

1-A

I was really grateful to find out I was only a drug addict and not incurably insane. My own experience has shown me that after I stopped using, my emotions were no longer chemically anesthetized. I no longer could control ~~my emotions with drug induced states~~ how I felt with drug induced states. I also found I was unable to control my emotions in any other way. I had never learned how. I felt my mind spinning and running and I was unable to turn my head off. I couldn't deal with anger, resentment, or depression. I didn't know any peace. I felt crazier than when I was using. I had to replace drug control with emotional muscle. Working the steps helped me develop and build up these muscles. The decision that for me, only a power greater than myself could restore me to sanity was my only viable alternative, drugs flat didn't work for me anymore.

1-A

One Who is an addict
A.

Recovery begins with the first admission that we need help. Denial of the fact that we need help is what most often keeps us sick. The honesty of surrender to the fact of our addiction makes possible our desire to quit using drugs. The desire to quit using even for the wrong reasons is the only requirement for membership in the program of Narcotics Anonymous.

I had all but given up on ever getting help but a faint hope that this God if he existed might do something. In withdrawal and despair I called a member in Atl., Ga. of a member of Narcotics Anonymous pleading for help and the voice on the other end gave me some hope that it was possible to learn to live without drugs. I caught

1-B

Sex involves the forces of life within us. We would join you in laughing off any advice offered in this area unasked for. Too many exceptions defeat the rule. We can however share some of the things which have occurred to us in recovery for what it may be worth. Many of us come to the program at a point in the progression of our disease which leaves us terribly vulnerable emotionally. While we have no business telling others what to do, we find that by keeping it simple we guard our recoveries. Over complication will beat anyone at their own game. Sexual and emotional relationships are demanding of humility, tolerance and patience if they are to be lasting. Most of us have found quick pleasure dangerous in spiritual terms. We want to make peace with the forces of life within us, not stir up trouble. Certainly our powerlessness extends into this area of living. If we want something new and different we should seek the assistance of a Power, greater than ourselves, which has helped so much in other areas of need and concern.

Get as many sponsors
as you need (as many
as you can get in
touch with)
When I really have
to talk to them I
make my way to them
They find a help
me put this program
into perspective.

#1-R SELF diagnosis

IT WAS ALL SOME ONE ECTED FACT,
I ~~WASNT~~ ~~WASNT~~ IN THE ~~R~~ WRONG
PLACE AT THE WRONG TIME AND THINGS
NEVER WENT AS PLANNED!

LOOKING IN THE MIRROR WAS HELL!
ONE SIDE COULD SEE WHAT WAS HAPPENING.
THE OTHER WOULDN'T ACCEPT IT. I WAS
CAUGHT IN AN ~~ILLUSION~~ ILLUSION OF
IF ONLY'S, ~~JUST~~ ~~ONE~~ MORE TRY, ~~AND~~

I HAD ACCEPTED A LIFE OF PAIN.
LOOKING BACK EVEN THE BEST OF TIMES
WERE HARD AND THE PAIN INSIDE NEVER
WENT AWAY, JUST SOMETIME WEAK & SOME
TIMES STRONG.

I HAD REACHED THE POINT WHERE
I COULD NO LONGER SEE REALITY. MY
FANTASIES WERE MY ONLY HOPE AND I
TRULY BELIEVED THAT SOME DAY THEY
WOULD ALL COME TRUE, AND I WOULD
BE HAPPY!

KIND OF NARROW AINT IT!

the worse it got, I was sick and crazy
loaded, suicidal but scared to death
straight. Most of my friends and concerned
loved ones started closing doors, the
self hatred and guilt was killing me
along with the dope

#1-B SELF diagnosis

all along

we wanted. WE addicts had to have life our way. WE tryed terribly hard to h
have it too. To the point of our near destruction we nearly idied before we
realized that we had no power over drugs. We could not change the world to suit
us, so we changed our idea of the world by doindg drugs to sedate us, speed us u
p. Uppers,downers, sidewasers,we have done them all.

The progression of the prescription addict is roughly the same as it is for persons addicted to illicit drugs. To complicate detection of the disease, the prescription addict may only appear eccentric in the eyes of his friends and family. Having to take medication because the doctor says so precludes criticism and is the ultimate license to use. Prolonged and severe addiction is made possible by the very comfort and familiarity with surroundings common to prescription addicts. Some never even realize that they are chemically dependent until their prescription lapses some awful weekend and they go into withdrawal. Symptoms of addiction are easily mistaken for normal anxiety, depression and fear. Obsession or compulsion may be confused with medication and persistence. In time, however, the symptoms will worsen and questions regarding the individual's behavior will appear. Most of us have become very grateful in the course of our recovery that we have a disease from which we can recover in the sense that our lives return to normal or nearly normal in the course of abstinence and working the twelve steps. Drug use or any sort of self-medication will lead us back into active addiction. We caution our members strongly against seeking treatment from any doctor not totally acquainted with our disease or withholding the fact of our addiction from a doctor. We trust that our medical records will be kept confidential. This is one of the danger zones in our recovery. We cannot recover overnight and we can't expect sincere physicians to review their opinions or methods of treatment overnight. Our place is to help the addict who still suffers - especially the ones who are asking for that help.

