

1-18-23



Reply: a4fv

The great thing about Wintertime in snow country is that there is plenty of time to read, study, and reflect... indoors.

That said, I hope the following STEP TWO material is useful. In the Questions To Be Honest About; we get out of them as much as we put into them. Since there isn't a "group" there to superficially share ideas about those prompts, take advantage of the opportunity to write out your answers in your journal - so you may look back at them occasionally.

Let your Higher Power be your sponsor, if there's no one else. I Am with you in spirit.

Other reading material I appreciate during the winter include: Johnathan Livingston Seagull, by Richard Bach. And of course his other pocketbook too: Illusions - tales of a Reluctant Messiah. A "World Almanac and Book of Facts", is nice to access. Merriam Webster's Collegiate Dictionary, has a Foreign Words & Phrases section in the back.

The Penguin DICTIONARY OF SYMBOLS by Jean Chevalier, is priceless! And then there is: [scientology.org/toolsforlife](http://scientology.org/toolsforlife), if you want to see some of what I teach other men here, so that they may be better neighbors out there.

For the Love of Truth.

P.S. It truly helps me - to think I'm helping you.



# Criminals & Gangmembers Anonymous

## STEP TWO

**WE BECAME WILLING TO BELIEVE THAT CHANGE IS POSSIBLE, BY LEARNING A DIFFERENT WAY OF LIVING THROUGH SUGGESTIONS FROM THOSE WHO HAVE TRUDGED THE PATH OF RECOVERY BEFORE US OUT OF INSANITY**

When we first enter into recovery, our beliefs and attitudes are normally rigid and we are not open to trusting others or believing what others say. So, we have difficulty stepping out beyond what we believe is right, what we feel we should do and how we feel we should live. When we are in meetings, there will be many experiences of others that relate to us and we find that we have some things in common. So we begin to see that people who are like us are actually changing... And that's what we want for ourselves... Change in character and habits.

Selecting a sponsor is a critical area in recovery. We are simply seeking out someone who has experience "doing serious Twelve Step Recovery". An individual who can not only talk about Recovery and the Twelve Steps, but more so, one who strives to live "The meaning of the Twelve Steps" in their lives. They do not have any intention of trying to control your life by any means. The sponsor has enough work to do in maintaining his own personal Recovery throughout each day, so they truly do not have the time nor want the impossible task of trying to run someone else's life. So, seek the guidance of your sponsor often, because they are familiar with not only what the Twelve Steps mean, but they also have "experience" in using each Step in their daily lives.

### QUESTIONS TO BE HONEST ABOUT:

1. Do you relate to any experiences shared by others in the group about your past/present attitude, behavior or habits?
2. What inspired you that 'Change is Possible' while in a group meeting?
3. What do you seriously have to lose by following the guidance of someone else with knowledge and experience with the Twelve Steps?
4. What does "...asking God for care and protection" mean to you? Does this imply that God should do everything for you, or guide you to do things for yourself?



The KEY to Step Two is “Open Mindedness”.

'Open Minded' means being receptive to new ideas of reason;

Free from prejudice or bias.

In order for change to become a reality in our lives we need to ask good questions,

Be good listeners and become willing to practice what we are learning.

For most of us we have practiced our lifestyles over a long period of time.

At Step Two we see the need for change (we just looked at Step One).

We not only learn from the experiences of others in the group,

But we also seek out a sponsor to help guide us through this process of change.

A sponsor is a person who has been through the Twelve Step process

And is practicing them in daily life.

