

Suggested Meeting Script

Welcome to the (individual meeting name) meeting of Psychedelics In Recovery™!

(Entheon, Sat. Morning Live, Integration, O.G., Women's, Step Study, etc.)

My name is _____, and I'm a person in recovery and Meeting Chair for today.
Opening: Let us start the meeting with a moment of silence followed by the Serenity Prayer.

PIR® Preamble:

Psychedelics In Recovery™ is a 12-step fellowship of people from all 12-step programs and other paths of recovery who share our experience, strength and hope with each other. Our primary purpose is to pursue recovery and help others do the same, as defined by the individual. As our third tradition states: "The only requirement for membership is an interest in psychedelics and/or plant medicines as an aid to our recovery process."

Our members either have had prior experience with, or are interested in, integrating the intentional use of psychedelics and/or plant medicines into our spiritually-oriented program.

Psychedelics In Recovery™ is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. We do not sell or promote the use of any substances. This is a safe space in which we can openly discuss the role of psychedelics in our individual recovery journeys. While psychedelics are not considered inherently addictive, we practice mindfulness and accountability around the intentions we carry in the utilization of these medicines.

We recognize that some in recovery may form addictive patterns with anything that induces altered states. If we find we are using these experiences in self-destructive ways or as a means to escape or avoid, we practice rigorous honesty with ourselves and trusted others in order to promptly restore a healthy recovery process.

Is anyone new to PIR® or new to this PIR® meeting who would like to introduce themselves, and share your primary qualifying fellowship if you have one?

(Optional Readings)

I have asked _____ to read "The Guiding Principles."

I have asked _____ to read "Integration And A Plan of Action."

I have asked _____ to read the 12 Steps of PIR®.

I have asked _____ to read the 12 Traditions of PIR®.

Additional Member Materials can be found under the "resources" tab of the website

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Main Meeting Portion:

Speaker Discussion / Topic Discussion / Steps or Literature

This is a _____ (describe format) meeting. (Suggested Speaker Meeting Format: speaker shares their experience, strength, and hope for 10-15 minutes followed by brief shares by others.)

When the speaker, reading or opening topic ends: Now we turn the meeting over to individual shares. Please limit shares according to group size, sharing for about 3 minutes, so that everyone with a desire to speak may do so. Who would be willing to serve as a timekeeper (if needed)? The meeting is now open for shares on one's own experiences related to 12-step recovery with or without psychedelic experiences.

Meeting Ending: (When either everyone who wanted to share has shared or time has run out)

Thank you for a really good meeting. That is all the time we have for sharing. We do however have time for a burning desire. A burning desire occurs if someone feels they may use, act out, hurt themselves, or hurt someone else if they do not share now. Does anyone have a burning desire? Contributions can be made through our website: www.psychedelicsinrecovery.org/ by clicking on the 7th Tradition link. We have meetings every day. The meeting calendar can be found on our website. We also have a Psychedelics In Recovery™ private Facebook group.

Are there any PIR® or Recovery related announcements?

Thank you for letting me be of service, now let's close with a moment of silence followed by the Serenity Prayer.

OPTIONAL ADDITIONS

ANONYMITY:

PIR® is an anonymous fellowship. We value anonymity, integrity, and our intention in cultivating a safe space. However, certain risks exist in both in-person and virtual meetings. Personal privacy and anonymity are your responsibility. Remember that who you see here, what you hear here, when you leave here, let it stay here.

7TH TRADITION BREAK:

PIR® is fully self-supported through our own contributions. If you would like to donate to PIR®, please visit the website at psychedelicsinrecovery.org and click on the 7th tradition link. You can choose to make a one-time donation or arrange for a monthly contribution to be given automatically.

[CLOSED MEETING ONLY] (if voted to be a closed meeting):

Before we begin, please note this is a closed meeting of PIR®. Closed meetings are for those who identify as being in recovery or with a desire to find recovery from addictive behaviors through integrating the 12 Steps with or without psychedelic substances. If you feel that this statement does not apply to you at this time, we kindly ask you to leave the room before we begin. See Safety Guidelines & Meeting Netiquette documents for further suggestions

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Safety Guidelines

As PIR® continues to grow, it is essential that we establish a safe container for all of us to heal and recover together. We can be willful people and many of us come here with a history of trauma. We include all members; those who are aggressive as well as those who are shy. A healthy meeting space maintains a balance between these extremes of personality expression. PIR® strives to be a trauma-sensitive 12-step fellowship that focuses on equity and inclusion and allows each individual member to find their own definition and path of recovery. With that, please see our suggested safety guidelines:

Protecting PIR® as a Whole:

Legality of Psychedelic Substances: Psychedelic medicines are not legal or decriminalized in many places. In order to protect PIR®, we must not promote psychedelic services or disclose where to find psychedelic substances in the meeting or in the parking lots.

Safety in Meetings:

Each Meeting is autonomous and is also a reflection of PIR® as a whole. Each meeting has the primary purpose to pursue recovery and welcome newcomers. Each meeting can decide how it is run, provided that decision is guided by the group conscience. PIR® unity is as important as individual group autonomy.

We suggest each meeting follow the basic meeting format that includes the adapted 12 Steps and Traditions, Integration and a Plan of Action and the Guiding Principles.

We suggest each group and individual member maintain an atmosphere of recovery. Be mindful of language, screen etiquette, crosstalk, sexual or inappropriate behavior in the meeting or in the parking lot after the meeting. Inappropriate behavior can include and is not limited to: bullying, derogatory comments, negativity, harsh judgments, medical/psychiatric advice, self-promotion of one's own business & predatory comments. If a meeting decides by group conscience to adopt aspects “outside” the basic format (e.g. crosstalk/feedback, double dipping, profanity allowed), this could be mentioned in the meeting format readings so newcomers know what to expect in that individual meeting.

