

# THE PIPELINE

Volume 131

June 2025

## STEP 6 "Were entirely ready to have God remove all these defects of character."

After completing Steps Four and Five in Crystal Meth Anonymous (CMA), many of us find ourselves raw, vulnerable, and unsure of what's next. With just six months of sobriety under my belt, I stood at the edge of Step Six — "Were entirely ready to have God remove all these defects of character." I thought Step Four, with its inventory of my past, and Step Five, sharing it with another person, would be the hardest. But Step Six asked something deeper of me: willingness. Real, internal surrender.

Step Six isn't action-heavy like the previous steps. It's about mindset. That was confusing at first. I wanted to do something — to fix it, to change, to control. But I learned that Step Six is about becoming ready for change, not making it happen myself. It required honesty about my character defects — the selfishness, fear, dishonesty, and resentment that kept surfacing even in sobriety. I had to look at these not with shame, but with acceptance.

With only six months clean, many of my old behaviors were still very present. I wasn't using, but I was still quick to manipulate, to lie, to act out sexually, to isolate. The drug was gone, but the

disease was alive. Step Six showed me that getting sober didn't mean I was automatically healed. It meant I was now conscious of the problem.

What made Step Six powerful for me was the shift from guilt to willingness. Instead of beating myself up over who I was, I started asking, "Am I truly ready to let this go?" For some defects, the answer was yes. For others — like control and pride — I wasn't ready. And I learned that was okay. The step doesn't require perfection. It asks for openness, for readiness — even if just a sliver.

At meetings, I shared about my struggle with willingness. Old-timers reminded me that Step Six is a process, not a switch. Willingness grows with humility, and

humility grows through pain. I had to hurt a bit more, stumble a few more times, to truly want those defects removed. Not just because I should — but because I couldn't keep living that way.

Six months in, Step Six felt like a spiritual checkpoint. It reminded me that recovery isn't just about not using; it's about changing who I am and how I live. I'm not finished, and I'm not perfect. But I'm willing. And that's enough for now. §

By Van

Statewide Hotline:  
1(877) 700-METH

[CMAAZ.org](http://CMAAZ.org)



# EXACT

# Nature

Recently, I was doing some work with a sponsee who has a couple of years of sobriety under his belt, and we hit on a particular line in the Big Book that opened up some discussion. The line was “the exact nature of our wrongs,” and we went into a discussion of what I’ve been taught the definition of that phrase is.

I’m going to add that researching this has caused me to go down a bit of a rabbit hole in an attempt to validate my own understanding. Turning to the oracle of Google, I discovered it seemed to inspire either collective shrugs or vehement debate (let it never be said that sober addicts don’t have strong opinions). That said, I’m going to go with the definition I was given by a few dear mentors, especially since a couple of them had a better understanding of the steps than anyone else I’ve known.

The book repeatedly makes reference to us getting down to “causes and conditions,” the underlying reasons we keep making the same mistakes. Overall, though, most of us only go surface level. Beyond the notion of only concluding a person wronged us, or being unwilling to acknowledge our resentments and claiming saintly levels of forgiveness, we don’t get down to the why. An exact nature, properly employed, can help us to put into perspective why we keep finding ourselves in these situations.

I’ll interrupt this really quickly to say that if you disagree with this interpretation, you could be right. The only truly wrong way to do an inventory is not to do it at all. If you have a great way that works for you and your sponsees, by all means keep doing that.

Now, here’s the example I give when I explain this to people I sponsor. It starts off with the basic four column format:

## WHO

JH (ex-wife)

## WHY

Infidelity

## AFFECTS MY

Trust  
Security  
Personal/intimate Relationships  
Self-esteem  
Self-image

## MY PART

Rushed into relationship, eloped while intoxicated and on the rebound, she was also sick, didn’t consider her drinking and drug use an issue, had an unrealistic expectation for a broken person to behave in a healthy manner.

Now, that’s pretty straightforward. But when I asked a man with some time why I made such bad choices in relationships, he asked me a few more questions I wasn’t prepared for.

What was my fear in this situation?

Well, she cheated on me very early on in the relationship, not even a year into being together.

Why did that fact elicit so much fear?

She slept with an old fling, and it was during a time when our relationship was going through some decline.

So what does the decline have to do with it?

Our sex life had slowed down at that point, partially due to life and relationships evolving, but she was also upset that my business had been impacted and we had to drastically reduce our spending.

