

Crystal Meth User? Why Change?

First about Crystal Meth, Methamphetamine, Jib, Glass, Ice, Tina...

Most medical research does show that methamphetamine is quite harmful to both a user's brain and body. It is more like a poison, than a drug, and using it can have *long-term consequences* that last far longer than the high that the user gets. Yes, it does make the user feel good – that is why they use it. But, I have *never* met any long time drug user who ever said: “that using meth was worth it”. Almost everyone wishes they knew before they started what they *finally learned after they quit*. So, providing good information to users, family members, and people who have never used, is very important.

Education is important

That is why I personally am very concerned about crystal meth use in my own community, and recognize that there is a similar problem throughout most of the world. There is a need for more *public education* to take away the mystique that “*meth is a cool thing to do*”. It is a *toxic chemical* and is just as bad or worse as sniffing glue or huffing gas. *Preventative education is needed to stop people before they get started*.

Is it too late for current users?

We still need to do more research and even long time users should still be able to *have “hope” that they can attain a drug free life*. No matter how bad anyone's life gets because of meth, *there are always good reasons to make healthy life changes*. Our bodies and brains have a remarkable capacity for healing and even if physiological damaged occurs; other areas of our brains still have the capability to be re-trained and to recover lost ability.

Why Change?

To me, the first thing is to decide for yourself why you might want to change! Here are a few basic questions that you need to ask yourself:

1. Why change? If you are willing to accept the responsibility for your drug use - that you **CHOOSE** to use the drug, you must also accept the responsibility for all the negative crap that goes with it. So, why change?
2. If you understand that you know that you are the only person who can get you to quit, good. So, why should you? I would like any of **YOU** to tell **ME**, what is wrong with using drugs? (If you cannot convince me, you will never convince yourself.)
3. How often do you use other people as an excuse to use? The error in thinking is: “I'm a victim of others.”
4. How often do you blame your drug use as a reason to keep using? The error in thinking is: “I'm a victim of my substance use.” Your drug use itself becomes a reason to use, and an excuse not to stop.
5. How often do you say or think that the only person you are hurting is yourself? The error in thinking is: “No one was hurt.” The truth is that your behavior hurts not only yourself but others too. If you only think that you drug use is hurting yourself you are sadly mistaken. You hurt your family, you hurt your neighbors, you hurt your community, you hurt humanity.

Crystal Meth User? Why Change?

6. How often do you use drugs to shut off your feelings? Specifically your conscience? The error in thinking is that: "It's OK to shut off fear." Don't ignore your own thinking or feelings. When you use drugs to be able to ignore your inner voice, you are NOT accepting responsibility – you are abdicating it. (Giving it away.)
7. What if everyone used drugs and acted as you do? What if everyone decided that all they wanted to do was get high?
8. Why should anyone follow social norms? Why are some drugs illegal? In a democratic society, why should anyone follow the law?
9. What gives your life meaning? Can you seek out the meaning of your life high? Is your life real?
10. What to you is a personal truth? When all else fails, what do you believe in?

Questions 1 – 6 are courtesy of Dr. Stanton Samenow who has studied reasons why people might want to make changes in their lives. *Questions 7 – 10* have to do with our relationship to society and our understanding of our own existence. If you want to boil everything down to one question, just try to figure out: What do you need to do to make a positive and healthy difference in your own life?

What crystal did to me!

For several years, I was a pretty confused person.
I got high for happiness and became unhappy.
I got high for joy and became miserable.
I got high to be out going and became self-centered.
I got high for sociability and became argumentative and lonely.
I got high for sophistication and became crude and obnoxious.
I got high for friendship and made enemies.
I got high to soften sorrow and wallowed in self-pity.
I got high for sleep and awoke without feeling rested.
I got high for strength and felt weak.
I got high medicinally and got sick.
I got high because I thought my job called for it.
You see I sold drugs. I lost my job and went to jail.
I got high for relaxation and got the shakes.
I got high for confidence and became uncertain.
I got high for courage and became afraid.
I got high for assurance and became doubtful.
I got high to stimulate thought and blacked out.
I got high to make conversation and couldn't remember what I said.
I got high to feel heavenly and came to know hell.
I got high for power and became powerless.
I got high because I thought I had the right and everything turned out wrong.
I got high to cope with life and almost died.
I wrote this 8 or 9 months into my recovery.
I am now in into my second year and still going strong.
Corry G. Edmonton, Alberta, Canada, Jan 18, 2005