We suggest that each meeting have a General Service Representative (GSR) to connect the group/ meeting to PIR® as a whole. GSRs attend their own groups Business Meetings. GSRs also attend a monthly GSR Business Meeting (with all the other GSRs) and make reports to both meetings.

We suggest that meeting Chairs are able to confidently maintain and facilitate a safe meeting space; By Intergroup Conscience, Chairs have the authority and obligation to address disruptive behavior either directly or in the chat, and mute or remove disruptive individuals, if necessary, from that meeting.

We suggest modulating dominating behavior to promote inclusion: double-dipping can be perceived as dominating. Chairs are encouraged to promote an environment of inclusion and understanding; even allowing for a few moments of silence, creating the space for individuals to collect their thoughts and speak up.

We suggest that Meeting Chairs need to have a sufficient amount of self-defined recovery to be of effective service.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Twelve Steps

of Psychedelics In Recovery™

1. We admitted we were powerless over addiction - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of a Higher Power of our own understanding.
4. Made a searching and fearless inventory of ourselves.
5. Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.
6. Were entirely ready to have our Higher Power remove any characteristics that cause suffering.
7. Humbly asked our Higher Power to remove these obstacles.
8. Made a list of all beings we had harmed and became willing to make amends to them all.
9. Made direct amends to such beings wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were out of alignment with our values, promptly admitted it.
11. Sought through spiritual practice to improve our conscious contact with a Power greater than ourselves, asking only for knowledge of this Power's will for us and the ability to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others seeking recovery and to practice these principles in all areas of our lives.

These Steps provide us with a foundation from which to prepare, process, and integrate psychedelic experiences into a program of recovery. Those who have embraced other 12-step programs may find it helpful to maintain their connection to those groups and fellows. We also welcome those who have no connection to other 12-step fellowships and hope they may find this Fellowship to be a bridge to 12-step recovery. Some people may find it difficult to share about the integration of psychedelics with others in traditional recovery groups. Each of us must determine for ourselves when, how and with whom we can talk openly about our involvement in this Fellowship without fear of judgement or stigmatization.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Twelve Traditions

of Psychedelics In Recovery™

1. Our common welfare should come first; personal recovery depends upon PIR® unity.
2. For our group purpose, there is one authority: loving-kindness, as expressed through our group conscience. Our leaders are trusted servants, they do not govern.
3. The only requirement for PIR® membership is an interest in psychedelics and/or plant medicines to aid our recovery process; however, PIR® does not endorse the use of any substances.
4. Each group should be autonomous except in matters affecting other groups or PIR® as a whole.
5. PIR®'s primary purpose is to pursue recovery and help others do the same.
6. PIR® groups or PIR® as a whole ought to refrain from endorsing, financing, or lending the PIR® name to any related facility, outside enterprise, or individual, lest problems of money, property, or prestige divert us from our primary purpose.
7. PIR® as a collective is entirely self-supporting, declining outside contributions.
8. PIR® service work is voluntary, but we may employ special workers.
9. PIR® may create service boards or committees directly responsible to those they serve, however, PIR® functions in the spirit of allowing all members an opportunity to volunteer.
10. Individual PIR® members have a variety of opinions on outside issues; however, members remain mindful that PIR® is an inclusive program and are respectful when sharing and listening about sensitive topics. PIR®, as an organization, has no opinion on outside issues.
11. At a public level, we may self-disclose our involvement in PIR® if we do not proclaim to represent the organization. As members of PIR®, we respect and protect all members' anonymity.
12. The spiritual intention of PIR® is to create diverse, safe, and sacred spaces for all who wish to recover...always striving for humility over hubris and principles before personalities.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Preamble

Psychedelics In Recovery™ is a 12-step fellowship of people from all 12-step programs and other paths of recovery who share our experience, strength and hope with each other. Our primary purpose is to pursue recovery and help others do the same, as defined by the individual. As our third tradition states: "The only requirement for membership is an interest in psychedelics and/or plant medicines as an aid to our recovery process."

Our members either have had prior experience with, or are interested in, integrating the intentional use of psychedelics and/or plant medicines into our spiritually-oriented program.

Psychedelics In Recovery™ is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. We do not sell or promote the use of any substances. This is a safe space in which we can openly discuss the role of psychedelics in our individual recovery journeys. While psychedelics are not considered inherently addictive, we practice mindfulness and accountability around the intentions we carry in the utilization of these medicines.

We recognize that some in recovery may form addictive patterns with anything that induces altered states. If we find we are using these experiences in self-destructive ways or as a means to escape or avoid, we practice rigorous honesty with ourselves and trusted others in order to promptly restore a healthy recovery process.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Guiding Principles

We suggest honesty in our considerations for approaching psychedelic use of any kind. We recommend a trusting relationship with a sponsor or other fellows in a 12-step recovery program

We suggest thoughtfulness and respect for integrating conscious, intentional use of psychedelics as part of 12-step recovery. We treat these tools as medicines, sacraments, or catalysts for ceremonial use and spiritual growth, not as substances or drugs for temporary pleasure or escape. Set and setting matter.

We suggest using caution when deciding whether to ingest any psychedelic. We educate ourselves and make informed decisions.

We suggest personal discretion regarding disclosure of the role psychedelics and/or plant medicines have in our recovery. We understand that talking about psychedelics in mainstream 12-step meetings is deemed an "outside issue."

