

KNOW WE CANT DO IT ALONE. WE ARE GIVEN HELP
FOR WE KNOW THAT A BETTER DAY IS COMING
AND WE ARE GIVEN LOVE THE GREATEST GIFT
OF ALL.

AND WITH LOVE WE BEGIN TO LOOK AT OUR
BROTHERS AND SISTERS AND BECOME WILLING TO DO
WHATEVER IS IN OUR POWER TO ~~DO WHATEVER~~ GIVE
~~OUR~~ THEM WHAT WE HAVE. AND OUR FELLOWSHIP
GROWS AND NEEDS ON GROWING AND LIKE OUR
HIGHER POWER HAS NO END.

AND FRIENDS THIS IS THE EXPERIENCE

As a program we need to love and cherish our newcomers,
~~especially~~ men and women, wishing them the best in their
new lives. Our program is the twelve steps, twelve traditions
and principles, going to meetings daily, getting a sponsor,
getting a home group and asking for help. We become concerned
about our relationships when our recovery is threatened.
Where we come from, relationships had a certain "value" in
our lives. We need new values in recovery.

~~for help at meetings,~~ we embark on an adventure that will give
us new lives. Where we were aggressively strong, we will learn
moderation. Where we were weak we draw strength. Balance ~~becomes~~
becomes apparent in our lives and the feeling of it might have
been slipping away.

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Catch phrases called tools are used to emphasize routinely successful techniques for daily living. Let go and let God, easy does it, step don't run, one day at a time all help the new member become established in the program, & special

effort is made by members to help the new person become acquainted with the new way of life. The things a new person hears are simply the things that worked for the person sharing them. A problem of any sort can be mentioned at a meeting and someone there has likely had a similar problem or experience and will come over after the meeting and share on that particular thing. One of the ways the program works is by bypassing the massive ego of the new addict by waiting until they actually ask for help. ~~Somehow~~ Sharing on an actual past experience you have been through means more than any good advice. Maybe addicts have learned to trust some feelings more than words. You can tell when someone is talking down to you and no one like it. After the dust has settled and the newcomer has become acquainted with the tools and the Steps by description, they are usually ready to begin working the Steps. Exceptions must be made for the many who have been damaged so severely in their minds or spirits that just staying clean keeps them busy. Even in these cases the sooner they can begin the sooner their real recovery can begin.

Actually taking the white chip or whatever token of acceptance into the group applies begins the first step.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable. To take the step entirely requires a period of abstinence and a fair knowledge of measure of improvement ~~so that the person~~

- Those of us who have suffered a lot in our active addiction oftentimes have desperate notions of what recovery may offer. Those who have a measure of ongoing recovery can look back and see one or more close calls involving relationships. We have learned ~~as~~ not to set ourselves up for a fall by giving advice or telling fellow members what to do, we can best serve by sharing what it was like for us and that the near pleasure has threatened our ongoing happiness.
- Until we get it right inside, it is doubtful our outside experience of life and recovery will improve.
- Many of us have learned to emphasize our basic humanity over our masculine/femine distinction as part of our recovery experience.

It is true that as my true needs and fears are revealed to me I can then take someone else's advice--like my sponsor to overcome these.

But again the time and manners in which they are revealed to me is by each according to its nature and by the situations I find myself in. How much control over my life do I really have--minor.

Especially considering that those places I find myself in are not those that I had planned--generally in fact--those I had planned to avoid.

I always seemed to know that I had no power to change the outside world--outside my skin I mean.

If I was loaded then everything was going to be okay--no matter what happened. And no matter how good things were going on the outside, if I was not loaded, I would be living in severe and unyielding pain. In this manner I knew that the solution was inside of me.

I nvever have been known to write well when Im hurting like this but Ive heard that it is when you stay clean and sober when thier semems to be no reason to live those are the people who seem to make it in this pro gram maybe I forgot to remember what exacty it was to hurt but I thought it is supposed to get better. AT least I dont have to hurt alone Iam over at my sponser's house. maybe I have lost my unconditional willingness to stay clean. I,m talking about when the newcomers you try to talk to dont want to talk and there aint no nothing between you and that pill, fix or drink and you question every thought youthink and God wants to help you but your to sick or either wont seek help. Your going to school and the people think wow he is doing so good your afriad to relenquish contoll by telling your so mad its not working out like you wanted it to and itshould have all the angles were covered and your girl friend who was dieing to see you and now you called her she was going to call you but when you peretend he,ll do it it will be done and everone thisthat and the other and your not making any sense to your self and cant see any good comin g off ot and you really have to trust god and no one you talk to has any answers and no book you read will help , and you wonder how you can in your tiny way be of service to the whole how you can not help your self but if you can be of service to some one else just for amoment you will get a little releif from your defeatist attitude even if you die an early death cause you burnt you out helping someone and didnt take proper care of you. cause you just a fucked up little moron any way sittin at your sponser's house and your way dont work and he cant help you and you on such different levls then he says that which helps it sounds good you want to believe it yiu try to get up inside but it cant be that simple and your really just puting it off any way and you dont

