What is Marijuana Anonymous?

Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with each other to solve our common problem and help others to recover from marijuana addiction.

The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. We are self-supporting through our own contributions. MA is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. We can do this by practicing our suggested 12 steps of recovery and by being guided as a group by our 12 traditions.

How does MA work?

Marijuana Anonymous uses the basic 12 steps of recovery founded by Alcoholics Anonymous. Our main text is called Life with Hope, which outlines the 12 steps and 12 traditions of the program. It’s also comprised of personal stories from our members for sharing their experience, strength, and hope.

Meetings and Literature

We have numerous meetings where members can come to fellowship and work with others to overcome their addiction. We also have online meetings that are welcome to anyone who wishes to attend. In this packet you will find a meeting list, a Life with Hope book, and various pamphlets that provide valuable information for newcomers and their families. You can also locate this information online at: www.marijuana-anonymous.org.

The 12 Questions of MA

For newcomers, we encourage them to review the 12 questions to help them determine if marijuana is a problem in their lives. These are great indicators to review with your patients to see if they may have an issue. If they answer “yes” to any of the below questions, they may have an addiction to cannabis.

1. Has smoking pot stopped being fun?
2. Do you ever get high alone?
3. Is it hard for you to imagine a life without marijuana?
4. Do you find that your friends are determined by your marijuana use?
5. Do you use marijuana to avoid dealing with your problems?
6. Do you smoke pot to cope with your feelings?
7. Does your marijuana use let you live in a privately defined world?
8. Have you ever failed to keep promises you made about cutting down or controlling your use of marijuana?
9. Has your use of marijuana caused problems with memory, concentration, or motivation?
10. When your stash is nearly empty, do you feel anxious or worried about how to get more?
11. Do you plan your life around your marijuana use?
12. Have friends or relatives ever complained that your using is damaging your relationship with them?

Provider Liaison Contact/MA Hotline

If you would like to speak to our Public Information officer, you can reach out to Laurel B. at (530) 386-3126 for any questions or literature needs. MA also has a hotline that anyone can call for support, general questions regarding our fellowship and how it works, or any other topics related to Marijuana Anonymous District 3. The number to contact is (408) 450-0796.

Thank you for taking the time to review this information, and for sharing our existence with your patients, clients, and members. We want the world to know that they’re not alone and that we are here to help! Please contact us any time with any questions you have or support you need!