We suggest relying on the fundamentals of Step 12 when "carrying the message of recovery" in the context of our fellowship to the still sick and suffering or longtime members from other fellowships that are new to ours.

We suggest being mindful of the spiritual intention of our fellowship, which is to provide a safe space for us to share experience, strength, and hope regarding the use of psychedelics and plant medicine in our 12-step recovery process.

Please respect our fellows' right to find their own definition of recovery.

We do not use PIR® meetings or parking lots for sourcing medicines, self-promotion for financial gain, finding others to participate in sessions, recommending retreat centers, organizations, and/or individuals to facilitate psychedelic experiences.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Integration and A Plan Of Action

The word ‘psychedelic’ means "mind-manifesting." The word ‘entheogen’ means “discovering the divine within." When these are applied under the right conditions, with right intention and with the utmost respect, they can provide us with profound insights, healing, and sometimes radical shifts in personal awareness. We do not consider the use of psychedelics to be destructive. We do not use them for numbing, escapism or avoidance. We practice openness and honesty when integrating psychedelics into our 12-step program because they help us become more aligned with our primary goal of recovery.

It is worth noting that Bill Wilson, one of the co-founders of A.A. had his own experiences with psychedelics, specifically LSD, and recognized its transformative potential. He likened the experience to his original “white-light” encounter that was the bedrock for the “spiritual awakening” discussed in the Big Book literature. We feel that the implications of this are far-reaching and worth exploring.

To quote the Big Book of Alcoholics Anonymous: “There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a [person] in everlasting ignorance – that principle is contempt prior to investigation.” pg. 568, 4th Edition.

If you have explored or are interested in exploring psychedelics as a therapeutic aid to your process of recovery, then you may find this Fellowship has a lot to offer.

We suggest what many 12-step fellowships suggest:

- Working the 12 Steps with a sponsor or a group of fellows.
- Finding a home group for fellowship and connection in recovery.
- Looking for ways to be of service.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Frequently Asked Questions

For those new to the fellowship

Please note that answers have been sourced by the community. We are not clinicians or professional therapists.

Who are we, and why are we here?

Psychedelics In Recovery™ is a 12-step fellowship of people from many 12-step programs and other paths of recovery who share our experience, strength, and hope with each other. Our primary purpose is to pursue recovery, as defined by the individual, and to help others do the same. The only requirement for membership is a desire to recover from addiction and/or an interest in the use of psychedelics and/or plant medicines as an aid to our process of recovery.

Is this Fellowship for people who are addicted to psychedelics?

No. Although some members may have experience with abuse of psychedelics or plant medicines and might be able to help identify signs of psychedelic addiction, PIR® is focused on integrating the safe, intentional, and/or ceremonial use of psychedelics and/ or plant medicines into a healthy 12-step process of recovery.

How does PIR® help?

PIR® is open to all seeking recovery from addiction, with an overarching awareness of the potential for the responsible use of psychedelics and/or plant medicines to improve and enhance the individual and communal lives of our members. We encourage our members to speak openly about recovery. We are an informal, peer support space that provides an opportunity for individuals to heal in community by incorporating practices gleaned from a spectrum of group-sharing models, ranging from silent or neutral group acceptance to kind and loving reflection ("feedback") from others.

When and how do I ask questions?

If you are new, the best place to ask questions is from more experienced members in the virtual "parking lot" after the meeting. The parking lot is considered the 'meeting after the meeting' and allows for more open discussion and community- building. We share our experiences, but do not give advice or tell others what to do. It is worth noting that the parking lot is not a space to promote oneself for financial or material gain.

How are PIR® meetings similar or different from other 12-Step fellowship meetings?

PIR® groups tend to be more accommodating to a wider range of approaches to recovery than those typically espoused by members of traditional abstinence-based 12- step groups. PIR® members often find healing by following models of recovery that integrate harm-reduction strategies or medication- assisted therapy. However, as is true in many traditional 12-step fellowships, our meetings typically open with a few standard readings, including the 12 Steps as adapted for PIR®, and provide participants the opportunity to share their experience, strength, and hope. Participants who choose to share about their use of psychedelics and/or plant medicines will not be stigmatized in PIR®. We allow members to self-define their understanding of recovery/sobriety/ abstinence, and we encourage individuals to embark on a process of exploration to discover for themselves the most effective methods for recovering from their addictions.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Are people in PIR® in other recovery programs, too?

Many fellow travelers have been or are currently also in AA, NA, ACA, Al-Anon, CoDA, Recovery Dharma, and non-faith-based fellowships, to name a few. Some members have experienced trouble with substances like drugs or alcohol; others may have found themselves suffering from process- based or behavioral addictions, such as gambling, overeating, or codependency.

Do I have to work the Steps to recover?

No. We encourage members to find their own path to recovery. For some, this may involve following the 12 Steps. We encourage members to work the Steps and apply those principles and concepts in their daily lives.

Do I have to admit I have a problem with drugs or alcohol?

If we find we have a problem with drugs, alcohol, or harmful behaviors, healing can begin when we accept this for ourselves and we admit it to others. Admission of loss of control (or "powerlessness") over addiction is the First Step. We encourage you to practice rigorous honesty with yourself and trusted others. Share when you feel comfortable and safe.

What does sobriety mean in PIR®?

In PIR®, we allow members to define what sobriety means to them. Generally, sobriety is characterized by abstinence from self-defined harmful behaviors. These behaviors could be substance- based or process-based. Some members are sober from alcohol, narcotics, or tobacco; others are sober from codependence, self-injury, gambling, sex, or food addiction.

Regarding alcoholics and addicts using psychedelics and plant medicines, what about the phenomenon of craving or relapse?

