



### Preamble

*DRA is an independent, self-help organization. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.*

*The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience dual disorders.*

*DRA has two requirements for membership; a desire to stop using alcohol and other intoxicating drugs and a desire to manage our emotional or psychiatric illness in a healthy and constructive way. DRA is a nonprofessional self-help program. There must always be a clear boundary separating the work of DRA from the work of chemically dependency and mental health professionals. The DRA fellowship is not affiliated with any other self-help organization or twelve step program. DRA has no opinion on the way other groups address the problems of dual disorders and dual recovery. We do not criticize the efforts of others.*

*The DRA Central service office will offer support to others who wish to start DRA meetings and who wish to work with other groups to carry the message.*

### Accepting Differences

Newcomers and visitors may ask, can a DRA program help me even with the type of symptoms that I have? Such feelings are not uncommon. We need to help newcomers recognize that a variety of symptoms are possible with a dual illness. There is no single type of dual disorder. We do share a common bond as men and women who are affected by different types of "no-fault" illnesses whose symptoms can disrupt our ability to function and relate to others effectively.

Some of us feared that we were becoming hopelessly impaired. We came to believe that we would never be "normal" again. Many of us experienced great shame and guilt. We believed that our emotional or psychiatric illness and chemical dependency were our fault. Some of us have become secretive. We tried to keep our drinking and drug use a secret, and later some of us felt a need to keep our recovery and Steps a secret. We also felt our psychiatric illness must be kept secret, especially if our recovery program included prescription medication.

We seemed to run out of ways to protect our feelings and self-esteem, and to protect ourselves from the attitudes of those around us. Many of us gradually went into a closet of denial. If there are any among us who have felt as though they were living in that closet, we welcome you. We want you to know that the fear, isolation, and secrecy no longer need to be part of your life!!!

### Getting Started in Dual Recovery

The DRA approach to dual recovery is based on a simple set of ideas and Steps. They are suggestions for recovery rather than a set of rules. They encourage us to find our own personal recovery, the one that is most meaningful. They are meant to support those of us who wish to bring a spiritual dimension to our dual recovery. The DRA program is worked on a day-to-day basis. Here are the suggestions for dual recovery:

- *Today, I will be free of alcohol and other intoxicating drugs.*
- *Today, I will follow a healthy plan to manage my emotional or psychiatric illness.*
- *Today, I will practice the Twelve Steps.*

### The Twelve Steps of Dual Recovery Anonymous\*

1. We admitted we were powerless over our dual illness of chemical dependency and emotional or psychiatric illness – that our lives had become unmanageable.
2. Came to believe that a Higher Power of our understanding could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power, to help us to rebuild our lives in a positive and caring way.
4. Made a searching and fearless personal inventory of ourselves.
5. Admitted to our Higher Power, to ourselves, and to another human being, the exact nature of our liabilities and our assets.
6. Were entirely ready to have our Higher Power remove all our liabilities.
7. Humbly asked our Higher Power to remove these liabilities and to help us to strengthen our assets for recovery.
8. Made a list of all persons we had harmed and become 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 wrong promptly admitted it, while continuing to recognize our progress in our recovery.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of our Higher Power's will for us.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others who experience dual disorders and to practice these principles in all our affairs.

\*The Twelve Steps of AA are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that AA has reviewed or approved the contents of this publication, nor that AA agrees with the views expressed herein. AA is a program of recovery from alcoholism only – use of the Twelve Steps in connection with programs and activities that are patterned after AA, but that address other problems, does not imply otherwise.

### The Twelve Traditions of Dual Recovery Anonymous

1. The primary purpose of DRA is to carry the message of recovery to men and women who experience a dual disorder.
2. DRA has two requirements for membership a desire to stop using alcohol and other intoxicating drugs, and a desire to manage our emotional or psychiatric illness in a healthy and constructive way.
3. We welcome men and women of all personal beliefs; our program is one of personal freedom and choice.
4. Our groups and service work are guided by the principles of the 12 Steps of DRA.
5. Each group is independent, to better meet the recovery needs of our members. We are sensitive to the well being and unity of other groups and to DRA as a whole.
6. To maintain our primary purpose, we avoid all outside distractions. We need not become involved in financial entanglements, lend the DRA name for outside activities and issues, or become drawn into public controversy.
7. Every DRA group ought to be self-supporting.
8. DRA is a volunteer, self-help organization. To carry out our service work, we may employ special workers, form committees and coordinate projects.
9. Our individual dual recovery depends on DRA unity. We carry the message through our personal recovery and our service work.
10. DRA is a non-professional program. We do not provide chemical dependency, mental health or other social services. DRA has no opinion regarding the appropriate use of medications or other methods of managing our symptoms.
11. In DRA, we share an equal partnership in dual recovery. Our traditions and service work help us maintain the integrity of our program, to provide for others and to enhance the unity of DRA as a whole.
12. Personal anonymity is the right of every DRA member. We practice anonymity at the level of public media.

***Sometimes, just talking with another person helps. Please, don't be afraid to ask for help.***