

~~MARSHALL~~

W.D.O.

(1)

Perspective Behavior III

Complicating factors in the family situation are sometimes involved. There are wives who need dependent husbands and husbands who need dependent wives to gratify their own neurosis. This may be true of parents or brothers and sister as well. Each of us must always take a close look to be certain this need does not exist.

Masochism is the need to suffer in order to find a sense of worth or value in life. It is sometimes seen in wives and mothers or drug abusers who depend on this means of suffering to satisfy their own emotional needs. Some persons are sadistic and must have someone available to punish, and a drug abuser or addict serves this purpose well. Others need to dominate and control other persons, and drug abusers provide a fit subject for exercising such control and dominance. If any of these three conditions exist, then the non-user may have a more serious illness than drug dependence, and this must be treated and arrested before it is possible for this person to do other than contribute to the progress of the illness.

Carrying the Message

- 1 H.O.W.
- 2 Carry the Message
- 3 Describe How It was for You
- 4 Take Them In
- 5 Be Available Give Acceptance
- 6 Dont Try To Get Good Before You Get Well
- 7 What Lengths Are You Willing To Go?
- 8 Get Them To Tell About What 1st ussge did for them
- 9 Ask God to use us as an instrument of his will to help the person

IF THERE'S NOT A PURPOSE FOR OUR LIVING
THEN WHY ARE WE HERE

most of the troubled people I know suffer from a loss of INTEGRITY, a loss of HONESTY, a loss of RESPONSIBILITY.

what I am saying is that

This may seem uncharitable and too harsh. Today we see troubled people as quite delicate. They are "tick" we say. We have attached a whole vocabulary of medical language to emotional problems. We speak of:

emotional illness
clinical psychology
mental patient
sickness

mental hospital
mental disease
symptoms
treatment, etc.



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Guilt feelings increase. Questioning own use but unable to control the urge.

Low self image and self hate. Casual sexual involvement. Continued denial of problem.

School dropped. Dealing may increase, along with police involvement. Parents may "give up."

Paranoia increases. Cost of habit increases with most of money going for habit.

Loss of control over use.



Late stage

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 a grateful 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 when in these despairing times we make important discoveries like "its O.K. to hurt and feel the pain for a change?"

level of press, radio, telebidion, and films.

12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place PRINCIPLES before PERSONALITIES.

THE INDIVIDUAL IN N.A.

An important part of N.A. is the relating by the individual member of what he was like, what happened, and what he is like today.

. . .the weakest soul, knowing its own weakness, and believing this truth--that strength can only 'e developed by effort and practice, will, thus believing, at once begin to exert itself, and adding effort to effort, patience to patience, and strength to strength, will never cease to develop, and will at last grow divinely strong.

"My name is Eusavio and I am an addict. I am a three-time loser, and I have been doing time for the last 15-years because of my addiction. At the present time I am 37-years-old, so it is obvious that nearly all my life has been spent behind bars. The program of N.A. has shown me that in order for a man to make it on the streets he must have faith in God. All my life I've been a very simple person and the program of N.A. is also a very simple program, one that I can agree and identify with. I'm sincerely convinced that if a man follows the Twelve Steps he will find a new and rewarding life without the use of drugs."

. . . doubts and fears should be rigorously excluded; they are dis-integrating elements which break up the straight line of effort, rendering it crooked, ineffectual, useless. Thoughts of doubt and fear never accomplish anything, and never can. They always lead to failure. Purpose, energy, power to do, and all strong thoughts cease when doubt and fear creep in.

"My name is Richard and I am an addict. In a big way I thank God because for once in my life I can understand how it feels to let go. N.A. is not new to me, because I came to the program in 1963 after my second time in prison. At that time I felt that I was honest in wanting a better way of life as I was tired of coming in and going out of jails--and I did want, and was looking for a way out of my addiction. I found N.A. then, but wasn't ready to take all the Steps. I found out after being released from prison that I still wanted to hold on to my old ideas, I didn't really want to let go. So the outcome was addiction and back to prison. I didn't come back to the program until 10 months ago; I have always known, however, that the only way out for me was N.A. Yet I stayed away--I wasn't ready, and that's about all I can say. I wasn't sick and tired of being "sick and tired." I feel today I am ready, after four times in prison--I have let go of the big dreams of being the "two stepper" (in the program those who only "work" the First and Twelfth steps). This is what I

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

An addict, who by any means, can find even for a time the need or desire to stop, and his mind is over impulsive thinking and compulsive action. In a sudden turning point that may be the deciding factor in his recovery.