"Craving" and avoidance of the symptoms of withdrawal are part of the basis for addiction. "Relapse" refers to engaging in self-defined harmful behaviors after a period of abstinence. For alcoholics and addicts, the phenomenon of craving occurs as a response to ingesting our drug of choice or engaging in self-destructive behavior. Addiction is generally defined as craving, compulsion, and a loss of control or an inability to stop engaging in self-defined harmful behavior(s). In PIR®, some members mindfully work with psychedelics and/or plant medicines to reduce the craving and obsessions often associated with addiction. Most psychedelics are not considered inherently addictive. If we experience the phenomenon of craving or relapse, we contact our sponsors, fellow travelers, or trusted others to promptly restore a healthy recovery process. Please find more information in our Cares and Considerations document.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



More questions from the interactive FAQ

How do I identify my Sobriety in PIR®?

Many people in PIR® come from other 12-step groups and other paths of recovery have varying lengths of sobriety or clean/recovery time from their harmful drugs/addictive behaviors. Some members find that traditional 12-step groups do not feel like the right fit for them. In PIR®, we encourage individual members to identify their own version and definition of what sobriety means to them. We encourage people to find sponsors or co-travellers to foster a sense of community, work the steps to build a connection to a Higher Power, and get active service commitments to practice humility and responsibility. It may be helpful for a new member to start identifying their own harmful behaviors that they do not wish to engage in, to start to self-define their sobriety or clean time as part of their path of recovery.

Am I still "sober" if I use psychedelics?

Each member gets to define their own version of what it means to be sober, with or without the use of psychedelics. Many members of abstinence-based 12-step fellowships or other paths of recovery may be resistant or feel uncomfortable considering the use of psychedelics. In PIR® we see these substances as medicine and we strive to use them consciously and aligned with our primary purpose, integrating their use into our 12 step recovery process. This is what integration in PIR® is all about. The 12 steps give us a way to process our psychedelic experiences. PIR® does not judge or make recommendations one way or the other about anyone's psychedelic use or integration into their program of recovery.

What is considered destructive or chaotic use of psychedelics?

There are some potential destructive or chaotic behaviors to watch out for when starting to integrate psychedelics into our recovery. A few of those behaviors may include: If we are using psychedelics to escape our feelings or to avoid circumstances in our lives. If our psychedelic misuse is impacting our physical/mental health, or our relationships with friends and family, then that may be considered destructive and harmful to our recovery. We encourage rigorous honesty with self and others about our behaviors, our psychedelic use and integration (based on our self-defined recovery) to stay accountable to ourselves, our program, and in the community.

How can you tell the difference between "integrating" and "using"?

Integration is a big, important process that can happen before, during and after participating with psychedelics/plant medicine, 12-step work, or other ceremonies. Everyone has their own unique process that would be too long to explain here. Roughly, integration is what we do for ourselves, or in community with others AFTER we use/ingest the medicine or as part of our step work. "Using" is an unrelated term that can carry a negative connotation that we are ingesting substances or engaging in harmful behaviors against our recovery.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



How does a newcomer get started on the journey of integrating psychedelics and/or plant medicines into their recovery?

Some members come to PIR® with long periods of abstinence-based sobriety, while others are seeking relief from their primary addiction through the use of psychedelics, plant medicine and/or the 12 steps. Most of us started by going to meetings, asking others how they learned about psychedelics and incorporated them into their 12 step work. We do our research and learn from reputable sources. We proceed with caution, guided by our Higher Power and trusted others.

Where's the line between therapeutic use & abuse?

Each member gets to define for themselves what constitutes therapeutic, intentional use of psychedelics and/or plant medicines and what they consider harmful or abusive use of those medicines. What works for one person's program of recovery may not work for another. We refrain from judging another person's path, focus on our own recovery, sharing from our own ESH (Experience, Strength and Hope). We encourage sharing about your experiences with trusted others for caring feedback.

How do you know when you are relapsing or when you've lost your sobriety?

Many of us find it helpful to define "Bottom Line Behaviors" (BLBs) that we do not engage in for our self-defined sobriety. BLBs can range from avoiding substances like alcohol, hard drugs, cannabis, or nicotine to avoiding process-oriented harmful behaviors, like porn, gambling, self-injury.

How do I make friends and build community within PIR®?

Attend meetings, parking lots, get involved with your group through service commitment opportunities. Joining some of our unofficial social media platforms, and asking respectfully for phone numbers (and using them!) are great ways to start building deeper connections with other PIR® members. Skillfully navigating new relationships in recovery takes time, patience, mutual trust and reciprocity.

I am in another fellowship and I have taken psychedelics or other plant medicine. Do I have to start (ed. re-start) my sobriety in my other fellowship?

We recognize that sharing about psychedelics in mainstream 12-step meetings is deemed an "outside issue". Sharing openly about psychedelic use and/or integration has been met with resistance (and/or shame) in some traditional 12-step abstinence-based fellowships. PIR® does NOT consider intentional psychedelic use/integration a relapse or slip in sobriety/recovery/clean time. Each member in PIR® has the opportunity to choose for themselves if they need to restart their sobriety/clean time.

Does PIR® promote drug use?

No. We do not consider psychedelics "drugs" when they are used intentionally for healing. We affirm that they have the potential to help us heal on many levels; physically, spiritually, mentally and emotionally. We encourage each member to decide for themselves if psychedelics could be an aid to their program of recovery.

Note* PIR® prohibits promotion. Sourcing medicines or recommending individuals or retreat centers breaks our Traditions and is out of alignment with our primary purpose which is to recover and help others to do the same.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.