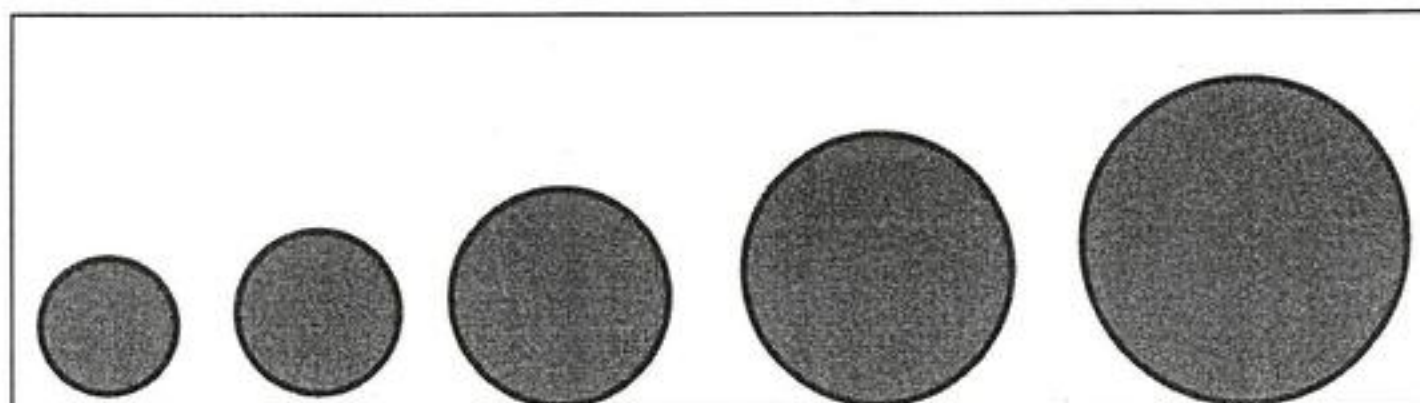
Through their experience they are able to help us on our own journey.

WHAT WE REFUSE TO CHANGE,

WON'T CHANGE!

Your Personal Truth		
What We Gained	What We Lost	Who We Hurt

## PROGRESSION



THE SNOW BALL EFFECT



# Criminals & Gangmembers Anonymous

## STEP TWO

WE BECAME WILLING TO BELIEVE THAT CHANGE IS POSSIBLE, BY LEARNING A DIFFERENT WAY OF LIVING THROUGH SUGGESTIONS FROM THOSE WHO HAVE TRUDGED THE PATH OF

RECOVERY BEFORE US OUT OF INSANITY

STEP TWO COMES IN THREE PARTS:

### PART ONE:

Look for similarities not differences in the group, realizing change is possible, as shown in others. When we first enter into a recovery meeting, our beliefs and attitudes are normally rigid and we are not very open to trusting others or to believing what others say. So, we have difficulty stepping out beyond what we believe is right, what we feel we should do and how we feel we should live. We do not just instantly trust anyone. When we are in meetings there will be many experiences of others that relate to us and we find that we have some things in common. So we begin to see that people who are like us are actually changing... And that's what we want for ourselves... Change in character and habits.

Not everything you hear in group meetings will directly apply to you. But that doesn't mean someone else can't benefit. So always take the information and knowledge of Recovery that you feel can help you change and what does not apply, leave it there. What does apply to you, applies to you.

### PART TWO:

Select a Sponsor, someone who has been through and lives according to the CGA Twelve Steps. In the area of sponsorship, we are simply seeking out someone in the group who has experience "Doing Serious Twelve Step Recovery." An individual who can not only talk about recovery or the Twelve Steps, but even more so, one who strives to live the "Meaning" of the Steps in their life. A sponsor is "only" a guide through the Twelve Steps. They do not have any intentions of running your life or trying to control you by any means. Remember, your sponsor has enough work trying to maintain their own Recovery throughout each day, they truly do not have the time or the desire to take on the impossible task of running someone else's life as well. Seek the guidance of your sponsor as often as necessary, they are familiar with not only what the Twelve Steps mean, but they also have the experience of using the Twelve Steps in their daily lives.

### PART THREE:

Open a path to God, a personal, private relationship, as this is a Spiritual Program. There is an important need to realize that your sponsor, having gone through and living their life according to the Twelve Steps, has experienced a 'Spiritual Awakening'. Not of their own, but an awakening to God's will, to help others learn to live decently, at peace with themselves and in harmony with others. By living the Twelve Steps in our day-to-day lives, we begin to see that CGA is a Spiritually Based Program. We get to learn how to live 'Spiritual Principles' instead of continuing to live a destructive, evil way of life, doing wrong to ourselves and others. Some people enter Recovery having no Faith or Trust in God. For those people, a sponsor can guide them without forcing 'Spirituality' on them. Spirituality is a journey, not a simple "given" that falls from the sky! So in Step Two we acknowledge that we are now on a journey TO GROW ALONG Spiritual lines. You are not alone! God always intended for us to help one another. So we generally work in at least groups of two, a sponsor and one beginning in their life of Recovery, as it has been since the beginning of the Twelve Step process.



