

While no responsible person can afford to be tolerant about illegal acts or substances in his own home, most efforts to keep another person drug free simply lead to rebellion and more use of drugs. The only way the overall motivation can be accomplished is by offering increased love and understanding especially when the drug dependent individual is clean and not yet allowing using and all its consequences to become so painful in themselves that hopefully the user will eventually seek relief from the intolerable pain caused by his drug taking.

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Why are  
we here?

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What a change from how I used to be! That's how I know that the Narcotics Anonymous program works. It's the first thing that ever convinced me that I needed to change myself instead of trying to change the people and situations that irritated me. And then it gave me a 12 step blueprint for doing just that.

### GRATITUDE - HELPING

(12)

When did you come to believe in a higher power?

When did you come to believe in a higher power? Is the HP you believe in today the same one you believed in your 1st 6 months?

How do you feel about the addict who still suffers? What are you most grateful for in your recovery.

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7 (3c) We know that for the most part we place expectations on the NA program. We expect to feel only peace, joy and ecstasy--at the very least comfortability---

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Comfortability

WE MUST  
ALWAYS HOLD OUT THE HAND OF HELP, READY + WAITING.

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TODAY <sup>WE</sup> ~~I~~ HAVE FEELINGS, REAL FEELINGS OF  
NOT LOVE, JOY, HOPE, EXITEMENT, SADNESS (OF VARING  
DEGREES) FRIENDSHIP. BEFORE ~~I WAS~~ <sup>WE WERE</sup> EITHER  
SUPER-EXCITED OR SUPER DE-PRESSED VERY  
LITTLE IN BETWEEN.

TODAY <sup>WE</sup> ~~I~~ CAN EMPTY ASTRAYS AFTER A MEETING,  
AND FEEL GOOD ABOUT OURSELVES. We will lose fear of the  
unknown through practice of the 12 steps and thus be  
freed to live and enjoy life one day at a time with out  
the old ghosts of our addiction greeting us in the morn  
of every new day making it seem like the day before and  
day be fore that.

Recovery is a beautiful chance that many of  
the members of na thought had passed them by. The chance  
to live again. So really the spectical of recovery from  
the disease of addiction, which encompasses being with  
people one really loves and cares about and vice versa,  
spiritual principles, God, as we understood him, a sincere  
desire for recovery aquired through much torment from drugs  
and a mind to try for something better, and loving service  
with out expectation of any thing in return, and of course  
the vital spiritual experience that resu lts and perpetuates  
.. and results in the expasion of NA till it can reach all  
addicted people., is here today and deesnt ssees and is  
growimng. There then is an answer to the addict and  
its fun!.

We all have our personal stories of recovery in na. This is the way the program works. It is available to each addict seeking recovery as needed.

Our addiction changed in different ways and our personal nature varies so also our experience of recovery varies. It is a

great gift to be a human being and the opportunities we seek are closed to us only by our own sense of worth. When we lie, cheat or steal, we devalue ourselves in our own eyes. We of all people have surely had enough of self-destruction. We want first to learn then to do the things that will help us transform into self affirming people.

Many of the symptoms of drug usage approximate mental states that are not normal. When we quit using drugs in any form these strange habits of mind pass away and we straighten up a bit. Continuing abstinence and participation in the program will restore us to sanity. If we have emotional and psychological problems that we can't deal without professional help then we can more often benefit from that help clean and sober.

An addict, who by any means, can stand for a time the need or desire to use, and has the will to stop over impulsive thinking and compulsive action, has reached a turning point that may be the decisive factor in his recovery.



The last thing that we wanted to do ~~anything~~ is the first thing that we need to do clean and sober and that is to take personal responsibility for the things that we make happen and the things that we let happen. In this way we become the architects of our own lives and this is a gift that no one will be able to take from us. We will come to know our true nature and it will guide us on our new path. The negative sense of self will be replaced by a positive concern for others and our own problems will seem to resolve themselves.

came to my first N.A. meeting in utter defeat. After sitting in a meeting I knew they cared and I knew they would be patient enough to love me along the way to a new life even though my head told me I was never going to make it.

Having realized that I was unable to maintain on my own, I immediately began experiencing depression, anxiety, hostility, and resentment. I began to feel emotional pain that I never had allowed myself to feel, had always been afraid to feel. I began to grow a little, began to open up a little into my new life that NA has promised me.

