

## PA Website

<https://www.pillsanonymous.org>

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For Additional In Person  
and Online Zoom Meetings

Please Check the PA Website

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The Pills Anonymous  
12 Step Book



Available in hardcopy  
and e-book via Amazon

Wednesday Evenings 7:30 PM  
Church Hall Room

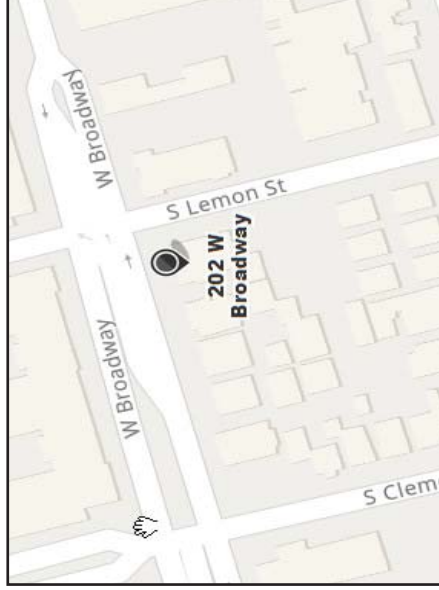


Breas Congregational Church  
300 E. Imperial Hwy. Brea, Ca.

Bob: 562-228-9865

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Saturday Mornings 9:30 AM  
Back Garage Room



Anaheim Alana Club  
202 W. Broadway, Anaheim, Ca.

Jesse: 714-336-4598

Mike: 714-357-5513

# PILLS ANONYMOUS

A Program of Recovery  
for Prescription Drug  
Dependency

## Anaheim / Brea

Pills Anonymous offers people who are dependent on prescription drugs a program of recovery, based on the 12 Steps of Alcoholics Anonymous, recognizing that prescription drug dependency is a unique and separate problem from dependence upon any other substance.

New comers are always welcomed!

We are a positive oriented group of men and women of all ages from all walks of life seeking recovery.

Pills Anonymous acknowledges that controlled prescription drug use is sometimes necessary and seeks to help members survive such times without engaging in addictive behavior.

The only requirement for membership is a desire to stop using mind-altering prescription drugs addictively.

## 20 Questions...

### Are You Dependent on Prescription or Other Drugs ?

1. Has your doctor, spouse, or anyone else expressed concern about your use of Rx medications ?
2. Have you ever decided to stop taking pills only to find yourself taking them again contrary to your earlier decision ?
3. Have you ever felt remorse or concern about taking pills or your medication ?
4. Has your efficiency or ambition decreased since taking pills or your medication ?
5. Have you established a supply for your purse or pocket, or to hide away in case of emergency ?
6. Have you ever been treated by a physician or hospital for excessive use of pills or medication ? (whether or not in combination w/ other substances)
7. Have you changed doctors or pharmacies for the purpose of maintaining your supply ?
8. Have you received the same pill from two or more physicians or pharmacists at approximately the same time ?
9. Have you ever been turned down for a Rx refill ?
10. Have you taken the same mind or mood effecting medication for over a year only to find that you have the same symptoms ?
11. Have you ever informed your physician as to which pill works best at which dosage and had him or her adjust the prescription to your recommendation ?
12. Have you used a tranquilizer or a sleep medication for over a period of months or years with no improvement to the problem ?

13. Have you increased the dosage, strength, or frequency of your medication over the past months or years ?

14. Is your prescription medication something you obsessively think about, more so than most anything else ?

15. Do you become annoyed or uncomfortable when others talk about your use of medications ?

16. Have you or anyone else noticed a change of personality when you take your medication, compared to before ?

17. Have you ever taken your medication before you had the associated symptom ?

18. Have you ever been embarrassed by your behavior when under the influence of your prescription medication ?

19. Do you ever sneak or hide your pills, or steal pills from someone else ?

20. Do you find it impossible to stop or go for a prolonged period of time without your pills ?

*If you have answered YES to three of more of these questions, based on our experience in Pills Anonymous (PA), you are likely to gain benefit from attending one of our meetings to determine if our program may be of assistance to you.*

**Some who come to our meetings have cross or dual dependencies, or wish to reduce their usage of over-the-counter (OTC) or other non prescription medications.**

## Which Rx Medications ?

The primary, but not the only prescription drugs which bring us to Pills Anonymous meetings seem to fall into the following categories:

1. Pain Medications
2. Anxiety / Stress Medications
3. Muscle Relaxant Medications

These include, but are not limited to:

Ambien	Oxycodone
Ativan	Oxycontin
Codeine	Percocet / Percodan
Darvocet / Darvon	Soma
Fioricet / Fiorinal	Ultram
Halcion	Valium
Hydrocodone	Vicodin
Lortab	Xanax
Norgesic Forte	

Notes, Phone Numbers, etc. :

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