



DUAL DIAGNOSIS ANONYMOUS (DDA)

OUR SYMBOL

By Corbett Monica, Founder

Our symbol combines the shapes of a triangle, a circle, and a five-petaled flower.

At the center of our symbol are the letters “DDA” within the triangle. This represents the core of our fellowship, which we view as our immediate family. This view recognizes and reinforces our relationships as brothers and sisters in recovery.

The base of our triangle represents Solidarity. Solidarity is the very foundation of DDA, and it is where the seed of recovery germinates, and grows into the beauty of the flower in our symbol. The left side of our triangle represents Strength. DDA recognizes that there is Strength in diversity. Together, Solidarity and Strength acknowledge the awesome power of our group consciousness. The right side of our triangle represents Hope. Hope is a core principle of recovery in DDA and it is a natural outcome of our Solidarity and Strength.

The circle that surrounds the triangle reminds us that from the very first time we attend DDA, regardless of how often we attend meetings thereafter, we shall always be connected to one another. This interconnectedness further reinforces the Strength, Solidarity, and Hope of our fellowship. The circle also represents the circle that we form at the end of every DDA meeting as we close with the Serenity Prayer.

The combination of the triangle and circle is a powerful reminder of the tremendous healing power associated with the many 12 Step fellowships to which we are related.

Around the circle we find our five-petaled flower. Each of the petals of our flower, represent 1 of the 5 Steps of DDA. DDA is known as the 12 Steps* plus 5 Program. There is little, if any, disagreement of the success of the 12 Step fellowship of Alcoholics Anonymous regarding recovery from alcoholism. However, since the introduction of the DDA program, it has been the additional 5 Steps that have resonated with those among us who have recognized that their substance abuse has been driven by a pursuit to relieve symptoms of mental illness. It is the blending of DDA's 12 Steps plus 5 Program that establishes the framework of recovery from our dual diagnosis.

Each petal in the flower represents a key concept of the 5 Steps in DDA.

- The lower right petal represents Step 1. The core meaning of Step 1 is Acceptance. This confirms that it is our ability to accept our dual diagnosis of substance abuse and mental illness that opens the door to our spiritual journey of healing and recovery.
- The lower left petal represents Step 2. The core meaning of Step 2 is Willingness. After accepting our dual diagnosis at Step 1, our willingness to accept help at Step 2 reinforces the reality that we are not alone in our recovery.
- The left upper petal represents Step 3. The core meaning of Step 3 is Mental Health. Step 3, emphasizes the importance of addressing our mental health issues if we are to be successful in our recovery.
- The top petal of our symbol represents Step 4. The core meaning of Step 4 is Spirituality. Spirituality is the very essence of recovery. The ultimate culmination of all the Steps.
- The right petal of our flower represents Step 5. The core meaning of Step 5 is Service. With recovery comes service. There can be no recovery without service, and there can be no service unless we are willing to work an honest program of recovery. Wherever we find ourselves on our spiritual journey of recovery there shall be opportunities to serve because we can work an honest program at any stage of our recovery efforts.

The space within each of the petals of our flower symbolizes our extended family. Our extended family includes all those who, although not identifying as dually diagnosed, support the DDA 12 Steps plus 5 program of recovery. These persons may include family members, friends, prescribers, clinicians, clergy, and/or others. DDA acknowledges the profound contribution of our extended family to our recovery efforts. The inclusion of our extended family within the symbol of DDA is true testimony that these persons are indeed embraced within our fellowship.