Many of us feel that since becoming clean and sober our lives, due to petty frustrations, and minor setbacks and losses are not getting any better. Here an honest look is of ten tearful one. also it is in these times that many of us find out what we are really made of and it also opens ~~opportunities~~ doors ~~and allows us to~~ ~~disparaging times~~ we make important discoveries like "its O.K. to hurt and feel the pain for a change".

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"WE ARE TOLD THAT IF WE PUT THINGS  
AHEAD OF OUR SOBERITY, THE PROGRAM  
WILL NOT WORK. THAT IS ONE OF THE TRUEST  
STATEMENTS I KNOW OF, FROM EXPERIENCE.  
PEOPLE, PLACES, AND THINGS CANNOT GIVE  
RECOVERY. THEY WILL FAIL, LEAVE US, AND  
BEND OUR THINKING."

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. <sup>(3)</sup> 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.

We start realizing how powerless we really are. Nothing  
seems to relieve the paranoia, the fear. We then hit bottom.  
We are searching for an answer. Looking for a way out. Things  
don't seem to be able to get any worse. We reach out and there's  
an answer, Narcotics Anonymous. We have nowhere else to go. Most of

us have explored the alternatives. Personality change, it  
seems is a rare commodity and that's what we want really.  
Change from self-destructiveness to <sup>a</sup> self affirming pattern  
of living.

We were sick and tired of having nothing but pain and trouble. Of crying and  
screaming. Of spinning my wheels. Of the lies and the hurt.

In N.A. , we were told, the members concentrated  
on how they felt, not what they did, and recovery was talked  
about.

ultimate weapon for recovery is the  
recovered addict himself.

(2)

we  
AS 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.

Don't blame others for your problems. If you  
bore people by complaining about how you feel and want to get a more lively  
reaction, one way to do this is to try holding them responsible for your prob-

When a person afflicted with drug addiction first  
comes to the program of Narcotics Anonymous, they are faced  
with a disturbing realization. Addiction makes you think  
that your pain is unique and the future has become predicated  
on on conivance and futility. Suddenly at a meeting surrounded  
by fellow addicts, a new member will realize that they are

no longer alone.  
We broke through many emotional barriers in N.A., and learned a  
lot about ~~myself~~ <sup>ourselves</sup> by identifying with other addicts who ~~are~~ are  
also willing to talk at depth.

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Chap. 3 - Why are we here

### WHY ARE WE HERE?

Before coming to the fellowship of N.A. we could not manage our own lives, we could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized, that in our addictions, we were slowly committing suicide, but such cunning enemies of life

are narcotics and sedation that we had lost the power to do anything about it. Jail did not help us at all. Medicine, religion, and psychiatry seemed to have no answers for us that we could use. All these methods having failed for us, in desperation, we sought help from each other in Narcotics Anonymous.

After coming to N.A. we realized we were sick people who suffered from a disease like Alcoholism, Diabetes or Tuberculosis. There is no known "Cure" for these - all however, can be arrested at some point and "Recovery" is then possible.

In N.A. we follow a program borrowed from Alcoholics Anonymous. In the last forty years more than one million people have recovered in A.A., most of them just as hopelessly addicted to alcohol as we were to drugs. We are deeply grateful to the A.A. Fellowship for pointing the way for us to a new way of life.

At these meetings I learned that I was an addict, and that my addictions started ~~as a child~~ long before I ever picked up a ~~drink or drug~~ <sup>having</sup> ~~as a child~~ addicted to fantasy.

~~because~~ because fantasy was much more preferable than reality. ~~later~~ <sup>later</sup> ~~I didn't basically change, I just used~~

<sup>seemed to be</sup> Oblivion ~~is~~ the answer. If we can just keep <sup>high</sup> ~~right~~ 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".

<sup>We couldn't</sup> You can't even remember anything but you don't tell ~~man~~ <sup>them</sup> that. The

fear of what you said or did. The humiliation of having to ask others

what happened. <sup>what we</sup> Did ~~I have a good time~~ <sup>happen</sup> 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

<sup>loaded</sup> ~~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 <sup>and</sup> we tell ourselves we can handle it, ~~man~~.