

## Welcome to Mar-Anon

Many times, we have heard:  
*"It's just pot - what's the problem?"*

Confusion and self-doubt ensue. We spin between the belief that marijuana is harmless and our own conviction that something is wrong in our relationship with a habitual user. We can feel isolated. We can even feel like we are going crazy.

We in Mar-Anon understand. Although many think it less serious than other drugs or alcohol, marijuana is a mind and mood altering drug that can be addictive for some people. For those who seek recovery from marijuana abuse, there is a 12-Step program - Marijuana Anonymous. For friends and families whose lives are affected by a loved one's marijuana use, there is Mar-Anon.

Like any addictive behavior, habitual marijuana use has an impact that extends beyond the user. In Mar-Anon, we seek to recover from the effects of this family disease by learning about addiction and co-dependency; taking responsibility for our own lives; and by sharing experience, strength and hope with one another. The only requirement for membership in Mar-Anon is that a person be affected by another's marijuana use.

Dealing with someone's addiction can be a painful struggle but it also creates opportunity. While we have found that we cannot change others, we can transform ourselves and create more serenity, clarity, and happiness in our lives.

## Why is marijuana different?

The widespread belief that marijuana cannot be addictive creates added stress for users and family members who are already suffering. With alcohol, cocaine, or even gambling, it is commonly understood that these addictions are illnesses and often require outside help. Marijuana users, on the other hand, can struggle for years in a vacuum without information or intervention. Though Mar-Anon takes no position on the legal, medical or political status of marijuana, we recognize that the increased availability of medical marijuana and legalization create additional challenges and controversy. Eventually, we hope everyone will understand that marijuana is like alcohol - some people can use it moderately, socially, and some people cannot.

## What is Mar-Anon?

Over the years, some of us have tried to find support in Al-Anon or Nar-Anon. Many have reached out to Marijuana Anonymous (MA) desperately looking for help.

Mar-Anon is a fellowship of those affected by another person's marijuana use. Its foundation is the Twelve Steps, adapted from Marijuana Anonymous, which can be a powerful, life-changing tool. We come together to work the steps and offer hope, comfort, and support for other members. We are not a religious group, instead we use the steps as a path of self-discovery and personal change.

## Can Mar-Anon help me?

- 1) Do you think someone in your life is addicted to marijuana?
- 2) Is marijuana use a source of conflict in your relationship?
- 3) Are you enabling chronic marijuana use - financially or emotionally?
- 4) Do you feel bad when other people doubt that marijuana can be addictive or harmful?
- 5) Do you worry that the addict has retreated from your relationship or from life?
- 6) Do you think marijuana use has changed the addict's personality?
- 7) Have you ever been embarrassed or ashamed by the marijuana user's habit?
- 8) Have you ever hoped the addict would "grow out of" using?
- 9) Do you try to get the addict to seek treatment for emotional/mental issues?
- 10) Have you attended other 12-step meetings for support and felt your specific concerns were not addressed?

## Find a Meeting

Visit [Mar-Anon.com/Meetings](http://Mar-Anon.com/Meetings) or contact [outreach@mar-anon.com](mailto:outreach@mar-anon.com)

## REMEMBER:

**You don't have to do this alone!**

## Twelve Steps of Mar-Anon\*

- 1) We admitted we were powerless over marijuana, 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.
- 4) Made a searching and fearless moral inventory of ourselves.
- 5) Admitted to this higher power, to ourselves, and to another human being the exact nature of our wrongs.
- 6) Were entirely ready to have these defects of character removed.
- 7) Humbly asked to have our shortcomings removed.
- 8) Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10) Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11) Sought through prayer and meditation to improve our conscious contact with our program, our lives and our higher power.
- 12) Having had a spiritual awakening as the result of these steps, we tried to carry this message to family and friends of marijuana addicts and to practice these principles in all our affairs.

*\*The Twelve Steps of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to reprint and adapt the Twelve Steps does not mean that Alcoholics Anonymous is affiliated with this program. A.A. is a program of recovery from alcoholism only - use of A.A.'s Steps or an adapted version in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.*

### THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—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 God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



## Mar-Anon Family Groups

SUPPORT AND HOPE FOR THOSE AFFECTED BY  
ANOTHER'S MARIJUANA USE

[www.Mar-Anon.com](http://www.Mar-Anon.com)

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