

You might be able to admit “a problem with drugs, but I am not an addicted person, I am a Muslim.” There are preconceived ideas about what an addicted person is. There is much the same when not admitting to addiction; however, once this is admitted positive action can begin. If you can identify with the problems, you may be able to identify with our solution.

The following questions were written by recovering addicted persons in Millati Islami. If you have doubts about whether or not you are addicted, take a few moments to read the questions below and answer them as honestly as you can.

1. Do you ever wait to use until after Isha prayer?
2. Do you ever use by yourself?
3. Have you ever substituted one drug for another, thinking that “it is the drug that is the problem”?
4. Have you ever stolen drugs or stolen to obtain drugs?
5. Do you regularly use a drug when you wake up or when you go to bed?
6. Have you ever fasted all day and then used once the sun goes down?
7. Have you ever taken one drug to overcome the effects of another?
8. Have you ever used a drug in your home when you knew your children, wife, mother, husband would be coming home soon?
9. Have you ever avoided people or places that do not approve of your drug using?
10. Have you ever gone around people or places that did not approve of your drug using, thinking that “they won’t know I used anything”?

Recovery through Dawah is what happens in our meetings. Our very lives are at stake, and we have found that by putting our recovery first, the program works. We faced these disturbing facts:

1. We were neglectful of our higher selves and our addiction rendered our lives unmanageable.
2. We are placed here to be servants of Allah, and not slaves to drugs, emotions, alcohol, people, places, or things.
3. We can no longer blame people, places, and things for our addictions. We must face our problems and our feelings.

Our future seems hopeless until we find Allah - and people in recovery willing to share their experiences, strengths, and hopes with us.

Denial of my addiction keeps me sick and my honest admission enables me to stop using.

...Allah does not change a  
people's condition unless they  
change what is in their hearts...  
– Qur'an 13:11

Our website is [MillatiIslami.org](http://MillatiIslami.org)  
Please visit to find a meeting or Zoom link.



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# Am I Addicted?

*Only you can answer this question.*



I am not an addict and I won't admit to being anything other than what Allah has said that I am. We have been taught that we are the creations of a living Creator, with whom we may seek a relationship, upon simple and understandable terms.

The idea that somehow, someday, we will control and enjoy our using is the great deception of every substance abuser and abnormal drinker. The persistence of this illusion is astonishing. We must admit to our innermost selves that we are addicted if we are ever going to recover. Accepting that we are addicted is the first step in the recovering process.

11. Have you ever used a drug without knowing what it was or what it would do to you?
12. Has your job or school performance ever suffered from the effects of your drug use?
13. Have you ever performed ablution or Salaat (prayer) high or under the influence of any drug or alcohol?
14. Have you ever been arrested as a result of using drugs?
15. Have you ever lied about what or how much you use?
16. Do you or have you put the purchase of drugs or alcohol ahead of your financial responsibilities?
17. Have you ever tried to stop or control your using?
18. Does the thought of running out of drugs terrify you?
19. Do you ever question your own sanity?
20. Is your drug use making life at home unhappy?
21. Have you ever thought you couldn't fit in or have a good time without drugs?
22. Have you ever felt defensive, guilty, or ashamed about your using?
23. Do you feel it is impossible for you to live without drugs?
24. Does using interfere with your sleeping or eating?
25. Do you think a lot about drugs?
26. Have you ever taken drugs you didn't prefer?
27. Have you ever used drugs because of emotional pain or stress?
28. Have you ever overdosed on any drugs?
29. Do you continue to use despite negative consequences?
30. Have you ever used during Ramadan?

“Am I addicted?” is a question that can only be answered by you. We have found that we all answer these questions with different numbers of “yes”. The actual number of “yes” answers wasn't as important as how we felt inside and how addiction had affected our lives.

Some of these questions don't even mention intoxicants. This is because addiction is an insidious disease that affects all areas of our lives—even those areas which seem at first to have little to do with intoxicants.

The different intoxicants we used were not as important as why we used them and what they did to us. When we first read these questions, it was frightening to think we might be addicts. Some of us tried to dismiss these thoughts by saying:

“Oh, those questions don't make sense.”

Or

“I'm different, I'm a Muslim, and I know I take intoxicants, but I am not addicted, I have other problems, I might smoke weed but I am not addicted, it's my children, husband, wife, and/or job,”

Or

“I'm having a tough time right now, Shaitan is riding my back, and when I get my DEEN in order, I'll be alright and then I'll be able to stop.”

These questions, when honestly approached, may help to show you how using drugs has made your life unmanageable. We are people who have lived in the grip of a continuing and progressive illness whose ends are always the same: a decrease in faith leading in turn to jails, institutions, dereliction, or death.

Addiction is chronic, progressive, and fatal; it enslaves us and we become prisoners of our own mind. Those who are like us have passed into the “region of no return”, beyond the realm of human aid. If you want help you will find it in the fellowship of Millati Islami.

Those of us who have found the Millati Islami program know that we have been addicted to, or dependent on, things other than seeking our Creator's pleasure. Our goal is to emerge successfully from this test called life as prescribed by Allah.

We are Muslim men and women who begin to treat our addiction by not using. Some of us were feeling guilty; we came to our first Millati Islami meeting and didn't know what to expect.

After surrendering to Allah, and identifying ourselves as addicted, help becomes possible. We begin to see a little of ourselves in every addicted person and a little of them in us. This insight lets us ‘begin to begin’ to trust one another, after sitting in a meeting or several meetings.

Allah informs us that “the Qur'an is a healing”. We seek guidance from the Qur'an to maximize our degree of recovery from addiction. Prophet Muhammad (saws) taught us that for every disease there is a recovery.

Although our minds might tell us “we can't make it”, we choose to focus on the healing of on-going recovery, and that the cure for every disease rests with Allah.