

Helpful Hints:

- 1) The way to write an inventory is to write it! Thinking about inventory, talking about it (one-on-one or at meetings), theorizing about it, will not get it written. Sit down with a notebook, pray, pick up your pen and start writing!
- 2) Remember that you don't have to do this alone. Your will and your life are now in the hands of the Source of all strength - tap into this Source! Writing a thorough and honest inventory looks impossible to most of us. This may be because it is - if we're operating on our own "power". Take a few quiet moments each time before you write and pray for "the power to carry it out."
- 3) Write every day! Remember that what you have is only a daily reprieve from a killer disease, a reprieve that is dependent directly on your spiritual condition today. Ask yourself, What have I done today to cooperate in my own recovery?
- 4) Don't write your inventory with a particular person in mind to read it to. If you do that you may wind up "slanting" what you write in order to please them. Besides, life is unmanageable, and you can't know for sure to whom you'll read it anyway. Only time will tell, and the Fifth Step will take care of itself. You're not there yet and you don't have to worry about it. Stay here in the Now - you're on Step Four, and that's all.
- 5) A basic rule of thumb is that you can write too little, but you can never write too much. Just write and write, until your brain is empty. Those things that you think about while not sleeping are usually inventory material.
- 6) Most important: Just for today, NO MATTER WHAT, don't take that first chemical!

4 B Step 3

I know, from what N.A. members with ~~anger~~ long terms of total abstinence have told me, that if I isolate myself with anger then I am cut off from help of God, people and spiritual principles. I can not win alone against ~~drugs~~ drugs. I need God, N.A. people and the steps to help me. I can not live long on self will and so I pray that "God protect me from myself and thy will not mine be done in me and through me." The important thing about praying is to mean it and really surrender my will, "Not mine, but thine! O'Lord, be done in me and through me."

. So we come to believe in A God and we ask it to restore us to sanity. God had always existed we just needed to have a working version. Then we found that this God was such a good friend we gave him our will and life to take care of . He is now taking tender loving care of our once wrecked lives.

When I am off on my own with only God to keep me out of trouble and without benefit of the N.A. people around, I find that my self will can move in fast. I can become susceptible to doing things that I feel very odd about doing, such as stealing tomatoes from a neighbor's garden, or contemplating some act I feel bad about. I could, for example, have a resentful attitude, maybe because things weren't going as I wanted them to that day and feel like isolating myself from people.

4B

It is important to forget our old ideas before we expect new ones. If we had no higher power before the program, the need for one may seem artificial. If we are so fortunate as to have had one, we risk settling for someone else's notion of God. The program recommends that we be careful to separate religious concepts from the spiritual

Step 3

4

B Step 2

Then, I put myself, through the grace of God, in his hands to make me a better person. Only this placing of my trust in God, allows me to write step 10 out fearlessly and thoughtfully. Also

4. B Step 1

. The only thing this accomplished was to get us addicted. So now that we are clean we have to learn how to live if we want to stay that way. We had to accept life on life's terms and realize that we could not run the whole thing our selves. we would have to have help.

WE HAD TO ACCEPT CONDITIONS THAT WE WERE POWERLESS OVER, and change what we could . We could not change any one or any thing but our selves; in the final analysis. WE found we had to make a surrender to life on life's terms or surely be snuffed by the drugs , by our addiction, or by society.

Thus thinking, I have affirmed the desire to stay clean and sober in spite of the dilemma, no matter how large it may seem. Also, I have affirmed my surrender to you people of N.A., and only then do I overcome the alienation of being a drug addict.

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.

4 - A, Want, willing & ready

0075

different from the way I'm doing it and I resent it, chances are they are 100%

correct. When I first came into the program of Narcotics Anonymous and I felt

resentful at the suggestions some members made to me I expressed them through

argument or by cold-shouldering the person who had tried to help me. Now my

program-self simply acknowledges the fact that my drug-addict-self is having

a temper tantrum over some idea it doesn't want to accept and I go right on

with the conversation. I even ask the other person to tell me more, because now

I know I need to hear it !

-2-

caring. At first we can do little more than attend meetings and that is plenty. Probably we can't remember even a single name or word or thought from our first meeting. What we do remember is the feeling we get and every human being craves, the feeling that we belong someplace. That no matter what we have done or what course our addiction has taken that we can relax and soak up ^{the} love that comes out and fills the room in the course of every meeting. Remembering our own past behavior it is easy to love the person within the addict. We know that if we can reach and awaken the force for life within the addict, it can do anything, even give an addict a new life.

~~#10~~ 4 A WANT I WILLING & READY

302 Wenter St
Johnson City Tenn.
37601

Dear Ed,

In case you have forgotten me or else
got up ever hearing from me, In the
body you talked to at Fubers Restaurant,
Sat night Jan-6, in Johnson City, Tenn
I don't remember a lot of what we talked
about, but our talk plus getting my head together
enough Mon night to read a chapter titled
"Taming People's Play" in a book "Born to Win",
which had been given to me about 2 weeks
before Christmas, ~~that~~ ^{it} ~~was~~ ^{was} before I started
in AA, caused me to ^{finally} emotionally accept
the fact that I had intellectually admitted
to myself and others last April. That is that
I am completely powerless over any drug
whether it be alcohol or any other drug that
will alter my mood or way of thinking or
out look on life.