So you connect those things with being cheated on?

I know logically I didn't deserve it, but I also can't help but think that my value is related to my bank account or prowess in the bedroom.

Then if you can't provide an abundance of either of those things for whatever reason, you believe...

That I have nothing else to offer.

Which would mean...

I'm not good enough.

I'm not good enough is my exact nature. The exact nature is why I have my fear. There are many different examples of this, including I'm a failure, I'm a fraud, I'm unworthy, and much more.

The real trick here is to face this belief and put it to rest. In a lot of cases we can look at this on paper and realize that it's ludicrous. Other times, we may hold on to it stubbornly for a variety of reasons. But put simply, it's the cause part of the phrase "causes and conditions."

Why is this important? Simple—I want to not make the

same mistakes I've made again and again. The nature of recovery is to change one's actions so we "live our way into right thinking."

Too many people come into recovery with heads full of nonsense, riddled with insecurities and fear. We believe these stories for whatever reason, whether they were told to us, or we jumped to a conclusion. The problem is apparent when this nonsense leads us to do stupid or even self-destructive things. But again, I want to do things differently this time.

We know that in recovery we all are going to make mistakes—purity of heart (or any other organ) doesn't manifest miraculously. But more than anything, it's important to not let our fear steer us into bad maneuvers. The fact is that many of us have been able to do things we formerly thought impossible for ourselves—sustain loving relationships, get married, go back to school, start businesses, and much more. If we are willing to work to put aside those preconceived notions of who we are, a lot can happen. But we have to start by finding them and facing those fears. §

**By Anonymous**

## **DO YOU HAVE SOMETHING TO SAY ABOUT RECOVERY?**

### **CENTRAL ARIZONA DISTRICT COMMUNICATIONS COMMITTEE**

*What does Communications do?*

The Communications committee handles the flow of information within the CMA fellowship. We do so through maintaining speaker/sponsor lists and publishing The Pipeline on a monthly basis. We are always looking for great writers and artists who can contribute content for us to share!

**For more information, email  
[editor@cmaaz.org](mailto:editor@cmaaz.org) or join us  
online:**

**2nd Tuesday of the month  
7:30 PM on Zoom  
Meeting ID: 87848385170**



Check out past Pipeline issues at [www.cmaaz.org/the-pipeline/](http://www.cmaaz.org/the-pipeline/)



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THE PIPELINE**

# Crystal Meth Anonymous

## Sunday

**3:45 pm**

### Broken Glass

(Big Book Study)  
4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**6:00 pm**

### The Young/Methless

2610 W. McLellan.  
Phoenix, 85017  
(Sunlight of the Spirit)

**6:00 pm**

### Broken Glass

4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**7:15 pm**

### CMA Rocks

7523 N. 35th Ave.  
Phoenix, 85051  
(Crossroads West)

**7:15 pm**

### Faith Over Fear

4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**7:30 pm**

### CMA Rocks

Zoom: 708-3817-889  
Password: rockon

## Monday

**6:00 pm**

### Branching out

(women only)  
4220 W. Northern  
Phoenix, AZ 85051  
(The Spot)

**6:00 pm**

### Vineyard Faith Stag

(men only)  
6422 N. 65th Drive  
Glendale, AZ 85301  
(Vineyard Church)

**6:00 pm**

### Old School

4645 W. Bell Rd.  
Rm. 10  
Glendale, 85308

**7:00 pm**

### Dude, Where's My Bike

2720 E Thomas Rd.  
C-160  
Phoenix, AZ 85016

**7:15 pm**

### Faith Over Fear

4220 W. Northern  
Phoenix, 85051  
(The Spot)

**7:30 pm**

### New Hope

(LGBTQ)  
2622 N. 16th St.  
Phoenix, AZ 85006  
(Lambda)