know what your puttig off .dont know cant trust your head and you had to do it the books way any bodies way you been here before and done it but you still looking for anther way and thier is none and you feel you feelings coming back to you, but you know its god and something in you wont give in and wont die somethig in discust rallies in the very core of your soul just like it did all those times when it whs all over and was just going to kill yourself by some self 'distruction, when you were locjed up when you had just died livind death and something says you aint gona die you aint never gona die and it blows ally the pussey shit away get behind me with all youve got you aint never gioing to die motherfucker ever dont you know that havent we been through this befoe. then what I thought I needed is shit is habit some thing I have only to put up with and let fall by the wayside for though alot of me may be dead I well live. though others may seem , the voice says get behind me and no one or nothing else and of your self or lot you know nothing. nothing. nothing. nothing nothing . onot athing fallow throw the hell .

we must be rid of the defect to promptly

fault.

Watch the thoughts you are forming, they are becoming you.

10-C

some of the hopes and dreams that made me self destructive because I was falling so far short of the goals I was setting for myself, figuring I was a bad person because bad things kept happening to me, never suspecting my addiction until I reached the point of asking could it be the dope?

As the layers of guilt, remorse and shame were gradually removed by working the Twelve Steps of our Program, I found out that I had set myself an impossible task. The world, as I perceived it through my fog of addiction seem to demand certain things of me and I accepted these charges without even considering the source. I got busy trying to live up to these false expectations and got in trouble quick. I would get loaded, get another running start and go back to trying to make the impossible work. In Recovery I try to be a little more grateful and a little more reluctant to commit myself to things I don't really care about. I am very grateful for all the beautiful people, places and things in my life. Most of all I am grateful for ongoing conscious contact with God as I understand Him. Whenever I confront a difficulty that I know I can't handle, I have learned to pray the prayer that God do for me what I cannot do for myself, if it be Thy Will!

~~My willingness to do what I can a day at a time to improve my life in any area.~~ Willingness lets me relax and do what I can a day at a time to improve my life in any area. When I was unwilling, I had to fight and constantly deny the need for improvement. Doing what I can proves I am willing and I know that I can only do so much in a day. But by doing that I am kept busy solving problems instead of creating them. I used to just freeze up.

10-C

Try to get the program till it becomes your idea. As long as it's somebody else's idea we'll resist. When it becomes our idea we'll start working it.

The 12 Steps saved our lives

Life has many brick walls for us. Clean and sober we can better see these dead end courses of concern we won't feel the need to pursue them.

Discovered I could change my mind by taking the second step. Circumstances don't make the man they reveal him to himself.

TODAY I HAVE FEELINGS, REAL FEELINGS OF NOT LOVE, (JOY, HOPE, EXCITEMENT, SADNESS (OF VARIOUS DEGREES) FRIENDSHIP). BEFORE I WAS EITHER SUPER EXCITED OR SUPER DEPRESSED VERY LITTLE IN BETWEEN.

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TODAY I CAN EMPTY MYSTRAYS AFTER A MEETING, AND FEEL GOOD ABOUT MYSELF.

(6)

What every recovering drug addict wants more than anything else is to feel good about themselves. If we become actively self-destructive, we die.

Self Hate is rooted in the fact that we strongly disapprove of ourselves. In other words we have judged ourselves and found ourselves wanting.

To live in the world of insanity is difficult to describe to those who have never experienced it.

Even today, in the state of near remission, it is often difficult to evoke the old chaos of which my world once consisted.

All persons have within themselves an input control--as the selector on a radio. Receiving all existing channels at once would do little for the frail human mind. Similarly, it would be difficult to read, carry on a conversation or do anything if one could not block off other inputs, other conversations (audio input), observing the environment (visual) or worse, one's own wandering mind.

Holdbacks reluctance to commit to prayer 2. laziness unworked steps

Take your time its all we really have.

The Program doesn't work
when we adapt it to our
lives; We have to
adapt our lives to
the Program

When you change yourself you change the people around you, even if its the same people.