# QUESTIONS TO BE HONEST ABOUT REGARDING STEP TWO:

## PART ONE:

1. Do you relate to any of the experiences shared by others in the group, what about some of your past or present attitudes, behaviors or habits?
2. What has inspired you to believe that "Change is Possible" while in a group meeting?
3. How do group meetings encourage you to keep coming back?
4. Having support from others in striving to change is important, so what support have you found and what do you go through on a daily basis?
5. Do you feel group meetings are a 'safe' environment for you and others to share how you feel and what you go through on a daily basis?
6. Are you inspired to change by those who are changing and showing commitment as you are?

## PART TWO:

1. Do you realize that there is a big difference between having Spiritual Knowledge and Practicing Spiritual Principles?
2. If you have no experience with the Twelve Steps, do you feel it's important and useful for you to get assistance from someone who knows and lives according to the Twelve Steps?
3. Faith in God is great. But what do you do about all you bad habits and problems with addiction?

## PART THREE:

1. If you have come to the realization that your life has been affected by traditions, beliefs, influences and your own bad habits, who is responsible for changing the problems in your life? Who should be held accountable for your "Actions and Behaviors?"
2. If you believe that God is aware of all things and has all power, do you think that you need to try and 'figure out' God, when God already understands you!? Is it possible that you could use Recovery to understand yourself and how you fit into God's plan?
3. What does "Asking for God's care and protection" mean to you? Does this imply that God should DO everything for you, or guide you to do things for yourself?





# The Cave People

Long ago, there was a group of people in a Dark Cold Cavern. The Cave dwellers would huddle together and in anger, push each other because of the cold chill. Every moment, every day, they found only conflict with one another. It was all they did. It was all they knew to do. The sounds in the cave were evil enough to cause anyone discomfort. But the people didn't know it, for they had never known peace. The spirit of the cave was DEATH, but the people didn't know it, for they had never known LIFE.

But then, one day they heard a different voice which spoke,

"I have heard your cries. I too have felt your chill and lived in your darkness. I have come to help."

The cave people grew quiet. They had never before heard this voice. Hope sounded strange to their ears.

So they asked; "How can we know you have come to help us?"

"Trust me." He answered, "I have what you need and I understand your pain and your anger."

Then a few of the Cave People looked through the darkness to try and get a better view of this stranger. He was stacking something, then stooping and stacking more. Nervously, one of the Cave people asked, "What are you doing?"

The stranger didn't answer.

Another came forward and shouted even louder, "What are you making?"

Still there was no response from the stranger.

Then, yelling very aggressively, a third Cave person stepped up and said, "Tell us what you want!"

The stranger promptly turned and spoke in the direction of the voices, "I have what you need."

Then he turned back around to the pile at his feet and lit it. Wood ignited, flames erupted and light filled the cavern. The cave people turned away in fearful anger.

"Put it out, it hurts to see it!" They started yelling.

The stranger said, "Light always hurts before it helps. Step closer... the pain will soon pass."

Immediately one voice shouted out, "Not I!" A second voice spoke aggressively, "Nor will any of us!" And a third commanding voice said, "Only a fool would risk exposing their eyes to such light."

The stranger stood next to the fire. He turned to address the crowd on people in the dark, "Would you really prefer the darkness? Would you prefer the cold? Stop consulting your fears, Stop justifying being angry for nothing, Take a step forward in faith and trust.

For a long time, no one spoke... The people clung together in a group, covering their eyes with clenched fists.

The fire builder stood next to the fire, "it's warm here." He said.

"He's right." a voice said from behind him, "It is warm".

The stranger turned and saw a figure slowly stepping toward the fire. The person turned and faced his people saying, "I can open my eyes now. I can see!"