Netiquette for PIR®

Given that every meeting is autonomous except in matters that concern PIR® as a whole, we offer these statements as topics for discussion in individual meetings. Individual meetings can decide whether or not to adopt any or all of these statements but the Literature Committee has written them exclusively for the purpose of having conversation on the topics these statements cover.

Zoom-Related topics

Chat Function

The chat function will/will not be disabled during the sharing portion of the meeting so members are able to better focus on spoken shares (if not disabled, the following could be added: Please be considerate in using the chat function during peoples' shares as some find the chatting distracting and disrespectful during their shares. If this is the case with you, we suggest that at the beginning of your share you ask people not to chat while you're sharing.

Private Chats

If you wish to contact someone in a private message, we recommend that you first send a private message asking for permission to engage in such an exchange.

Info for phone users: Use (star) *9 to raise your virtual hand and (star) *6 to mute/unmute if you've dialed in by phone.

Zoom Meeting Etiquette Statement:

Since PIR® is a gathering of people from many 12-Step groups recovering from a wide range of compulsive behaviors and addictions, we ask that you be mindful of what you are doing on camera and what you share during this meeting. Please be considerate and turn off your camera while moving around, eating, drinking, smoking, vaping or engaging in other activities that some may find distracting or triggering. Make sure that you mute yourself when you are not sharing. If you've already shared, please allow everyone else to share before asking to share again or "double-dip."

Timekeeper Statement:

In this group we'll limit shares to (3 minutes suggested)__ minutes. Could we get a timekeeper? (pause). Thank you (to volunteer timekeeper). The timekeeper will give a one minute warning and a signal for "time" in the chat function. If you need a verbal warning please announce that at the beginning of your share.

Safety Statement:

If you feel unsafe or triggered by something someone is doing/saying in this meeting please private message the chair/host.

Under The Influence Statement:

If you're currently under the influence please refrain from sharing today and instead listen for the experience/strength/hope you would like to have. Please stay around for the parking lot to connect with members to help you in your recovery process.

Possible closing statement

The opinions expressed here were strictly those of the persons who gave them and shouldn't be taken to represent the views of PIR® as a whole. Take what you like and leave the rest. The things you heard here were spoken in confidence and should be treated as confidential. What you hear here, let it stay here.

Tags

M = Man/Male Identifying.	**W** = Woman/Female Identifying.	**Q** = LGBTQIA+.	**MM** = Mixed Meeting.
FB = Feedback permitted.	**S** = Speaker discussion.	**T** = Topic discussion.	**L** = Literature discussion.
BB = Big Book study and discussion.	**TT** = Twelve Traditions discussion.	**O** = Open.	**C** = Closed.
B = Beginner/Newcomer.	**M** = Meditation.	**SS** = Step Study.	**SLAA** = SLAA discussion.
CODA = CoDa discussion.	**ANON** = Al Anon discussion.	**ACA** = ACA discussion.	**ND** = Neurodivergent friendly.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Cares & Considerations

If you're new to psychedelics or new to Psychedelics In Recovery™ (PIR®), please read this document in its entirety. This is a living document.

TABLE OF CONTENTS

Preface
Overview of Care & Considerations
For Those New to Psychedelics
CARES
Set & Setting
Safety & Substance
Structure and Support
Spirituality and Sustainability
CONSIDERATIONS
Endangered
Legal Status
Risks and Research
Resources

Preface

The information presented here is offered in the spirit of support and guidance. Psychedelics In Recovery™ claims no authority over how this information is used or interpreted. We share these ideas with humility, respect, and reciprocity in relation to all people seeking and finding recovery from addictions who may also seek guidance from psychedelic medicines, indigenous cultures and practices, 12-step lineage, and other resources. What is offered here is not intended as an endorsement of any person, organization, or institution.

Overview of Care & Considerations

This document is offered as a resource to assist with the productive use of psychedelics in any recovery process, including 12-step-based recovery. It is also meant to raise awareness around how psychedelic medicines are used and the ways such use may impact individuals and communities in the areas of physical, mental, social, cultural, emotional, and spiritual health and healing. In essence, this material is to reduce harm and restore healing when or if one chooses to integrate psychedelics as a tool into the process of recovery from addiction. Psychedelics In Recovery™ does not promote the use of psychedelics.

For Those New to Psychedelics

Psychedelic drugs, sometimes referred to as "entheogens" and "plant medicine," have unique and diverse qualities. First-time users may choose to approach these substances with caution to ensure a safe and productive experience when using these substances. Reading about psychedelic experiences, such as those posted and cataloged by drug at www.erowid.org might be a good place to start. Conversations with trusted friends who have had experiences with this class of drugs may also be useful and complement reading the research literature. Preliminary self-inquiry and preparation may also be important as we consider our intentions for deciding whether or not to consume these substances for our own recovery and personal growth. There is a trusted resource on "preparation" from tripsitters.org specific to psilocybin and generalizable to various psychedelic drugs. If you're new to using psychedelic drugs for therapeutic purposes, we urge you to look into all the elements that go into cultivating an optimal experience. There are ample resources online to help orient the newcomer. Also, see the "Resources" section below.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Cares & Considerations (continued)

CARES

Set & Setting

The PIR® Literature states that "set and setting matter." The conscious and intentional use of psychedelics in a process of recovery is different from use of psychedelics for the purpose of satisfying a craving, escaping from pain, or avoiding life's many challenges. Set refers to one's state of mind, heart and soul when intending to use psychedelics. Setting refers to geography, environment, objects, music, other beings such as people, plants, animals, that make up the physical space in which a psychedelic experience may occur. Set and Setting can be thought of as the energy, time and space that surround an actual psychedelic experience or ceremony. Set and setting are considered vital components of the preparation and integration phases of psychedelic journeys.

