

The psychological aspect of addiction comes with our inability to deal with life on its own terms. We tried drugs and combinations of drugs in efforts to cope with a seemingly hostile world. We dreamed of finding the "right" medication, the magic elixir that would solve our ultimate problem - ourselves.

~~Psychological~~ dependence on drugs does emotional harm and psychological harm to the addict. He craves even pot that 14 year old kids can handle if they are not addicts. The fact for us however is that we can not handle any mind changing or mood altering substance. We addicts who only smoked pot or did non narcotic drugs are in as much danger as the hard core junkie. Our thrills turned out to be a habit which eventually turned on us, Almost killing us.

The psychological aspect of the disease of addiction is a cruel one. WE addicts who did not get strung out on the hard core drugs opium, morphine etc., are in a state of often pronounced confusion. We, because of the grade of drug we are using, do not as readily suspect that we are hooked on it. Only an addict ~~can get~~ hooked on grass where as any one can get strung out on morphine, delota, or heroin. ~~They~~ ^{Drugs} develop in us ~~an~~ emotional instability. We become very sluggish or glum with out the drugs of our choice. Some of us felt we had to have ~~our~~ our drug to make suicidal feelings vanish. WE felt that we were ok people when loaded on pot, speed, or acid, but with out it disorientation set in. WE felt as if our world was hollow, dull, meaningless, that there was no purpose to live but to do dope. WE eventually land in the mental hospitals, fearing for our sanity. WE hope that the nice psychiatrist will fix us. Usually they do but just with a psychotropic drug.

The emotional withdrawal off pot, hash, speed, acid, or the like is like a paranoid episode. Anxiety sets in fear and tension usually build untill we ~~just~~ feel we can bear it no longer. We may not get physically sick but may feel the inward jitters. WE cant understand why our friends can handle it on a take it or leave it basis. We feel alienated from all humanity. Loneliness sets in and more than a small percent of us have been known to die.

Even the loaded phase is a ~~dispondednt~~ process where we shut ourselves away from others that would remind us of how wierd we are. WE would rather be alone in our plastic paradise away from all reminders of reality. This crutch leads to institutions, and death, self hate, feeling different, over sensitive and hostile toward others and, of course, the obsession and compulsion

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He or she is given no role model for recovered addict except to be terribly sorry and apologetic for their great wrongdoing or a calous indifference that says it doesn't mat er how they feel or what they do because they will alays be addicted and will always return to usage. These are not the sort of rationales that get results. They are the myths that must be broken if we are to learn to live clean and sober and become responsible productive members of society again.

DISEASE

ASPECT

I felt an aching need for something that I could not feel. I experienced it as a physical sensation, the need for something outside of myself that I could not find. ~~IX~~ It was this need, this yawning chasm in my soul that drove me to drink, to use and involve myself in characteristically destructive relationships and behavior. Only by working my steps thoroughly have I really been able to see that my life was unmanageable.

My addictive personality does not want it to be a spiritual disease; does not want it to develop grave emotional and mental disorders or a case of nervous breakdowns when not relying in God; it wants the disease to be a physical one that can be cured by drugs so it can continue the course of selfwill run riot and attempt to keep control of the soul.

The complication of the spiritual disease by using drugs leads to complete separation from God as the result of the drug chemical physically separating my consciousness from God-consciousness. This separation now shows signs of grave emotional, mental and physical disorders, and the final admitting that I'm powerless and unmanageable at least as far as drugs are concerned.

WHAT A MAJOR BREAK THROUGH, THANK GOD.

It is a spiritual disease. I'm completely powerless and unmanageable in all areas of my life. When fit spiritually, there are no grave emotional, mental or physical disorders God cannot clear up. God gives me the energy to manage only what God has me doing.

Prescription Addiction ~~17~~ 17-2000

I recently had an operation and I must admit that even though I have 2 years sobriety I was concerned about the medication I would be taking. I am happy to say, because of what I learned in N. A., I am still sober. I took it one day at a time and also relied on friends I made in the program. Just thinking of them and their concern helped me stay sober. I am very grateful for the help and support I received in the program. Not just during my operation, but since the 1st day I entered the doors of N. A., I felt I was accepted from the 1st. This meant a lot to me and helped me. I will be ever grateful to N. A.--It's principles and It's people. Sincerely, Claire T.

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~~The reason that the~~

~~disease expresses itself in moral terms is a fallacy that~~
~~often seem moral lies in the fact that the addict is a~~
~~terribly~~ Proof of this lies in the fact that as soon as we

Disease
Concept

begin to treat addiction as a disease following a formula that has succeeded repeatedly, we immediately get results. When we treat it as a no-no, we get a rebellious attitude and drive the addict deeper into their addiction. When Europeans first cultured wild orchids, they acted on many false premises. They assumed that since orchids came from tropical latitudes that the proper culture would be a hot humid environment and orchids that had survived thousands of sea miles rotted in London ~~cases~~ botanical cases. It turned out that orchids need filtered sun light and plenty of fresh air to thrive. Similarly addicts who waste away incorrigible in institutions at state expense often respond in like kind to the love and fellowship given to them by the only people who really can, recovered addicts. This is a proven principle and not an effort to make money from a "cure" for drug addiction. We addicts have no choice but to help one another. In helping others our own recovery is assured.