**8:00 pm**

### Humble Pie

12838 N 22nd Pl  
Phoenix, 85022  
(Sweetwater House)

## Tuesday

**6:00 pm**

### Tweakers at The Spot

4220 W. Northern  
Phoenix, 85051  
(The Spot)

**7:00 pm**

### Meth Busters

2310 N 56th St., bldg A  
Phoenix, 85008  
(Valley Alano Club)

**7:15 pm**

### Faith Over Fear

4220 W. Northern  
Phoenix, 85051  
(The Spot, Outside)

**7:15 pm**

### Broken Glass

4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**7:30 pm**

### The Meth Lab

8910 N 43rd Ave.#102  
Glendale, 85302  
(Fellowship Hall)

## Wednesday

**8:30 am**

### CMA Rocks

Zoom: 708-3817-889  
Password: rockon

**6:00 pm**

### Broken Glass

4220 W. Northern  
Phoenix, 85051  
(The Spot)

**7:00 pm**

### Valley of the Sun

4430 N 23rd St.  
Phoenix 85016  
(The New Sun)

**7:00 pm**

### Misfits

1632 E Flower St.  
Phoenix, AZ 85016  
(Crossroads)

**7:00 pm**

### CMA Old School

Zoom: 846-378-1362

**7:15 pm**

### Faith Over Fear

4220 W. Northern  
Phoenix, 85051  
(The Spot)

**7:30 pm**

### New Hope

(LGBTQ)  
2622 N. 16th St.  
Phoenix, AZ 85006

Meeting list published monthly. Times and locations can change.  
Please email [Registry@cmaaz.org](mailto:Registry@cmaaz.org) for a current list.

Website: [CMAAZ.ORG](http://CMAAZ.ORG) | Hotline: 1-877-700-METH (6384)

# s | Central Arizona Meetings

## esday

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## Thursday

**6:00 pm**  
**Branching Out**  
(Women Only)  
4848 S. Central  
Phoenix, AZ 85040  
(Small Room)

**7:00 pm**  
**Vineyard Unicorns**  
**Women's Meeting**  
(Women Only)  
Text for location  
602-501-9978

**7:00 pm**  
**Dude, Where's My Bike**  
4848 S. Central  
Phoenix, AZ 85040

**7:15 pm**  
**CMA Rocks**  
7523 N. 35th Ave.  
Phoenix, 85051  
(Crossroads West)

**7:15 pm**  
**Faith Over Fear**  
4220 W. Northern  
Phoenix, 85051  
(The Spot, Outside)

**7:15 pm**  
**Broken Glass**  
4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**7:30 pm**  
**CMA Rocks**  
Zoom: 708-3817-889  
Password: rockon

## Friday

**9:00 am**  
**Faith over Fear**  
919 N. Dysart Rd.  
Avondale, AZ 85323

**10:00 am**  
**Morning Bowls**  
4220 W. Northern  
Phoenix, 85051

**6:00 pm**  
**Branching Out**  
(women only)  
4220 W. Northern  
Phoenix, 85051

**6:30 pm**  
**Tweaker's Hope**  
online/in person  
Zoom ID: 206-236-6677  
Password: 488837  
4415 S. Rural Rd., Tempe

**7:00 pm**  
**Dude, Where's My Bike**  
1612 E. Ocotillo Rd.  
Phoenix, 85016

**7:15 pm**  
**Faith Over Fear**  
4220 W. Northern  
Phoenix, 85051  
**Misfits**

11611 N. 51st Ave.  
Glendale, AZ 85304  
**Crafty Rascals**  
4220 W. Northern  
Phoenix, 85051

**8:00 pm**  
**Fresh Grounds**  
12838 N 22nd Pl  
Phoenix, 85022

**8:30 pm**  
**Walking Free Again**  
4220 W. Northern  
Phoenix, 85051

## Saturday

**9:30 am**  
**There is a Way Out**  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**11:00 am**  
**Broken Glass**  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**2:00 pm**  
**Helping Heroes**  
**Closed Mtg.**  
(Behavioral Health  
Workers)  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**5:00 pm**  
**CMA Rocks**  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**7:00 pm**  
**All Gas No Breaks**  
4430 N. 23rd Ave.  
Phoenix, 85015  
(The New Solution)

**7:00 pm**  
**Crystal Clean**  
5116 E. Thomas Rd.  
Phoenix, 85018  
(Crossroads Arcadia)

**7:30 pm**  
**New Hope**  
(LGBTQ)  
2622 N. 16th St.  
Phoenix, AZ 85006

**8:00 pm**  
**Tweakin on Recovery  
Now (T.O.R.N.)**  
13627 N. 32nd St.  
Phoenix, AZ 85032  
(Studio 164)

an change without notice, visit our website for the most current details.  
any updates. **List updated May 14, 2025**

# TRADITION 6

*"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."*

Crystal Meth Anonymous (CMA), like other 12-step fellowships, is guided by a set of traditions that preserve its unity, purpose, and effectiveness.