The fire builder said, "Come closer." So the cave dweller stepped into the ring of light. He said "It is warm." And then extended his hands towards his people saying, "The chill has passed, I feel different." The cave dweller said to his people, "Everyone come forward and feel the warmth... For the first time, see who you really are."

Then an angry voice yelled from the darkness, "Silence! Don't try to lead us into a trap!... Leave us!... Go with the stranger and take your light with you!"

The cave dweller turned to the stranger and asked, "Why won't they come forward?" The stranger replied, "They choose the chill, for though it is cold, it is what they know. They feel safe in the darkness to avoid seeing the truth. They would rather be cold and angry with each other than change."

The cave dweller spoke again, "Live in the dark when they no longer have to? Remain in the dark, believing those who are angry when they don't have to?"

The cave dweller stood silent, looking into the darkness, then at the fire builder. The stranger asked the cave dweller, "Will you leave the fire?"

The cave dweller very confidently spoke again, saying, "I cannot... I can not bear the cold anymore now that I know I don't have to! But nor can I bear the thought of my people in darkness, when they don't have to be anymore."

The fire builder said, "You don't have to." And reaching into the fire, removing a stick, said, "Carry this flame of light to your people... Tell them the light will remain now, right here and the light is warm... Tell them the light is for all who deserve desire it."

And so the cave dweller took the small flame and stepped into the shadows, in faith, of his own "Free Will" because he cared about himself and cared more to help others who needed him.

Who among us will carry the flame of hope to others?

#### QUESTIONS TO BE HONEST ABOUT:

1. Do you cause conflict among the group? If you are not here to change "the conflict within yourself", then why are you here?
2. Why do you choose to remain in the darkness... and worse, are you encouraging others to remain in the darkness so you won't feel alone?
3. What does this mean to you, "...light always hurts before it helps"?
4. Are you one of the people trying to light from this group? If so, honestly – why?
5. What does it mean to "consult your fears and make excuses to justify your anger"?
6. Is there any personal benefit in taking a step forward in faith and trust?
7. Honestly, how do you normally feel, cold or warm?
8. Why is it possibly worth it to take a flame of hope to those in darkness?
9. What is the meaning of the term "free-will"?
10. Why are you honestly here?



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Step Two challenges us to do something about what we found in our Step One review. We can no longer use or make excuses or blame others for the problems in our lives (no matter the influence they may have had), nor can we deny that a problem exists. Just look at where we are sitting! We have learned a lot of negative traditions, beliefs, manners and habits. Now, through CGA and the help of our Sponsor, we can learn how to live a better life.

## **CHANGE IS POSSIBLE!!**

If you have decided that you want to change, Welcome to the Journey. If you have not, how much more pain do you or those you love need to experience from your lifestyle addiction to illegal activity? Change starts with **YOU** and it can start **TODAY!**

Please take a look at the following questions and answer as many as you can from your own experience:

1. Do you relate to any of the experiences shared by others in the group? How do their stories align with your past or present attitudes, behaviors or habits?
2. What have you heard in a group meeting that inspired you to believe that change is possible?
3. Having support from others while striving to change is important, what support have you found in CGA and what support do you give others?
4. Do you think that group meetings are a 'safe' environment for you and others to share how you are feeling and what you go through on a daily basis? What do you do to contribute to that sense of safety? Do you do anything that takes it away?
5. Are you inspired to change by those who are changing and are showing commitment as you are (or aren't)?
6. Do you seriously feel that you can simply change yourself, with no help, when so far, your best efforts have not given you the best results?
7. If you have no previous experience with the Twelve Steps, do you feel it's important and useful for you to get the assistance from someone who does know and live according to the Twelve Steps?



