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But the life we promise, free from active addiction, is only the beginning. Abstinence gives us a blank canvas; recovery offers us paints and brushes. It's up to us to pick them up and make our life a work of art.

One word you won't find anywhere in the Steps is "connection"—yet it's at the heart of everything we do. In addiction we were isolated from other people and our own spirits. We sought to cut ourselves off from the universe, and going it alone nearly took our lives. At each stage of the journey, we've drawn closer to our fellow human beings. This last Step tells us to make a habit of it. We could summarize Twelve thus: "Now that you've reconnected to the world, go out and share that good feeling." Recovery has shown us many paradoxes, but this is probably the most beautiful one: With each connection we make, we become more and more free.

We never put our recovery behind us. We have calmed our mental obsession, but our treatment requires us to remain vigilant one day at a time. As long as we have the desire to stop using, we'll keep working the Steps. With the perspective of longer sober reference and greater emotional growth, we can learn new truths about ourselves and the world each time we revisit this work. And we draw even deeper insights when we share the Steps with others.

We who are recovering in Crystal Meth Anonymous are eager to share our program with you, if you want it. Following this simple program of suggested steps, we have opened the door to a new life.

*Yesterday we were paralyzed—*

*today we're changing moment by moment.*

*Yesterday we hated ourselves—*

*today we like who we're becoming.*

*Yesterday we were isolated—*

*today we treasure connections old and new.*

*Yesterday we said no to everything—*

*today we say yes.*

*Yesterday we shut out the world—*

*today we dance to the rhythm of the universe.*

*Yesterday we were trapped—*

*today we are free.*