Safety & Substance

Safety: The highest priority when integrating psychedelics into a recovery process. Safety is a primary tenet of harm reduction and a primary principle of recovery from trauma. Safety refers to the need for security so as to allow a psychedelic journey to be optimized. Physical, emotional, psychological, social, and spiritual safety is of utmost importance in both psychedelic journeys and participation in PIR® meetings in general as part of preparation and integration.

Substance: This refers to the need to know the substance one is considering ingesting. This is essential so as to increase the likelihood of a safe experience. We suggest learning about the source and purity of the substance, its strength and suggested dose. Prior experience with smaller doses of the substance may help when one is seeking to determine the amount to take for a deeper journey. We encourage a period of self-defined abstinence and emotional stability before engaging in this work. We recognize that various psychedelic experiences have helped dozens of PIR® members get and remain sober regardless of whether in active addiction or long-term recovery.

Structure & Support

Structure: This refers to the system or framework a person develops for the purposes of the preparation process, the experiential journey itself, and the continuous work of integration. Some activities for engaging in this work may include routine journaling, meditation, diet, exercise, and social connections (such as therapists, guides, friends, family, etc..).

Support: This is a core aspect of 12-step recovery and the intentional use of psychedelics as part of healing, growth, and ongoing recovery. New members are encouraged to work closely with a guide, coach, therapist or shaman (in-person, or over video/phone if necessary) or a trusted fellow in the program. Support systems may include individual therapy, group integration circles, recovery community, family, friends, church, etc... As with other 12-step fellowships, Psychedelics In Recovery™ is not a substitute for medical advice, however, we suggest that there are mental and physical health conditions that may be contraindicated when deciding to use psychedelic drugs. Therefore, in the case of uncertainty, we suggest seeking support from qualified health professionals trained in psychedelic research and therapy may help to minimize risk.

Spirituality & Sustainability

Spirituality: Psychedelic experiences and recovery share a common basis of spiritual awarenesses that result from both, which often leads to healing and growth. However, we also deeply consider our shared vulnerability for what has been called "spiritual bypassing".

Spiritual Bypassing - To spiritually bypass is to use spirituality to avoid, suppress, or escape from uncomfortable issues in life. Spiritual bypassing is similar to other forms of avoidance that rewards us with a false feeling of security and happiness, while undermining the deeper path to growth and transformation. While most of us are sincerely trying to work on ourselves, there is a tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues and deep psychological wounds. Spiritual bypassing, if left unchecked, can be our greatest hindrance, preventing us from stepping into our authenticity and power. The reality for most of us is that the path to healing and transformation is not always pretty. It can also be the most shattering, tumultuous and challenging experience we can go through in life. Once we emerge from the embers of our destruction we may be reborn. We must have the courage to face our shadows and visit the places that frighten us.

Sustainability: PIR® is dedicated to the sustainability of the wisdom and health we have discovered and experienced through the combination of 12-step work and past, present, or ongoing psychedelic experience. Sometimes spiritual experiences can lead to self-aggrandizement based on spiritual insights and feelings of a deep connection with the divine. We must always remember that humility at all times is the foundation of any recovery process and healing practice. Grandiosity in the realm of the spirit is the greatest threat to our personal recovery and the greater healing community.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.

CONSIDERATIONS

Endangered Sources of Psychedelic Substances

We strive to educate ourselves on the cultural and historical lineages of many of these medicines and we encourage other members of PIR® to become familiar with and to respect the wisdom and traditions from these historical roots and practices. Through this conscious use of healing medicines we hope to avoid a naive or exploitive appropriation of other cultures and worldviews even as we work to preserve those wisdom traditions and cultures. We also recognize that the source of some of these medicines, such as peyote and the "toad venom" of the Sonoran Desert Toad (Bufo Alvarius) are endangered and we need to do what we can to avoid adding a greater burden on those endangered species. Some of us have found synthetic 5-MEO-DMT a good alternative to the Sonoran Desert toad (Bufo Alvarius) and San Pedro a sustainable alternative to peyote. Considering alternatives to different psychedelic substances may allow these endangered species to once again flourish.

Legal Status

In most parts of the US and the world, these psychedelic substances remain illegal. Those using, possessing and distributing them are sometimes liable to severe prosecution. There could be legal ramifications for sitters or guides who provide psychedelics to others, especially if someone is injured under their care. Even after the approved medical use of psychedelics for various conditions and after some states or municipalities have decriminalized some psychedelic substances, there will continue to be legal risks to those who possess larger quantities of psychedelics, or those who distribute or administer psychedelic drugs to others.

Reminder of Risks and Research

PIR® aspires to minimize glorifying psychedelics and promoting them as a "magic pill" solution. These medicines can be a catalyst for spiritual growth if we do the work. PIR® sees our community and fellowship as a healing container for ongoing recovery with or without using psychedelics for personal or spiritual growth. Examples of "doing the work" may include working the 12-steps with a sponsor, working closely with a recovery coach, a regular meditation practice, healthy eating habits, participating in recovery meetings, goal setting, exercising, journaling, etc.