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3-D

3-E

Carrying the Message
of Hope.
You don't have to
stay miserable,
use, beat your head
and stay in that

vicious cycle.
Each Day gets
Better.

(6)

How can an addict, convinced of his own lack of power, reluctant to expose himself to the ridicule of imaginary persons who might criticise his effort to help others.

3-B

3-C

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.

I felt good & tended to forget where I came from. How I hurt. How I was afraid. Ullis sat with me when I was shaking & lonely. (Dorise)

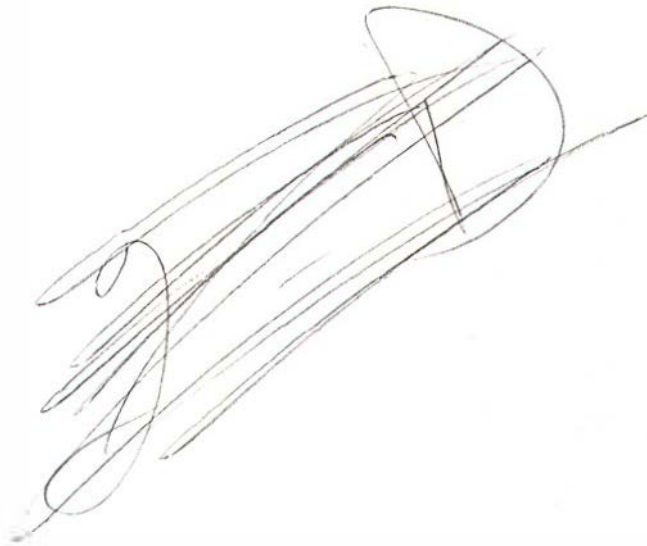
Mean
Powerlessness to
stay alive not just over
drugs, places, things &
People. I didn't have
the energy to stay
alive, that energy
that got me to meeting
was the love & care
of fellow addicts (the
Group) My higher
power I call Gratitude

(5)
it got better for them. The obsession passed.
3-A

(2)
018:
we do wrong. We don't harm anybody, our loved ones. They owe
us, we seem to think. 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.

3-A

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.



ation we really accepted.

What an experience! Here we found others sharing the same experiences and yet they had a beautiful serenity in their lives. What ever it was that they had we knew we wanted it too, and we grabbed onto this program with all of our strength. We learned this program was for us. We were ready for help and the program became a daily way of life for us. With the aid of our Nor-Anon friends we were able to cast off feelings of guilt, shame and false sense of responsibility. We have used the program to try to change our attitudes to achieve peace, serenity and happiness in our home and lives so that when he decided to get well we would not stand in his way. We admitted we were powerless over another, certainly all of our efforts in his behalf in the past were futile. Accepting his responsibilities and protecting him had merely enabled him to continue using. It was not until we learned how to release him with love to accept the responsibility for his actions that his life became so unmanageable that he looked for his own program Narcotics Anonymous.

There will be problems in our lives, but as long as we have the program and our Higher Power we can have Serenity, Courage and Wisdom.

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low 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. 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.

The meeting has grown. A few have gotten out. I have not heard from any of them, although interest in the group seems to be picking up within the institution. Outside interest has declined, with none but me and Shelley attending the last 4 meetings. Edons now on a bill write every month after the last meeting of the month. (It was a group consensus decision that Bill should be replaced as alternate sponsor.)

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 to be used as needed. Our addiction changed in different ways and our personal nature varies so also our experience of recovery varies.

The
 The inmate members had many questions about the nature of the Program and the steps. Their interest gave me a feeling like I had never experienced. It was like going on a 12th step call to 45 people. Their gratitude (on the most part) was made known without words, although they quickly told us how much they ~~were~~ appreciated our coming.

#3 B. #3 B

October 31

Played Tape of Sam H. from Calif. Taped at the World Convention Everyone loved it. We have started to gain some support. People have been volunteering to come. We average 3 people from outside every week. Kevan Williams has volunteered to be the new Altanete sponsor. I am very pleased and grateful.

I feel that this is a very strong meeting now. It has the largest regular attendance of any meeting in Atlanta.

I took up just about the whole meeting explaining what N.A. does, and just as important, what N.A. does not do. Many inmates seem interested more in coming so it will help them get parole.

After the meeting I talked with David Tuggle, the drug counselor for the prison, explaining the nature of the 12 steps of recovery. He seems glad we are here.

Attending with me was Bill Walker.

