRs) and make reports to both meetings.

We suggest that meeting Chairs are able to confidently maintain and facilitate a safe meeting space; By Intergroup Conscience, Chairs have the authority and obligation to address disruptive behavior either directly or in the chat, and mute or remove disruptive individuals, if necessary, from that meeting.

We suggest modulating dominating behavior to promote inclusion: double-dipping can be perceived as dominating. Chairs are encouraged to promote an environment of inclusion and understanding; even allowing for a few moments of silence, creating the space for individuals to collect their thoughts and speak up.

We suggest that Meeting Chairs need to have a sufficient amount of self-defined recovery to be of effective service.



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.



FAQ - FREQUENTLY ASKED QUESTIONS: For Those New to PIR (continued)

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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.



FAQ - FREQUENTLY ASKED QUESTIONS: For Those New to PIR (continued)

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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.



SUGGESTED MEETING SCRIPT

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Welcome to the *(individual meeting name)* **meeting of Psychedelics in Recovery!**

(Entheon, Sat. Morning Live, Integration, O.G., Women's, Step Study, etc.)

My name is _____, and I'm a person in recovery and Meeting Chair for today.

Opening: Let us start the meeting with a moment of silence followed by the Serenity Prayer.

PIR Preamble:

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SUGGESTED MEETING SCRIPT (continued)

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Is anyone new to PIR or new to this PIR meeting who would like to introduce themselves, and share your primary qualifying fellowship if you have one?

(Optional Readings)

I have asked _____ to read "[The Guiding Principles](#)."

I have asked _____ to read "[Integration And A Plan of Action](#)."

I have asked _____ to read the [12 Steps of PIR](#).

I have asked _____ to read the [12 Traditions of PIR](#).

Additional [Member Materials](#) can be found under the "resources" tab of the website

Main Meeting Portion:

Speaker Discussion / Topic Discussion / Steps or Literature

This is a _____ (describe format) meeting.

(Suggested Speaker Meeting Format: speaker shares their experience, strength, and hope for 10-15 minutes followed by brief shares by others.)

When the speaker, reading or opening topic ends: Now we turn the meeting over to individual shares. Please limit shares according to group size, sharing for about 3 minutes, so that everyone with a desire to speak may do so. Who would be willing to serve as a timekeeper (if needed)?

The meeting is now open for shares on one's own experiences related to 12-step recovery with or without psychedelic experiences.



SUGGESTED MEETING SCRIPT (continued)

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Meeting Ending:

(When either everyone who wanted to share has shared or time has run out)

Thank you for a really good meeting. That is all the time we have for sharing. We do however have time for a burning desire. A burning desire occurs if someone feels they may use, act out, hurt themselves, or hurt someone else if they do not share now. Does anyone have a burning desire?

Contributions can be made through our website: www.psychedelicsinrecovery.org/ by clicking on the 7th Tradition link.

We have meetings every day. The meeting calendar can be found on our website. We also have a [Psychedelics in Recovery private Facebook group](#).

Are there any PIR or Recovery related announcements?

Thank you for letting me be of service, now let's close with a moment of silence followed by the Serenity Prayer.



SUGGESTED MEETING SCRIPT (continued)

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OPTIONAL ADDITIONS

ANONYMITY:

PIR is an anonymous fellowship. We value anonymity, integrity, and our intention in cultivating a safe space. However, certain risks exist in both in-person and virtual meetings. Personal privacy and anonymity are your responsibility. Remember that who you see here, what you hear here, when you leave here, let it stay here.

7TH TRADITION BREAK:

PIR is fully self-supported through our own contributions. If you would like to donate to PIR, please visit the website at psychedelicsinrecovery.org and click on the 7th tradition link. You can choose to make a one-time donation or arrange for a monthly contribution to be given automatically.

[CLOSED MEETING ONLY] *(if voted to be a closed meeting):*

Before we begin, please note this is a closed meeting of PIR. Closed meetings are for those who identify as being in recovery or with a desire to find recovery from addictive behaviors through integrating the 12 Steps with or without psychedelic substances. If you feel that this statement does not apply to you at this time, we kindly ask you to leave the room before we begin.

See [Safety Guidelines](#) & [Meeting Netiquette](#) documents for further suggestions