

Withdrawal Warriors Worldwide  
A Fellowship  
(May 3, 2017)

Purpose and Identity

1. We are an international fellowship of individuals who have chosen to discontinue the use of prescribed psychotropic drugs.
2. Our sole purpose is to support one another, both individually and collectively, as we each travel the road to freedom from the use of prescribed psychotropic drugs and their adverse effects - both while we are taking the drugs and as we withdraw from them.
3. For the purposes of this fellowship, we are not licensed medical doctors, therapists, counsellors, psychologists or licensed in any other medical occupation or profession – nor do we claim to be licensed medical staff with respect to this fellowship.
4. We do not offer medical advice. As such, it is important for each member of this fellowship to be in contact with appropriate medical staff as he or she undertakes the endeavor to discontinue the use of prescribed psychotropic drugs.
5. This fellowship has no opinion concerning the current general practice of prescribing psychotropic drugs or any other social issues.
6. All opinions and information offered in this fellowship will be based on existing, generally accepted information in the literature, personal observation, and personal experience.
7. There are no dues, fees or any other financial aspect related to this fellowship.

Pillars and Truths

1. Our journey from the discontinuation of prescribed psychotropic drugs through withdrawal to a place of wellness is a process.
2. We are all different. **No one else can feel what you feel.** Each person goes through and experiences the process in a manner that is unique to him or her. No two individuals experience the process in exactly the same way. We will each have a different story to share when we reach wellness.
  - We will each have different symptoms with different intensities.
  - We will each notice improvement in different ways and at different times.
  - We will each have our own timeframe for healing.
3. There is no “perfect” way to taper from psychotropic drugs. However, under no circumstances is it wise to cold turkey from psychotropic drugs.
4. The brain is continually trying to heal in its own unique way during withdrawal from psychotropic drugs, even though there are times when it feels like no healing is occurring.
5. Even though the myriad of strange, intense symptoms during withdrawal causes us to feel or believe we have developed a mental disorder, we have not.
6. Often, the symptoms of withdrawal lead us to fear that we have developed some other empirically diagnosable condition. In such cases, it is best to be checked by a doctor, if only to provide us peace of mind.

7. Currently, the passing of time is the only known way to effect healing from psychotropic drugs, although there is hope that a quicker way to healing will be discovered in the future. As such, withdrawal is a matter of surviving until wellness is reached. Anything that helps us to pass time is beneficial.
8. Acceptance that we are in withdrawal and that it will take time is necessary in reaching wellness. Blaming ourselves or others for our current predicament does no good and is counterproductive. It is what it is, and it will get better.
9. It is absolutely necessary for us to keep hope alive during the withdrawal process. We need to reach out to anything or anyone to maintain hope.
10. It is important for us to seek positive, hopeful input from wherever we can find it. Places of negativity and confrontation of any sort should be avoided.
11. We must be careful of what we read and believe. It is important to realize that nearly everyone in the withdrawal forums and Facebook groups is also in withdrawal. They are also afraid and have cognitive issues. For this reason, harmful misinformation and fear abound. In withdrawal, the power of suggestion is enormous.
12. All of the bizarre, painful, fearful thoughts and feelings we have in withdrawal are distortions caused by the withdrawal itself and have no place in reality.

### Promises

These promises are primarily from *Alcoholics Anonymous* pages 83-84 (with slight modification).

1. If we painstakingly adhere to these pillars and truths, we will each make it to the place of wellness and will be amazed when we get there.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will realize that God has done for us what we could not do for ourselves.

Are these extravagant promises? We think not. They will always materialize as we reach wellness.