3 B

— → WHAT CAN WE DO? HAVE WE DONE
ENOUGH? CAN WE DO MORE?
OURS IS TO DO WHAT WE CAN. BUT OUR
PRIMARY PURPOSE IS TO HELP THE SUFFERING
ADDICT, NEWCOMER + OLD TIMER. WE MUST
ALWAYS HOLD OUT THE HAND OF HELP, READY + WAITING.

a bus 500 mi to Atl. and 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

3 B

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To die ,if we use we die, we want an answer for us .We are impo
rtant.

At any rate , It is God as You understand God.

We addicts by ourselves can do nothing a gainst the disease
W^u then cant even keep our selves alive. W_a ve been lonesome
people and an addict alone is in bad company. So go around
people if we are in a town with NA then call up member when alo
ne and lonesome. Our personallity change, the belief in a
God will come. R^umember dont use . You use you lose . Stay
clean and Your a winner for to daty is our motto in recovery.
When you see an old man lying by the side of the road, thank
God as you cocieve him. You may be afended by God, Fine call
him Sammy or Samantha. WE are serious aquire som belief in
A GOd n any God that can save your life.

This phamplet isnt a rescue mission . It is merely
help that anyone with a problem with drugs need not die
seeking help. I would be dead without God and I think
it important to mention. With out the loving God ther would be
no solu tion

#3 C Realization - when we stayed 13

The problem of prescription drugs is certainly a hard one. When N.A. started here in Melbourne we took the position that clean meant just that. However, I think we did differentiate between a pain reducing drug and a mood changing drug. A pain reducing drug taken as prescribed for that purpose was not treated as a break, however, I remember that a mood changing drug, taken for whatever reason, was taken as a break. I remember that a Group Secretary was prescribed Valium once, and took it. We felt, rightly or wrongly, that she could not continue as Secretary of an N.A. Group. Another member, who was prescribed barbiturates, got addicted again straight away, and went through hell for weeks withdrawing from them. I seem to remember a saying around at that time, its O.K. to go mad if you have to, but don't pick up that first pill. Again, I don't say what we did was right or wrong, but I do know we did have a very purist and straight attitude to the problem. There were so many addicts coming in at that time who wanted to keep smoking dope, or using pills, that I think we automatically went for complete abstinence. A lot of the addicts also wanted to continue beezing. We had the definite idea that working the 12 Steps would negate any need for mood changing drugs, and that just plain hanging on also helped.

Thats how it was for the first year or so of N.A. here in Melbourne. I haven't had much to do with N.A. for the last couple of years because the meeting changed to a Wednesday, and it was not possible for me to get to it.

am loved & cared about & prayed for by everyone of you. There is no way I can give back to the program everything that its given to me. I really love you all & see you all soon or some of you in Vitcheta Thanks

... those first days were hard but I wasn't alone they had been there and they were trying to make it a day at a time. I had found a group of addicts trying to live ~~away~~ without drugs outside of an institution. They listened and shared

HOPE

CHAPTER SIX
SPIRITUAL AWAKENING

WHEN the drugs are washed from our bodies through daily abstinence and our minds begin to clear from the effects of our drug of choice, a miracle takes place. We come to understand that our recoveries are a gift from a power greater than ourselves. We are made aware of this gift in a thousand ways. This power wants only that we realize ourselves as much as possible. The longer we stay clean and sober, the more we will probably want to clear away the sham and falseness from our lives. 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

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Many of the symptoms of drug usage approximate mental states that aren't 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.

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In our town a hospital ward that treats drug addicts (alcohol is a drug, and every town has alcoholically ill people) We may if we are bad enough weakened place our selves in its custody, but this should be a last resort. WE, in N.A. find that removing our selves from the problem merely perpetuates it. In other words we are the only ones who can keep our individual selves clean, nobody can help ~~it~~ if we are not willing to above all else not use. Once we have acquired the coveted sincere desire not to use drugs, and it should not be too difficult with a little thought for by now we have been through enough hell to realize that hell is using drugs and alcohol. We can't use drugs and have any thing but bad things befall us. Thier for to use them would have to be considered insane and self destructive behavior and what we offer these who feel this dispair who are fully aware that they are going to die but cant get off drugs due to thier illness, like me is a means of getting ~~and staying clean for~~ with us to use is to die. Good

three 0

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

TODAY I CAN EMPTY MYSTRAYS AFTER A MEETING, AND FEEL GOOD ABOUT MYSELF. 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 morning of every new day making it seem like the day before and the day before that.

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.

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 deesssss and is growimng. There then is an answer to the addict and its fun!

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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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