

Dangers of Cross Addiction



Excerpt from "Dangers of Cross Addiction" pamphlet

As stated in our third tradition, the only requirement for membership in Marijuana Anonymous is a desire to stop using marijuana. There is no mention of any other drugs or alcohol. This is to adhere to the "singleness of purpose" concept, however, many of us have found that the only way that we can keep our sobriety is to also abstain from alcohol and all other mind-altering substances (unless those other substances are taken as prescribed)..

When we give up the drug of our choice, a void is created. The initial struggle to abstain from marijuana use often leaves us vulnerable. To fill this void, we may start to use, or increase the use of, other substances such as alcohol, cocaine, pills, or other self-prescribed drugs. Although we may not now be addicted to these substances, their use can lower our inhibitions, leaving us open to repeating old patterns of thinking and behaving that can lead back to marijuana use. The fact that we became addicted to marijuana reflects a tendency towards behavior that may lead to cross addiction or substitution addiction to these substances.

To reiterate, the only requirement for membership is a desire to stop using marijuana. It is important, however, to recognize the potential to create another problem as we strive to recover from this one.