

Crystal Meth Anonymous®

A Traditions Guide to Online CMA Meetings

Online and phone CMA meetings have grown in popularity. Many groups have started their own online meetings and have adapted their customs and formats to the new platforms. It seems that groups may likely continue to have an online presence. Indeed, some online CMA groups were formed without having had previous in-person meetings.

The experience of the Fellowship has been invaluable in helping other groups who've wanted to start their own meetings. That experience has also raised a number of concerns, including meeting etiquette, autonomy, personal anonymity, the Seventh Tradition, and endorsement of online platforms.

To address these concerns, the General Service Committee has assembled some guidance based on our CMA groups' experience with the Traditions at in-person meetings and the experience of other Twelve Step Fellowships.

ANONYMITY

Remaining anonymous gives every member the same opportunity to recover. We are simply addicts helping other addicts. Personal anonymity, as expressed in Tradition Eleven, gives us the choice to identify ourselves in whatever way we want. Just as it does in our in-person meetings, the principle of anonymity allows us the freedom to share our experience, strength and hope in a safe online environment. Turning off the recording feature found in some online platforms helps ensure anonymity for all participants.

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

– Tradition Twelve

SELF-SUPPORTING

The Seventh Tradition is vital to the group. These funds are typically used to pay rent, purchase literature and chips, and help support the CMA service structure. It's just as important for online groups to continue this spiritual practice. Honoring the Seventh Tradition in an increasingly cashless society had already led some groups to develop cashless means of accepting contributions. There are many options to practice the Seventh Traditions online. Please see ["Honoring the Seventh Tradition..."](#) for more details.

"Every CMA group ought to be fully self-supporting, declining outside contributions."

– Tradition Seven

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NON-ENDORSEMENT

Many questions have arisen around the concept of endorsement as it relates to our recommending online and digital platforms. It is difficult to provide guidance on how to develop online meetings without referring to these platforms that have come into common use. We get our experience in this matter from our Fellowship, and it's that experience we offer here to you. The autonomy of each group (Tradition Four) allows them to choose whatever way works best for them, guided by their group conscience.

"A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose."

– Tradition Six

We do not endorse (or finance, or lend the CMA name to) any one of these online platforms. We acknowledge our cooperation with them, just as we cooperate with clubhouses, churches and other meeting spaces when we pay rent in order to hold our meetings. It's how the groups continue to fulfill our primary purpose, to carry the message to the crystal meth addict who still suffers (Tradition Five).

MEETING ETIQUETTE

Tradition One reminds us that the best chance for our individual recovery depends upon the behavior of all members during a meeting. That's why we don't cross-talk, or share graphically about our drug use. That's why we gently remove disruptive individuals from the room. Our meetings must maintain an atmosphere of safety and be conducive to recovery. Therefore, meeting etiquette is important to consider.

"Our common welfare should come first; personal recovery depends on CMA unity."

– Tradition One

One way to approach online etiquette is to consider our behavior at in-person meetings. We don't smoke or vape in non-smoking meetings, and we dress in a manner appropriate to the meeting. We're asked not to talk to each other during meetings so as not to disturb the speaker. We try not to do anything that would compromise someone's opportunity to recover.

CMA groups have addressed many of these concerns and have developed their own policies around muting, chat and security. These are things that are decided by group conscience.

We hope this guide helps you as you create and develop your online meetings. We believe the Traditions, as applied to online and phone meeting formats, can answer many of the concerns that have been raised by our fellows. Ultimately it is our primary purpose that guides everything we do so we can continue to carry the message.