Tradition Six is essential for protecting the spiritual foundation and singular focus of the fellowship: helping individuals recover from crystal meth addiction.

At its core, Tradition Six is about boundaries. CMA exists to offer a safe, nonjudgmental space, where members can support each other in recovery. By avoiding alliances with outside organizations (whether commercial, political, or therapeutic), CMA ensures its message remains clear and uncorrupted. Endorsements or financial ties could imply that recovery is dependent on external products, services, or institutions, which contradicts the principle of one addict helping another being a sufficiently powerful force for healing.

This tradition also safeguards the fellowship from conflicts of interest. Issues involving money, property, or prestige can divide groups and distract from our primary goal of sobriety. When CMA avoids involvement with

outside enterprises, it steers clear of controversies that could fracture the unity of the fellowship or alienate members. The spirit of Tradition Six protects CMA from being drawn into debates or business ventures that do not serve the spiritual mission of recovery.

Furthermore, Tradition Six reinforces humility and accountability within CMA. It reminds members and groups how the strength of our program lies in its spiritual principles, not in its association with powerful institutions or reputations. This independence ensures that CMA remains accessible and inclusive to all who seek help, regardless of background or belief system.

In conclusion, Tradition Six plays a critical role in preserving the integrity and focus of Crystal Meth Anonymous. By refusing to endorse or finance outside enterprises, CMA stays grounded in its primary purpose: to help addicts find freedom from crystal meth addiction. Through this tradition, the fellowship remains unified, non-commercial, and spiritually centered, providing a dependable refuge for those in need of recovery. §

**By Anonymous**



## SOBERSCOPE

**WHATEVER I DID TO STAY SOBER  
YESTERDAY, I MUST REMEMBER  
THAT TO STAY SOBER FOR TODAY.**

*Sincerely, Kenyon D. B.*

# *How Sobriety Changed my Relationships*

In my active addiction, I caused a lot of emotional and financial damage to my personal relationships. The chaos that came with my drug abuse clouded my judgment and poisoned the trust I had built with the people who cared about me most. I often prioritized getting high over everything else—family, friends, responsibilities, and even my own well-being. It wasn't until I found sobriety through the structure and support of a 12-step program that I began to understand the full scope of the harm I had caused—and what it truly means to repair and rebuild relationships. I found my first demonstrations of love and acceptance in my sober living house, in my home group, at my workplace, and with my close family and friends.

One of the first ways sobriety changed my relationships was by making honesty non-negotiable.

In my addiction, lying came easy—I lied to cover up, to manipulate, to escape consequences. But in recovery, the truth became my lifeline. Being honest, even when it was uncomfortable, became a daily practice. It wasn't just about telling the truth to others—it was about being truthful with myself. This shift in integrity allowed others to begin trusting me again, slowly but surely. I am slowly rebuilding the trust with the people I've hurt in my past, but who continue to support me in my recovery.

Sobriety also taught me how to be emotionally available. In addiction, I numbed everything—pain, fear, guilt, and even joy. My emotional detachment made it nearly impossible to form or maintain

healthy bonds. Once I got sober, I had to face my feelings head-on, which wasn't easy. But learning to sit with discomfort rather than run from it helped me connect with others on a more authentic level. I became a better listener, a more compassionate partner, and a more dependable friend. Now, I'm able to return the love to my family and offer a listening ear to loved ones in distress.

Another way sobriety changed my relationships is by teaching me how to show up consistently. Before, I made a lot of promises I didn't keep, like missed birthdays, skipped holidays, and forgotten calls. When I was physically present, I was emotionally absent. In recovery, I learned the value of being reliable. Now when someone calls, I answer the phone, and when I say I'll be somewhere, I show up.

Sobriety didn't just help me fix old relationships—it helped me form new, healthier ones. I began attracting people who valued honesty, growth, and mutual respect. My boundaries became clearer, and I stopped trying to please people at the expense of my own peace. I learned that Real love doesn't have to hurt, or be earned through sacrifice; it's mutual, nurturing, and steady.

My relationships aren't perfect, but they're real, built on trust, communication, and accountability. None of that would have been possible without sobriety. Getting clean didn't just save my life—it gave me a second chance at love, friendship, connection, and for that, I will always be grateful. §

**By Jenna P.**

**Interested in writing for the Pipeline?**

**email:** editor@cmaaz.org

**Submit a question to Sassy Sponsor**

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