Risks: Some of us, however, have a history of mis-using these substances. While rare, some may develop an unhealthy relationship with psychedelics. Some of us have found ourselves using more and different types of psychedelic drugs, with increasing frequencies and in ways that may not be considered intentional or for healing purposes. Some may unwittingly be justifying pleasure-seeking solely from psychedelic drug experiences to the exclusion of other sources of joy and pleasure. As such, some may begin using them as a main source of entertainment, or escape routes from problems we wished to avoid. Such misuse can lead to unhealthy habits, or emotional or psychological dependence that, in turn, require treatment and/or abstinence from psychedelic drugs. Some of us have had to learn this lesson the hard way as we worked to transform our addictive tendencies or to improve our growth in recovery with the proper use of psychedelic medicines. In PIR® we encourage the spirit of humility, respect, and caution in the conscious and moderate use of psychedelics.

Research: We urge members to research any possible contraindications with various foods, medications, mental health issues, and medical conditions. We suggest people look into existing and ever expanding scientific research, trip reports, and community wisdom. Once again, for those who are taking psychiatric or other medications, or who have certain mental health or medical conditions, we strongly suggest speaking with a trusted licensed health practitioner before engaging with psychedelics. We suggest people do not wean themselves off psychiatric medications without consulting their prescribing health practitioner.

RESOURCES

PIR® does not endorse organizations, individuals, or specific practices when it comes to the use of psychedelics. Below is a list of publicly available resources related to psychedelics.

Chacruna Institute

https://chacruna.net/

Provides public education and cultural understanding about psychedelics and promotes a bridge between the ceremonial use of sacred plants and psychedelic science.

DanceSafe

https://dancesafe.org/

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.

Harm reduction and peer-based, popular education.

Erowid

http://www.erowid.org

A member-supported organization providing access to reliable, non-judgmental information about psychoactive plants, chemicals, and related issues.

Fireside Project

https://firesideproject.org

"To help people minimize the risks and fulfill the potential of their psychedelic experiences in ways such as providing compassionate, accessible, and culturally responsive peer support, educating the public, and furthering psychedelic research, while embracing practices that increase equity, power sharing, and belonging within the psychedelic movement."

Healing Maps (Set and Setting)

https://healingmaps.com/set-and-setting-psychedelics-meaning/?fbclid=IwAR2z6aXGNGombceizt6px4eJZH-0QcxxEpO4etkq_l-8NmYttdD_amItohw

Johns Hopkins Center for Psychedelic and Consciousness Research

https://www.hopkinsmedicine.org/psychiatry/research/psychedelics-research.html

MAPS

https://maps.org/

Multidisciplinary Association for Psychedelic Studies (MAPS) is a 501(c)(3) non-profit research and educational organization that develops medical, legal, and cultural contexts for people to benefit from the careful uses of psychedelics and marijuana.

New York University Center for Psychedelic Medicine

https://med.nyu.edu/departments-institutes/psychiatry/research/center-psychedelic-medicine

Psychedelic.Support

https://psychedelic.support/

Directory of psychedelic providers, groups and accredited education.

Psychedelic Peer Support Line (Fireside Project)

https://firesideproject.org/psychedelic-peer-support-line

(623) 473-7433. People who think they may be having a medical emergency should call 911. "Offers free, confidential peer support by phone and text message to people in the midst of psychedelic experiences, people holding space for others who are in the midst of psychedelic experiences, and people integrating past psychedelic experiences."

PsychSitter

https://psychsitter.com/

Manual of Psychedelic Support. A comprehensive guide to setting up and running compassionate care services for people having difficult drug experiences at music festivals and similar events.

Spiritual Bypassing

https://www.verywellmind.com/what-is-spiritual-bypassing-5081640#:~:text=%20Impacts%20%201%20Denying%20Difficult%20Emotions.%20People,feel%20as%20a%20result%20of%20cognitive...%20More%20

Tripsitters

https://www.tripsitters.org/

"Supporting you at every step of your psychedelic journey. Empowering you to make safe and well-informed decisions."

Sexual Abuse and Inappropriate Behavior

https://www.psychedelic-survivors.com/

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Staying Connected: Parking Lots, Zoom & Discord

DISCUSSION DRAFT · Practical member guidance, open to feedback. Not a fellowship-wide policy.

What is a PIR® parking lot?

A Zoom parking lot is the informal time before or after a scheduled meeting. Come and go as you please. Camera on or off, talk or just listen. There is no formal welcome or raised-hand sharing queue. Leave room for others and follow the Safety and Ethics guidance.

If something comes up

- **Need help in the room?** Privately message the Zoom host if someone has claimed host. For Zoom help outside the room, look for **Zoom Concierge** on the WhatsApp support page.
- **Conversation getting crowded?** Pause and leave space for others. Don't record, screenshot, or repeat another person's share without permission. If someone keeps disrupting the space or breaks the safety rules, the host may intervene, remove them, or restrict access where possible.
- **Host needs to go?** If you claimed host, pass it to a willing person before leaving so the room isn't reset. The room usually winds down when the last person leaves. Wrap up sooner if another scheduled meeting needs the Zoom link.

Before you open the room

If you are hosting, check when the next meeting uses the link and agree who will take over if you need to leave. If nobody can take over and there is a safety concern, close the room rather than leaving it unattended.

New to Zoom?

Join your first meeting

1. Open the meeting link from the online meetings list. If Zoom asks, open its app or choose **Join from your browser** when that option is offered.
2. Enter the name you want others to see. If there's a waiting room, wait for the host to admit you.
3. Choose **Join Audio** and pick your device audio. Start muted; the camera is optional unless the meeting asks otherwise.
4. Follow the chair's instructions for sharing. When asked to raise your hand, look under **Reactions**. If you dialed in by phone, use star-9 (*9) to raise your hand and star-6 (*6) to mute or unmute.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



If you can't hear or be heard

Check that you've joined audio, that the right speaker and microphone are selected, and that you're not muted. On a phone, check that Zoom has microphone permission. You can privately message a host if you need help and chat is available.