8. What do you have to lose by following the guidance of someone who has knowledge and experience with living the Twelve Steps?
9. If you have come to the realization that your life has been affected by traditions, beliefs, influences and your own bad habits, who is responsible for changing the problems in your life? Who should be held accountable for your "Actions and Behaviors?"
10. If you know you are imperfect, why do you hold onto and justify your imperfections instead of putting forth the effort to change them?
11. Knowing what you came to prison for, what are you doing to Recover so that you don't commit another crime?
12. Is illegal activity the only thing you need to recover from, or do you believe that you have some other serious defects of character that may be the cause of your criminality?
13. Do any of the statements below apply to you?
  - A. I have a problem being irresponsible.
  - B. I have a problem being dishonest.
  - C. I have a problem being prejudiced.
  - D. I have a problem being selfish, I want everything for myself and I want everything to go my way.
  - E. I have a problem being self-centered, I want everything to be done as I want it done, when I want it done and for me to be the center of attention.

If any of the above does apply to you, what are you doing to address these serious Character Defects through Recovery?

**KEY WORDS DEFINED:**

**EXCUSE:** To make allowance for, Overlook, To justify, An explanation to elicit forgiveness.

**COMMITMENT:** To be responsible for, To pledge or obligate oneself.

**ACCOUNTABLE:** Answerable, Responsible.

**RESPONSIBLE:** Having to account for one's actions, Answerable for one's actions.

**GUIDANCE:** An act or instance of guiding, Counseling often on emotional difficulties, Advice.



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Although change is possible, change is not initially easy because change represents adapting to a different way of thinking and living that is completely opposite and in conflict with everything we are used to. Look at the destructive lifestyle you were living before you came to prison, was 'change' even a possibility? It is important for all of us involved to remember that change is a process, not an overnight adventure.

Change in character and behavior comes gradually as we become open to accepting a different of treating ourselves and others, as w4e slowly begin to feel that our lives hold purpose and meaning. It is important to remember that the support we need will come from those in CGA. People will reach out to those of us in the room that are new to this process, if the newcomer is willing to accept their help and guidance.

### QUESTIONS TO BE HONEST ABOUT:

1. How are you with sharing details from your life? Do you have a problem trusting others? WHY?
2. What has helped you to become open-minded towards change? Can you take suggestions from others?
3. Has anyone or anything in your life inspired you to want change in your life? Who was it, what do you want to change and how will that change affect your life?
4. How were you able to see that change is possible? If you knew all along that change was possible, what made you willing to make change happen in your life?
5. What are some of the things about yourself that you have been able to change as a direct result of the Twelve Step Process? How has your sponsor helped in that change?
6. Give a couple of examples of things about yourself that you would like to change.

**REMEMBER...  
CHANGE IS A PROCESS**



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It has been said many times in these meetings that “Change is possible” and that what doesn’t change – won’t change. It sounds so simple, but let’s be real – it’s not that easy! Nowhere in the CGA Twelve Steps does it say that it’s going to be easy. The Second Step tells us:

*We became willing to believe that change is possible,  
by learning a different way of living  
through suggestions from those who have trudged the path of recovery before us  
out of insanity.*

Nowhere in this Step does it say that it will be ‘easy’ or ‘comfortable.’

However, when it comes down to it, no matter how hard it seems, WE have to make the choice to change. When we reach the point in our life that tells us “You need to change!” We have to fight our old beliefs and the outside influences that played a major role in how we lived our lives and what we did and who we hung out with and what we chose to do and what not to do. Remember – It is your choice.

The great thing about this Twelve Step Process, is that it allows us to clearly see (sometimes for the very first time) with our own eyes just what it is that we need to change and how to change it! This change can only come about when we decide to change our beliefs, and then we have to trust someone. There is nothing to lose in this process and everything to gain!

### QUESTIONS TO BE HONEST ABOUT:

1. Why do I need to stop living the way I have become used to?
2. Why would I need to stop hanging out with the people I’ve been hanging out with most of my life?
3. How do I stop believing what I used to, and gave so much of my life for

### KEY WORDS DEFINED:

**CHOICE:** The right, power or chance to choose, Option, Suggests the opportunity or privilege of choosing freely.

**CHANGE:** To make different in some particular, To give a different position, course or direction to, To change from one phase to another.