I don't know what all this means, except my spiritual disease of selfwill run riot and lack of relying in God, manifests itself in nervous, emotional and mental disorders which lead to my using drugs, which in it's progression leads to addiction, insanity and death.

The complication is physical allergy coupled with emotional and mental disorders due to separation from reliance in God. And the moment, the physical disease of using drugs is arrested, and my grave disorders clear up by relying in God, my mind tries to declare itself: "Well."

I'm well today, not to go back to drugs, I'm well today in order to continue a life long habit of relying in God and enjoying spiritual progress as may be revealed by applying the 12-Steps to my living situation. Thank God, the spiritual disease is being taken care of by God. I'm incapable of dealing with it. Only God is capable of my recovery.

DISEASE ASPECT

MY ADDICTION CONSISTED NOT OF THE DRUGS
I USED BUT OF THE NEED I FELT TO BE HIGH.
I USED EVERY EXCUSE I KNEW TO GET HIGH.
I WAS DIFFERENT FROM THE CROWD, HAD TO GET HIGH
TO HAVE FUN, I CAN'T WORK UNLESS IM HIGH, I HAVE
ALONG DRIVE AHEAD OF ME I NEEDED TO STAY AWAKE,
WHEN I GET HOME FROM WORK I NEEDED TO RELAX,
THE LIST IS ENDLESS.

~~NOT~~ ACTUALLY ALL THAT I WAS DOING WAS DRAINING
MYSELF INTO GETTING HIGH. AFTER A PERIOD OF TIME
I NO LONGER NEEDED EXCUSES, I GOT HIGH FROM HABIT
THIS IS WHERE OUR ADDICTION LIES THE CONTINUAL
USE OF DRUGS FROM HABIT.

It all begins with that first admission and that first
white chip. From that point forward each addict is reminded that
a day clean is a day won and any failure is only a temporary
set-back rather than a link in an unbreakable chain. every drug
addict is a prisoner in his or her own mind, condemned to slow
execution by their own sense of guilt. How moral. The ultimate
crime that allows a person to act against their true inner
nature and keep doing things they don't really want to do.
Not just criminal things but also just doing nothing all day .
I don't imagine a normal person can imagine just how empty
a life can become but if you don't feel anything, you don't
feel like doing anything. ⁽⁵⁾ We weren't focused on the fulfillment
of life but on the emptiness and worthlessness of it all.
Failure became a way of life and the peculiar inertia that keeps
a person going the way they are going act on us and success
becomes painful.

LET'S START WITH THE QUESTION, WHAT IS JUST ~~BE~~ A CLEAN DRUG ADDICT? VERY SIMPLY A CLEAN & SOBER MAN OR WOMAN WHO IS EXPERIENCING NO RECOVERY. ALTHOUGH STAYING CLEAN & SOBER IS NO EASY TASK, TRUE RECOVERY MAKES THAT TASK SIMPLER & EASIER.

IN MY OWN EXPERIENCE, MISERABLE REIGNED. AND THOUGH I HAD ALL THE THINGS THAT "LIFE WAS MADE OF," I WAS STILL EMPTY & HOLLOW INSIDE. NOTHING THAT I TRIED MADE IT ANY BETTER. NOT EXERCISES, NOT EXTRA WORK, NOT MORE ATTENTION TO MY FIANCÉE, MEETINGS, NOR READING THE BIG BOOKS. ~~THE~~ IT ONLY GOT WORSE!

THEN MY EYES BEGAN TO SLOWLY SEE, ~~THE~~ ~~FOR~~ I TOOK A LONG HARD LOOK AT HOW I WAS DOING THINGS AND ~~THE FIRST THING~~ I SAW THAT I WAS PUTTING THINGS IN FRONT OF MY SOBERITY. THEN I SAW I WASN'T WORKING MY STEPS. FINALLY I WAS STILL DOING EVERY THING MY WAY AND WITH MY OLD IDEAS.

Non-addicts have great trouble understanding our dilemma.

It is very nearly impossible for them to make any sense of our random behavior and the consuming drive to use even after repeated and prolonged efforts to stay clean.

Thank God.

I'm a very fortunate drug addict because I also suffer from grave emotional and mental disorders of which drug abuse is only a symptom. If drugs were my only disease, it might be too easy to pronounce myself cured and then return to drugs as a treatment during some minor headcold or sniffles.

In my case, the symptom of drug abuse also became a problem complicating my emotional and mental disease. When I turned to drugs to cure my emotional and mental disorders, I became addicted to drugs. I have two separate conditions both complicating the other.

