

Pills Anonymous Definition of Sobriety

Pills Anonymous is a program of abstinence from pills and all other mind-altering substances. We maintain sobriety through sharing our experience, strength and hope with each other and by working the Twelve Steps of Pills Anonymous.

Since the definition of sobriety can be unclear for a person addicted to pills or recovering from pill addiction, we would like to propose a working definition. P.A. is a program of abstinence from pills and medications that have become an addiction. We maintain and affirm that our definition of sobriety is abstinence from all mind-altering substances, including alcohol.

Because many of us came to P.A. due to addiction to prescribed medications, we say that we have given up our right to seek a “sense of ease and comfort” from mind-altering substances including, but not limited to: pain killers, sedatives, and certain over-the-counter medications. We have no opinion as a group on other medications prescribed by doctors for illnesses and disorders, whether medical or psychiatric.

We understand that there are instances in which medication may be necessary. We suggest that, when these instances occur, we inform our doctors of our recovery from pill addiction and share our situation with other recovering pill addicts before making a decision about taking such medication.