At first we can
do little more than attend meetings and that is plenty. Most of
us remember little but the feeling we felt from our first meeting.
Some have gone to many meetings before gettingz this feeling,
the feeling that at last we belong someplace. No matter what we
have done or what direction our addiction has taken, we can
relax and soak up the feeling of acceptance and understanding
that we get at meetingsx and in fellowship. Remembering our own
behavior itx is relatively easy for us to reach out to person within
our newcomers.

I had the amazing ability to cut drugs and
then drink alcoholically untill we hit the next port where drugs were available.
In this was, I feel that I used drugs for 32 years (alcohol being the oldest known

4 B STEP 4

Relationships

In the program as we are recovering addicts we are also recovering humans. Part of our human nature is male, female companionship. These relationships play an important role in our lives as they are one of the corner stones on which our lives are built. A relationship with a member of the opposite sex can be a beautiful & helpful part of our recovery. **HOW EVER!!!** It can also work ~~not~~ only to destroy our recovery it can also destroy us spiritually & emotionally & mentally. The 3 corner stones of a relationship are, ~~spirit~~ spiritual, emotional & physical. There are several building steps, These are communication, honesty, individuality, care, trust, lots of understanding. Lets talk about each of these steps.

Our recovery begins when we stop using and so long as we are drug free, we are physically recovered. This is the first thing we must do and further growth and recovery is dependant on physical abstinence. Sometimes, it seems, we forget that this must be our most important priority. That staying physically clean must remain the most important thing in our lives.

#4-B

Step 4

situation is just to leave. If we are to deal with our difficulties clean, we must put being clean ahead of every other person, place or thing. A threat to our staying clean is a threat to our lives. How often have we seen a person die after using a pelly resentment as an excuse to use again? Resentments usually come with a spiritually weakened condition. Happy people don't get angry as often. Remember that this is a *save your own life* program. No one can get me clean or get me loaded except myself. We most often resent behavior in others that we see and fear in our own selves. That is why we can feel so good when we let ourselves forgive someone who has wronged us. In reality we are forgiving ourselves through the other person. We ask ourselves, "Is there anything I can do to change my situation for the better or should I leave it alone?"

RESENTMENTS KILL

"For it is in forgiving that we are forgiven."
—St. Francis

When we forgive the shortcomings of another person, we receive the benefits of that forgiveness. By using the resources of the program of Narcotics Anonymous—a sponsor, a friend in the program or a meeting—we don't have to waste time dwelling on negative feelings. Setting another person straight often has self-destructive effects. If only we could see our own defects as clearly as we see them in others!

Justified resentments are especially dangerous. When we have actually been injured by another, we should deal with our situation openly and honestly rather than internalizing our anger and creating resentment. Bottled up anger can produce a live steam effect that causes us to explode in uncontrolled aggression. In other words, don't hold resentment inside where it can grow. Talk to your sponsor or someone in the program with whom you are close or take it to a meeting without mentioning names if you feel you cannot directly approach the person against whom you hold the resentment. By doing this you get past the hostility generated by the resentment and into the solution. The sooner we can get our reactions back under our own control, the better for us.

TUNNELVISION

Resentments can trigger tunnelvision. Tunnelvision is a misuse of the intellectual or rational processes. Many members feel that tunnelvision is one way "your head is out to get you." Our obsessive thinking can build up until we lose our ability to see anything but the object of our tunnelvision. We don't want to lose ourselves in one facet of the total picture like Ahab after Moby Dick. Resentments seem to mushroom when we are alone, or when we forget to be grateful for the good in our lives.

When we feel others have wronged us, we shouldn't be surprised if we feel overwhelmed by the emotions. Gone are the chemical mood changers. With help we can learn to take our reality clean. We should remember that we are powerless to change other people. If we are willing to take a closer look, we can find ways we could have handled things better. By surrendering our resentment to a Power greater than ourselves, and asking It to handle our problems for us we can relieve a lot of our pain and torment. Whenever we hold to a resentment, we are letting that person have space in our heads rent free. We are wasting our time and our energy trying to think of ways to get back at the other person. The program doesn't recommend that we play doormat. Through our experience, we have found that through carrying out our negative thoughts, we hurt ourselves most of all. How many times have we felt, "I'll get you, I'll get loaded!"? Why should we let someone's negative actions control our tendency toward good behavior. Fighters die and we don't recover by getting even.