For more help, visit Zoom Concierge or the PIR® WhatsApp support page.

New to Discord?

Find your way around

1. Open the PIR® Discord invitation in a browser or in the Discord app. Sign in or make an account if you need one.
2. Read the welcome information and rules before posting. Choose a display name you're comfortable sharing; don't post another member's personal details or recovery story.
3. Text channels are for messages. Voice channels are optional drop-in spaces; select one to join, check your microphone settings, and disconnect when you're done.

What to expect

The space is available for informal connection. It's not currently staffed, monitored in real time, or hosting scheduled programming. You can look around without introducing yourself.

For setup questions, ask PIR® Discord Helper | A.L.E.X. | Astral Logic Endpoint eXpander.

Before you share online

Check the display name and profile photo others can see. Use headphones if someone nearby could overhear. Before posting a screenshot to get tech help, crop out names, meeting details, and chat.

Choose where to ask for help

- **Something happening now in a Zoom room?** Ask the meeting host privately if you can. You can also mute your audio, turn off your camera, or leave and reconnect at another meeting.
- **Trouble opening a meeting or getting audio to work?** Ask Zoom Concierge. Say what device you use and what you see on screen, but leave out anyone else's name, chat messages, or recovery details.
- **Need help with a Discord channel or audio setting?** Ask Discord Helper. For a public text channel, check who can see it before posting. If you prefer not to get direct messages from server members, review your Discord privacy settings.

A parking lot and Discord are both optional. If you want a scheduled meeting rather than informal chat, use the online meetings list.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



Sponsorship & Co-Travel

Peer support can make the Twelve Steps less solitary. You can ask for company in recovery even if you're not ready for a formal sponsorship relationship. This guide offers starting points, not conditions for membership or service.

Choose the kind of support you want

A **sponsor** is a peer who can share how they work the Steps and help you find a way to begin or keep going. A **co-traveler** is someone you check in with as peers. You might read together, talk through a Step, or agree to call each other before your next meeting. Neither person has to have all the answers.

> "Fellow Traveler – This is the traditional method of ACA/ACOA sponsorship. A person who is willing to share experience, strength, and hope in helping the sponsee work their way through the 12 Steps" (adultchildren.org)

Start with a conversation

1. Ask a trusted member after a meeting whether they are open to sponsorship or co-travel. You can also ask your homegroup how it introduces members who want this kind of support.
2. Say what would help: working a Step, reading together, or a regular check-in. Ask what they can realistically offer.
3. Agree on how often to connect, when it's okay to call, and what stays private. Try one conversation or a short trial before committing to a schedule.

Keep it peer-to-peer

A sponsor or co-traveler isn't a clinician, emergency contact, or authority over another person's recovery. The relationship doesn't require either person to use, provide, or recommend any substance. Don't share another member's contact details without consent. If the arrangement stops working, either person can step back respectfully and seek other support.

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.



We in Psychedelics in Recovery (PIR) honor the spirit of sponsorship in traditional 12-step processes. We appreciate the ways in which sponsorship in PIR shares similarities and differences with other 12-step fellowships. We use the familiar language of "Sponsor" and we feel that the term "Fellow Traveler" fits as well.

In PIR we use "Sponsor" and "Fellow Traveler" interchangeably.

GET THE MOST OUT OF SPONSORSHIP

The main responsibility for the PIR Sponsor is to take the PIR Sponsee through the Steps of PIR

- A sponsor shares personal experience and knowledge to help the sponsee find and maintain their own definition of recovery through the Steps of PIR.
- A sponsor shows by present example of what PIR means in the sponsor's life.
- A sponsor encourages and helps the sponsee to attend a variety of meetings to get a number of viewpoints and interpretations of the program of recovery.
- A sponsor suggests keeping an open mind about PIR, the 12 Steps, a Higher Power and all spiritual experiences.
- A sponsor encourages the sponsee to find a home group for fellowship and connection in recovery and look for ways to be of service.
- A sponsor sees that the sponsee is aware of PIR literature, in particular the Twelve Steps and Twelve Traditions, The Guiding Principles of PIR, and How to Integrate - A Plan of Action.
- A sponsor impresses upon the sponsee the importance of all the Traditions.
- A sponsor tries to give the sponsee some picture of the broad-reaching scope of PIR and the inclusivity of all 12-Step fellowships and other paths of recovery.
- A sponsor does not offer medical advice.
- A sponsor assists the sponsee in determining for themselves their own definition of recovery and practicing personal discretion regarding when, how, and with whom to talk openly about their involvement in PIR.
- A sponsor may assist the sponsee in identifying their own path for integrating psychedelics into their 12-Step recovery.
- A sponsor quickly admits "I don't know" when that is the case and helps the sponsee find a good source of information.
- A sponsor does not impose their personal views on the sponsee regarding matters of spirituality, religion or any other outside issues, but may share their personal experience with these matters.
- A sponsor does not offer professional services such as those provided by counselors, the legal, medical or social work communities, but may sometimes help the sponsee to access professional services outside the scope of PIR if needed.
- A sponsor underscores the fact that it is the PIR recovery program - not the sponsor's personality or position – that is important. Thus, the sponsee learns to rely on the PIR program not on the sponsor. A well-grounded sponsor encourages the sponsee to seek additional support and guidance from other members of PIR.

Source: PIR Sponsor Info 11-2021 · Howard W., website advisor · CC BY-NC-ND 4.0

© 2026 Psychedelics In Recovery™ – PIR® · All Rights Reserved, except separately licensed content.