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.

*If you think you might be an addict, you probably are.
 At the onset of our addiction we seek euphoria,
 the state highest state of pleasure, when we want recovery
 we seek the absence of pain, the opposite state of euphoria.*

Today we are willing to accept the idea that as far as we are concerned, drug addiction is an illness, a progressive illness that can never be "cured" but which, like some other illnesses, can be arrested. We agree that there is nothing shameful about having an illness, provided we face the problem honestly and try to do something about it. We are perfectly willing to admit that we are allergic to drugs and that it is simply common sense to stay away from the source of our allergy.

/ C

As addicts, we have learned the hard way that will power alone; however strong in other respects, was not enough to keep us clean. We have tried quitting for specified periods. We have taken solemn pledges. We have switched types of drugs. We have tried using only during certain hours. But none of our plans worked. We always wound up, sooner or later, by getting "loaded" when we not only wanted to stay clean but had every rational incentive for staying clean.

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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...

Long-time addicts must patiently relearn the things forgotten and learn what they have missed. For instance many of our people have never learned to work. They started dope to young or just bummed around. Other...

Drug addiction can happen to anyone, in innocent or not-so-innocent circumstances. Some of us deliberately sought a way to make ourselves feel what we couldn't feel when we were clean. Others of us sought a way to turn our heads off and cope with the feelings that we could not handle. Still others suffered grave physical ailments and became addicted to the medications prescribed for us during our illnesses. Some members joined the crowd at parties, etc., using drugs a few times just to be "in" and found later that they were helpless over the use of substances that others seemed to be able to handle. Whatever the causes and circumstances, it really doesn't matter. If life has become unmanageable and you want a change and a chance to live without it being necessary to use drugs, we have found a way. Here are the Steps of Narcotics Anonymous that we use on a daily basis to help us arrest our disease:

1 C

r well kept turning it down and avoid the places offered. Addicts are people who cannot use drugs

THE SYMPTOMS OF WITHDRAWAL ARE CHARACTERIZED BY: ANXIETY, RESTLESSNESS, INSOMNIA, TREMORS, DIAPHORESIS, NAUSEA, ABDOMINAL CRAMPING AND DIARRHEA, MUSCLE SPASMS, TICS, ASTHENIA, VERTIGO, CONFUSION, DISORGANIZED THINKING, RACING THOUGHTS, LOSS OF CONCENTRATION, POOR COMPREHENSION, BIZARRE DREAMS, HALLUCINATIONS, PARANOIA, AGITATION, VIOLENCE, LABILE MOOD, PECULIAR AFFECT, DEPRESSION, POOR JUDGMENT, INTELLECTUAL IMPAIRMENT WITH MEMORY DEFICIT, AND GRAND MAL SEIZURES.

I | became very dependent on people to carry me emotionally through life which always left me dissapointed and hurt when they had other interests and.

other friends and loved ones. So I managed to fantasize and get what I wanted from my family. I was spoiled and got my way.

ONE

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I myself am finding help thru him, just by listening and watching his actions. This cat is for real and for sure he cares. He brings this dame, Rebecca, who is the G.S.P. and a big help. She's a stone little fox for those who havent seen her. Rebecca is one out of a million dames who really cares for inmates who are trying to survive in this world. Together they really inspire confidence in me that I can be cured of my addictions.

I'm still struggling though, for I still have the desire for another fix. See I havent learned to control the want and this is my main problem, and it is the reason I'm in N.A. Even though I don't understand alot of it and don't agree with alot of it. With Barry and Rebecca helping, I'm sure the pieces I'm missing, will all come together. So that, "living one day at a time," will be easier.

desire

E.P. Holland
Hous., Texas

One

C, What is an addict

Many of us ~~cannot~~ ^{never} ~~never~~ ^{never} want. We need to be clean
we don't need that new car if we still working fine
we need a meeting not that more expensive apartment
we need a spouse ^{not a new set of clothes}. When our
wants get ^{big} great we ^{pull up} ^{again}. When our
wants get mixed up with our needs confusion sets in & we
are on the brink of using again.

Addiction is a state of mind which relies on an outside agency to maintain
a persons sense of well being.

I left school
and thought that a job would do the
trick but again my inability to be with
people because of fear caused me to
run to escape and run to the pot
the music and the people who seemed to
be like me the hippies. I wanted
that peace and love, throw away
the material turn on and tune out.
I smoked pot and hung out with
the local heads in Charleston. Then one
night I took some methedrine. I was
afraid of it but I couldn't say no to
the crowd. It made me feel so perfect
so alive and so strong it was like magic

One essence of a diction is that
the addict when confronted with unpleasant reality has learned
to change the perception instead of the reality.