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The 'CGA Solution' says, in part:

*"We share our past and present common experiences with other, relating our similarities rather than challenging or debating any differences."*

Think about that for a moment, then take a look around the room. You can see differences in nationalities, religious beliefs, sexual orientation, lifestyle, dress, talk and so much more. Why even notice? The longer we focus our attention on the things that make us different, the longer we look at another's shortcomings or flaws, the less we are looking at ourselves and the easier it is to build a wall with its foundation in our own expectations, warped beliefs, prejudices, judgmental attitudes and insecurities. We intentionally separate ourselves from those who are on the same path. If we focus on the faults, shortcomings and failures of others, when will we have the time to focus on our own recovery and fixing what is wrong within ourselves? CGA is a Recovery Program designed to help everybody, regardless of their background, race, color, religious belief or crime.

In CGA, our similarities are key factors in our Recovery, both as a group and as individuals. They are what binds us together in our Recovery, giving us a common experience through our shared problems and character flaws. This is what allows us to help each other overcome the lifestyle addiction to illegal activity in one form or another. Let us not forget that each of us in this room also has the most important thing in common – A Sincere Desire To Change!!

Leave the differences out of CGA,  
Let's build a stronger unity  
Through our similarities.

Richard M.

### QUESTIONS TO BE HONEST ABOUT:

1. Do you focus on the differences or the similarities of those in CGA? Why?
2. How can our similarities bring us closer together in unity toward our goal of Recovery?
3. What can you learn from our similarities through Recovery in CGA?
4. Why are you in Recovery today?

### KEY WORDS DEFINED:

**DIFFERENCES:** The state of being different, Dissimilarity, That which distinguishes, Dispute, Point in dispute.

**FOCUS:** A point of concentration.

**RECOVERY:** An act of recovering, Restoration from sickness, etc...

**SIMILARITIES:** A state of being similar, Likeness, Resemblance.

**UNITY:** A state of being one, Concord, Agreement, Harmony.



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Trust is a very powerful principle, with both advantages and disadvantages since it involves a firm belief or confidence in the honesty, integrity, reliability and fairness of another person or of some 'thing.' Trust is directly related to Faith and Hope. When trust is violated the effects can have destructive consequences and ultimately change the course of how we live and determine if we develop meaningful relationships or not. Trust can support us in being successful in achieving our goals. Trust can help us to build good, solid relationships and support us in having self-confidence and in times of misfortune

For many of us, Trust is one of the most difficult challenges we will face in Recovery. It means having the courage to overcome past experiences where our trust was violated or where we violated the trust of others. The courage to learn to trust and be trusted can come through the Twelve Step Process.

Building trust takes time; it involves taking risks both with our own stories and those of others. In Recovery, trust is all about the ability to honest with ourselves and reaching out to others who have trudged this path of recovery for guidance and strength before us.

### QUESTIONS TO BE HONEST ABOUT:

1. What does trust mean to you?
2. Why would others not trust you?
3. What happened that allowed you to stop trusting others?
4. What would it take for you to trust some else again?
5. What is the greatest challenge that you have in trusting others?
6. Can you be trusted to 'Do the Right thing?' By who? Why?

### KEY WORDS DEFINED:

**TRUST:** Confidence in the integrity, ability character and truth of a person or thing.

**COURAGE:** The state or quality of mind or spirit that enables one to face danger with self-possession, confidence and resolution, Bravery.

**RISK:** The possibility of suffering harm or loss, Danger.



## ANONYMOUS



CGA DEFINED

Criminals & Gang Members Anonymous is a membership of individuals who have come to realize the tragic effect of our lifestyles and have a sincere desire to change. We are composed of persons from different types of neighborhoods, many ethnic backgrounds and of various age groups. We are those who always seem to end up in the same jails and prisons for crimes we commit. Each of us share, and wish to resolve, a series of common problems and intermixing addictions.

We meet together to find solutions from our negative experiences, offering strength from support and hope through our recovery process of change. We do not glorify gang activity, violence, substance abuse or crimes of any nature. We do not seek to continue disputes, hostility or territorial barriers with anyone or any group.

CGA does not join with, nor oppose, any other programs or organizations. We do not challenge, nor will we participate in any matters of controversy with any person, group or other entity regarding their belief systems.

Our primary purpose is to seek and practice a better way of living free of destructive addictions and to reach out to help other criminals find a peaceful, productive way of living.