NOTES:

Lack of faith or belief can block God's will for us and interrupt a course of growth. When we grow, our need for a power greater than ourselves, increases.

Use your friends and the program, not the dope.

What we do or abstain from doing has the power to cancel out past behavior some times the only important event in the day will be the fact that we are still clean and sober.

In the program we give not only give the encouragement but small tasks that allow the recovering addict to feel good about themselves and get used to success gradually.

The book should tell of our experiences so far and the various succeeding stages of unremitting personal growth and recovery.

I have to surrender at each stage of recovery in this program . . .

I heard a man say that every time he lost his faith in a fellow human being, he died a little bit. You in the program have given me so much to believe in that I want to live again.

The only way to win a losing battle is to give up,

Creative action is not a mysterious procedure, although it is an inside job in rebuilding or reintegrating our disordered and fractured personalities. Often it means simply listening to those impulses and intuitive feelings that we think would benefit others or ourselves, and acting on them spontaneously. Here in these many basic principles of action become apparent. We are then able to make decisions based on principles that have real value to ourselves.

No one can even guess how many women, house wives and mothers, die as a direct result of drug abuse and addiction. How many accidents occur while the victim is under the influence? Because of my experience with drugs and illness, I believe that a great many deaths of women are caused by drugs and attributed to other causes. ~~such as heart~~ Recovery of a suffering addict from a friendly assistance and getting to help when asked is one of the great experiences this life has to offer.

In time we will find our own place in the world and take it. It may be new to us or quite familiar. The ability to accept our place and be grateful for it is very special. Many of us have great opportunities in our lives but were faced with a baffling inability to accept them or make the most of them. When you pray for something you have spiritually prepared yourself for the realization of your prayer. Knowledge of God's will for us guides us to make wise choices when we pray. If God forced his goodness on us we could never learn to distinguish good from bad. and enjoy the great happiness of a spiritual person. We would be like robots without knowledge of choice. Individuals constitute society as a whole. Individuals may be very different and still

have much to offer. It is the ability of human society to include such divergent types that gives us the resource to deal with all the problems society faces. We have people to mind the store, maintain law and order in cases of conflict, to lead, to serve, to alert the public conscience, to pass our learning to the young, to develop and maintain the technology. There is literally a place for everyone.

We as addicts will want to constantly remind ourselves that there are plenty of people ready and able to help us whatever our difficulty if only we ask for help.

You are my eyes my ears when I do something wrong you help me help myself by showing me what I cannot see.

If luck ^{is} not on your side you have no reason to hurry If luck is on your side you have no reason to hurry.

As a matter of fact, because of character defects and personality differences, there are a lot of people who I don't see eye to eye with.

At one point of time, I used this as an excuse to stay away from the Program and thus stay loaded. I was dieing because I couldn't stand being around people whom I thought were full of shit! The reality of this was that I was more of a hypocrite than they were. At least they were staying sober and had a chance to change and grow. What chance did I have? How could I grow if I couldn't even stay sober?

Today I'm able to place principles before personalities. I work my own program and I do it for me. The 12 Steps are there for me to work, and so are some good people to help me. Yes, there are some people I still don't like; but then I guess there always will be. But, do you know what? I'm not going to die over that.

(A Recovering Addict)

Above all remember we are all in this together. We are none of us too good or too bad to improve. Help is there only if we reach for it. Many of us have found our innermost selves ~~taxtazmatziazdzifzazatz~~ in other people. We only had to open our minds and hearts to be free to live and enjoy life.

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One thing that repeatedly comes to mind in sobriety is the obvious foolishness of forming sweeping opinions and generalizations with such limited perception

A way to secure safe and certain passage into a new life , where the old rules no longer apply and where we can live in peace with one another until the day we die .

I don't have any of the things I thought I had to have when I came to this program , but I've found myself very happy clean and sober without these things Catherine F.

When I was using I thought I was having a ball and straight people were deprived of fun . Clean and sober I've learned I have more fun and not have the loss of control that I had with drugs. The point of health is living to the fullest. God helps me live to the fullest without forgetting who I am and what I'm about . I can love others better now that I'm not so afraid Bo S

God sometimes grants me the ability to be aware of the obvious.

The controversy revolving around drug addicts attending AA meetings is valid . It involves the traditions of both programs People would not understand who had not studied or at least considered the traditions , which preserve our groups and meetings . There is no corresponding controversy about alcoholics attending AA meetings , because addicts are welcome regardless of drug of choice!