Personally I'm grateful that I never killed anyone or landed in jail myself. I certainly qualified. Getting and using became our way of life. Any time we began to wake up we had to face an increasingly unbearable reality. I can remember many long days when I did nothing all day long but lay around and live the dream. Today I realize that it was necessary for this particular drug addict. If I had not never done drugs or found the program I would have had no real life. This may be hard for outsiders to understand but I was incomplete as a person and didn't know it. The program taught me enough to look for the missing pieces and I think I've found a few and I have confidence that I am being guided daily to any others. Without drugs I would seem a normal person even though something would have been missing inside. I do not speak of perfection but contentment.

The wreckage appears in several areas, legal, social,

Mostly, I think, addiction is a statement of how the addict feels about himself and the world. For the addict to want to make another statement he must reach a point of pain at a time when the program or some form of higher power is at hand. For the addict to succeed in making another statement it is useful to spend a great deal of time with persons who have been there. These people usually take great pleasure in helping a suffering addict recover and have great insight and many useful suggestions to offer when asked. Recovery as is found in Narcotics Anonymous must come from within and no one can get clean for anyone else.

Most drugs, especially the harder ones, require no period of usage to trigger any sort of allergic effect although physical and mental tolerance can play a role. Generally the effects are immediate and devastating. As usage continues it can be

In my addiction ~~and~~ never was what I thought I should do, ~~and~~ if I based my feelings and thoughts on what others felt, I may of made it but I was incapable of response or meaningful understanding.

If we can find greater agreement on what addiction IS NOT, then perhaps what it is may appear with greater clarity. Maybe we can agree on some prime points.

All of the psychological and social commentary ever written on this subject has failed to answer this question thoroughly. Rather than enter the hazy area of theory and politics, we feel it is more worthwhile to discuss the ~~answer~~ ^{answer} we have found. Instead of concentrating on the problem, lets look at the solution.

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THERE ARE THOSE WHO CAN GET LOADED AS

THE next man - once a month - but who touch nothing in between these ~~times~~ ^{sprees}. We might call these people "normal" or moderate drug users. They have little trouble stopping altogether, if a good reason presents itself. They can take it or leave it.

See what my mind is trying to get me to do?

It's trying to tell me I don't have any emotional and mental disorders. It's trying to tell me it's not a nervous condition at all, it's a physical one, and to prove it, my mind now has me powerlessly and unmanagably addicted to drugs. See, it's the drug addiction that's the problem, not my nerves or emotions or mentality. Watch it. I'm about to die in drug abuse, if this cannot be faced squarely.

Fortunately, God allows me to see how drug abuse has lead to powerlessness and unmanageability, and how I must rely in God only.

Not using drugs has begun to clear up all my physical symptoms, and relying in God has spiritually begun to heal my grave emotional and mental disorders.

My disease is actually a spiritual illness. Separation from God has caused all these emotional, mental, nervous or physical symptoms. And the use of drugs further complicates the spiritual disease.

Don't be a Addict

Follow the doc's orders exactly. Practice your third step. Remember also that while sometimes you must take a medication to live or get through an illness, your body knows no difference between a life-saving remedy or a slip."

Don't be a Addict

Once you take a drug whether it be a slip or a necessary medical procedure your thinking can become drug-oriented.
Therefore, go to meetings, keep on a daily contact with N.A. members and don't make a major decision for thirty days.

Don't be a Addict

We in the program of Narcotics Anonymous are recovering addicts. As an addict I never had any respect for the dangers and grief that drugs caused me. We are not doctors therefore we hold no opinions medically speaking for we are not qualified physicians.

Don't be a Addict

I learned a long time ago that no one ever died from lack of sleep. I need no sleeping pills or tranquilizers in my life today. If I am in an emotional upheaval there is usually some thing or some person or some situation I am either resenting or not accepting. Only in trusting my higher power and practicing surrender can I achieve peace of mind and a calmness. Sometimes the combination of program and a qualified counselor or therapist can do wonders. I thank my higher power that I've been given many tools to live by. It is such a relief to know that I don't have to go through anything alone today, or ever again.

Chapter
1

The disease has four conspirators on the emotional level. These are guilt, fear, despair, and depression; after these follows loneliness. This is the assassin.

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-and our lives had become unmanageable. Even the rock musician who has gone over the hill and knows only how to play music and pick strawberries, feels that there is no other way and no way out of his present situation. How many times have we heard, been told or told our selves that all your good for is 6666666. That your no good for anything but being sick, a burden to family and society and that your doomed.

Only recently have we begun to benefit from new approaches to the problem. Doctors today, for example, know a great deal more about drug addiction than their predecessors did only two generations ago. They are beginning to define the problem and study it in detail.

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All that been said in 1 to 3 above can be summed up in--

4. ADDICTION IS NOT A WAY OF LIFE.

I write Susan

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LAURA HASKOVIC

TOMMY BURCHER

① Hardly any of us have come into the program with a variety of immediate problems.

The only reason I'm here is because I'm not all there.