#1

## ANONYMOUS

*These may be helpful*



THE PROBLEM - AS WE UNDERSTAND IT

We in CGA are discovering that our problems with living are most often deeply rooted in our self-centered beliefs and thinking that resulted in negative actions. We wanted many things but were rarely responsible to legally earn what we needed. We had to "look good" in order to "feel good." We felt that people were supposed to do for us, and whenever they did not - we became takers - through our resentments. Lying, stealing, cheating and destroying things were our oldest bad habits that continued to progress into more serious crimes. If we did not get whatever we wanted - when we wanted it - we became angry, aggressive and violent. As a result, a destructive lifestyle addiction was created and became ingrained in us.

We existed hour by hour, day after day, frustrated and angry. We hurt our families, abused whatever possible in our communities, and even dropped out of school. We changed our playmates, playgrounds, and playthings to center around "taking and destroying." To numb the constant pain, anger or guilt we sought relief and gratification through alcohol and substance abuse. These addictions only compounded our problems and provided us with a good excuse to avoid the truth.

We harmed so many people through words, conduct or actions: family, friends, innocent strangers and ourselves. Life simply revolved around our wants and not our needs. Other peoples' thoughts, feelings and rights rarely mattered. We could not keep peace within ourselves nor live in harmony with others. We had a tunnel view of life, narrowly caring about ourselves and without empathy or compassion for others. We were wrong.

#2



# CRIMINALS & GANGMEMBERS

## ANONYMOUS



### THE CGA SOLUTION

We are serious about recovery. Today we choose to come to CGA to learn to live right from understanding how we lived wrong in the past. Compelled by circumstance or spiritual influence we were able to pick and hold firmly - a mirror of honesty in our faces. Each of our common experiences, past and present, hold the solution to our problems. We are here to help each other not judge each other. We listen and look for similarities instead of differences that can take us apart. Our primary purpose is to focus on and repair the damage done to ourselves so others will be inspired to follow our example.

We come to meetings regularly and express the genuine details of our lives, past and present; not to glorify our wrongs, but rather to identify how and where we went wrong to gain wisdom from past mistakes. In our relationships here we express our feelings and emotions in a safe, trustworthy environment. We share our struggles, frustrations, strengths and hopes to free us from our problems and to find solutions.

Together we discover the power of self-talk, building self-esteem, being honest with ourselves, open to new ideas and a willingness to let go and change bad habits. We remove past restrictions to expand our beliefs to allow God a free position in our lives through spiritual principles - by opening the windows in our minds. We are more aware of people, places and things as we realize how cunning, baffling or powerful these influences can be. We seek growth, support and trust in CGA, while we strive to practice in all our affairs, the CGA recovery process that has been time-tested and proven as a solid, reliable foundation of living better lives.

#3

# CRIMINALS & GANGMEMBERS

## ANONYMOUS

### CRIMINALS, GANG MEMBERS AND THE LIFESTYLE ADDICTION

#### WHO IS A CRIMINAL?

We are those who resist any authority or controls upon us.  
We violate the rules or laws established for decent conduct or actions.  
We simply trample over the rights or freedoms of others.

#### WHAT IS A GANG?

A gang is a group of two or more criminals associated together in some way; with or without a name, of any ethnic group and simply those with the same types of thinking, habits and lifestyle.

#### WHO IS A GANG MEMBER?

We are simply criminals. Two or more of us together, with or without a group name encourage and support one another in remaining in the grips of a lifestyle addiction to illegal activity.

#### WHAT IS THE LIFESTYLE ADDICTION?

It is the most vicious and powerful of destructive forces. It is driven by criminals, and intermixed with other cunning, baffling addictions and when joined together become a lethal combination without a conscience or compassion for others. It is a lifestyle centered around rebellion and crimes of any nature, usually associated with violence - as long as our selfish wants and needs are satisfied. Compounding our problem, we normally are dependent upon drugs and/or alcohol abuse before, during or after we commit illegal activity. We are people who use these substances temporarily in search of relieving pain, anger or guilt for the wrongs we do.

#4

