

# ONE. Q. WHAT IS AN ADDICT

While using drugs an addict is without the sensibilities which guide normal people in normal affairs. <sup>①</sup>Conscience, the sense of personal responsibility, is in the anesthetized or confused fore-brain. Memory is faulty. Concern with personal well-being, present and future, is ~~not~~ <sup>NOT POSSIBLE FOR</sup> the person in the grip of compulsive drug use. Moved by forces hidden within our natures, the operating addict moves in a world where he is master and the world is his kingdom --- as long as he doesn't get caught. The ultimate catch is running out of dope ~~and fighting~~ <sup>WE FIGHT</sup> to keep up the illusion that we have got it under control.

as if the person is eaten away from the inside. This can be over-emphasized and can be used as a crutch to avoid recovery, but it's also true. A friend in the program and I discussed what a person would be like if they slept all day, did not work, did not talk to anyone, did not think or read-- in short did nothing all day long. Well wouldn't they forget social graces, acquire weird habits and mannerisms, forget how to work, forget how to express themselves and show concern for others, forget how to feel...

2's dope was the answer. This philosophy caused a lot of conflict with my ingrained middle class values but I still hung on and went back to school to avoid the draft and Vietnam. I began to get scared of what the drugs were doing to me because I couldn't concentrate, and began to lose weight ~~it~~ and get depressed

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1. ALCOHOLISM IS A PRIMARY, PROGRESSIVE, AND TERMINAL DISEASE; IT CANNOT BE CURED, BUT IT IS TREATABLE AND CAN BE ARRESTED.
  2. ALCOHOLISM IS A COMPLEX DISORDER WHICH ALWAYS INCLUDES AN EXCESSIVE DEPENDENCE UPON ALCOHOL TO THE POINT WHERE THE INDIVIDUAL SUFFERS SOME COMBINATION OF PHYSICAL, PSYCHOLOGICAL OR SOCIAL IMPAIRMENT.
  3. ALCOHOLISM IS A DISORDER WHICH OCCURS IN PEOPLE OF ALL AGES, ALL SOCIO-ECONOMIC LEVELS, ALL RACES, BOTH SEXES, AND WITH ALL TYPES OF PSYCHOLOGICAL OR EMOTIONAL PROBLEMS.
  4. ALCOHOLISM IS A DISORDER THAT HAS A HIGH POTENTIAL FOR CHRONICITY AND/OR RELAPSES.
  5. ALCOHOLISM IS A DISORDER THAT REQUIRES A WIDE VARIETY OF THERAPEUTIC TECHNIQUES, DEPENDING UPON THE NEEDS OF THE PARTICULAR PERSON.
  6. ALCOHOLISM IS A DISORDER IN WHICH THE TOTAL CAUSE IS UNKNOWN.
  7. ALCOHOL IS THE MOST ABUSED DRUG IN THE UNITED STATES.
  8. SEVEN PERCENT OF THE ADULT POPULATION MANIFEST THE BEHAVIOR OF ALCOHOL ABUSE OR ALCOHOLISM.
  9. AN ESTIMATED 6 PERCENT OF THE TOTAL WORK FORCE ARE ALCOHOLIC AND ANOTHER 6 PERCENT ARE ALCOHOL ABUSERS.

1. Do I want to stop using, but can't do it alone?
2. What do I use and how do I use it?
3. Do I con doctors for "legal" drugs, telling myself that it's okay to use these drugs because they aren't illegal?
4. Do I have more than one prescription going at one time with different doctors?
5. Do I need something to help me get going in the morning, and something to slow me down at night?
6. Am I using illegal or "heavy" drugs and think there is nothing that can be done to kick the habit?
7. Am I in trouble with friends, family, or the law because of drug-related incidents?

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# D. disease concept

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Although I had used, misused and abused medications for half of my life, I never considered that I might be an addict. For me, the term "drug addiction" conjured up visions of street crime, fear of the law, and needles. As far as I chose to believe, the drug addict lived in a skid row environment; and because I did not fit the picture I had imagined, I could not be a "drug addict". I had never been arrested, I had no fear of the law, and I was afraid of the needle.

Why are we different and why cant we use like "normal people" We in Narcotics Anonymous suffer from a disease like alcoholism, diabetes or tuberculosis. It is called addiction. Addiction is a bodily, mentally and spiritually state of illness. It is terminal progressive and terminal. It can not be escaped through moving or using mood altering or mind changing drugs. It has to be found out, faced and dealt with squarely. Since alot of use were street addicts we dealt in illicit drugs. thus many of us lived criminally. This could have something to do with our being different. Many of us participated in subcultural of bizzare behavior that may have given us a different experience than that of the non addict. The main reason we feel we are different is because upon relating to each other in our meetings we felt we had to have something different and we could not find it in our ordinary lives but we thought we had found it in drugs. This for us turned out to be our undoing and after going the route of active addiction to drugs and many of us

Our problems are very real and quite complex. They've gotten steadily worse for a long time. No simple answer seems possible. We hear that addiction is a disease and not a fault.

# One Disease Concept

Our addiction catches up to us though and we find ourselves in hospitals more often, in and out jails, and being put in institutions because of what we do to ourselves.

Through these things we begin to realize how unmanageable our lives really are. Drugs can no longer hide the pain. We just want an easy way out but all we know is to use to live and live to use.

# One E.

Hi my name is Tom and I am a happy grateful alcoholic & drug addict, clean & sober by the Grace of God and the 12 steps. Life today is fulfilling and there is a joy for living within my heart.

It hasn't always been that way, I drank & used for 12 years, almost ten of those years were daily using & drinking. I was an addict & alcoholic of hopeless variety, too me I seem to have been born that way.

I was brought up in a loving so called middle class family. My mother & father were very affectionate to each other and my sister and I. We were very wanted children and shown that in every way. To this day I have never seen my parents or my sister high or loaded in anyway. Yet I was to follow a very different path.

As far back as I can remember I felt separated from this family and all of life, never feeling a part of, always feeling different. Of course I am talking of an immense fear of life and all that was involved in living it. I don't recall ever feeling the simplicity of a child.

Growing up in Southern Calif I seem to get into all the normal things. Going to the beach alot, involved in all the various sports, yet always this fear of life was with me, always feeling inadequate. Never letting out the potential I had within, today I see how fear does stop us from living life to its fullest.

I had that alcoholic addict personality, self will running riot thru out my ~~life~~ childhood. Always wanting my own way and if things didn't go my way I sure let people know about it.

one E.

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Addicts when they start out are looking for a way out. possibly a way to be accepted something new in life. We for the most part aren't facing life on life's terms. We try a drug then another and it seems real slow at first and we tell ourselves we won't get "that bad". We find a drug that we like and we start using it more and more often. We learn how to face life through drugs. The pain, hurt, misery we feel can be postponed. We found the answer to happiness. Coming down our problems come back and then another problem. We use more often. What we did yesterday won't cover today. We need to use more and more often. Our progression is growing more.

Oblivion is the answer. If we can just keep high all the time we can't feel the pain. In our stupor we start doing things and saying things to people we don't usually mean. After a party someone might say, "Man, You were really messed up last night". You can't even remember anything but you don't tell him that. The fear of what you said or did. The humiliation of having to ask others what happened. Did I have a good time last night? We use to cover up our humiliation. We are becoming irresponsible with our lives. We wake up sick, don't make it to work, or go to work stoned. We steal to support our habit. Hurt the ones we love. Whatever it takes to get that fix, pill or drink. We deny all these things, we tell ourselves we can handle it, man. We deny