ACCEPTING PERSONAL RESPONSIBILITY

The fine art of expressing a resentment to a person who has offended us begins with our accepting personal responsibility for taking offense. Sometimes the wisest way to deal with an intolerable person or

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Realizing our resentments can be fatal, we should take them seriously and go out of our way if necessary to learn to deal with them. Through the Program we have learned to use our Higher Power to get us out of our traps and into the flow of life. Many members let themselves down by postponing the use of spiritual principles feeling that they are not relevant to daily living problems. Many living problems never get better until we learn to apply spiritual principles. □

#4 B Step 4

#0045

GETTING REALER

(New)

A Guide to the Fourth Step

The decision we make in Step Three "to turn our will and our lives over to the care of God, as we understood Him" is a momentous decision, perhaps the most important and far-reaching we shall ever make in our lives. But having made this decision, what next?

N.A. experience has shown that if we truly want a Higher Power to take over in the management of our lives, to remove the obsession to use and to restore us to health, then the time for a face to face confrontation with ourselves, with our own innermost faults and defects, is RIGHT NOW. We have to clean house so that the Higher Power has room to enter, and we begin the house-cleaning process with Step Four.

This pamphlet has been designed to act as an auxiliary guide or outline to help the newcomer take his or her first personal inventory. It is not in any way meant to be used as a substitute for the wealth of literature available on the inventory process. Anyone who does not take advantage of that great supply of information and experience is cheating himself. This pamphlet is meant only for easy reference and understanding.

Inventory Topics:

Resentments: Write about all People, Places, Things, Institutions, Ideas, or Principles that you resent, or feel threatened or hurt by - past and present. Make a list of all these first, then write about each, telling:

- A) What happened? (Be specific!)
- B) How did it make me feel? (Examples: Was my pride or self-respect hurt, were my ambitions or security threatened in any way, was my livelihood endangered, was a personal or sexual relationship hurt or threatened?)

Do this for each item, leaving some space after each. After you've done this with everything on your list, then go back over each and answer:

- C) Where was I at fault? Where was I selfish, dishonest, self-seeking or frightened? Though I may not have been all wrong, in what way was I to blame for the situation?

Answer these questions for each item - be honest and be thorough!

II. Fear: Write about your fears, even though they might not have any relation to your resentments. Answer these questions about each: Why do I have this fear? Am I afraid because I cannot depend upon myself?

III. Sex: Write about your experiences or problems with sex, whether deep relationships, short affairs, or individual problems that seemed to have nothing to do with others. (Be specific!) Then answer these questions about each item: Where have I been selfish? Where have I been dishonest? Where have I been inconsiderate? Whom did I hurt? Did I create jealousy or suspicion, or cause bitterness? Was the relationship a selfish one? Where was I at fault? What might I have done instead?

IV. Miscellaneous: Basically, any negative thoughts or feelings you have should appear somewhere in your inventory. If you have anything left over after writing about resentments, fears, and sex, here is the place to put it. Any guilt shame, regret, embarrassment, etc. etc., that you've not already written about.

Step #1 - Practice Assembly

① 0/07

"assembly" asked from the name our "system"?

The key of this step is an

understanding of the word "assembly".

Assembly is as much a part of staying

as the food and water are the

staying alive. We are staying

along in our addiction are created.

our energy towards staying in

inherent needs. All change had to

have a satisfaction of our

chance such as prestige and power.

We never thought of separate

in asking a higher power for direction.

We were the Key to

We could handle the

and problems of life all by

ourselves. It wasn't until we made

a real mess of our lives that we

realized that we couldn't do it alone.

By admitting that we were powerless

over our addiction and reaching out

for help, we received our first glimpse

of humility.

4B | 100 | STEP 8 | 0109

"We continued to take personal inventory and when we were wrong promptly admitted it"

What

This step keeps us growing and changing. It is easy after we deal with the past in the other nine steps to become complacent and to think we have it "all together" although we have made some changes in our lives having it "all together" is far from the truth. We need to keep looking at ourselves in check constantly in order to maintain a sense of manageability in our daily lives, also to keep from old forms of behavior from creeping back in on us.

We all have days when nothing goes right or at least the way we think they should. The world is full of injustice and we as human beings get our share. There is and naturally we feel angry & hurt. But we must remember in order to save ourselves or even heal we must not allow ourselves to be carried away these or other negative emotions. How many nights have we spent so restlessly nursing a resentment while the repressed subject of our resentment probably slept calmly and quietly.

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we need to deal with ourselves first
realizing where we were wrong, or
on how maybe just what can I do
to make things better, ~~rather~~
rather than to "take" others inventory" and forget
about our own defects,

of fashion, because
we first didn't
know how to take
~~our~~ inventory +
second had a lot of
built up inventory
to take, we at now
now know what
our values are and
how to deal with
sustaining them. so
we can take inventory
on a regular basis
and can admit our
wrongs for we found
that our big mistakes
arise in the

Continuing to
take personal inventory
means to me that
we form a habit of
checking out ourselves
our attitudes our actions
our relationships on
a regular basis. ~~We~~
~~should~~ to try to
come up with honest
motivations and to
quit out ~~even~~ more
or less energy ~~when~~
in certain areas I'm

4B Step 12

BOOMERANGS

Many of us have seen how it is possible for a person who has been clean and sober for a long time to relapse. This has happened to many who have since been able to get back on their feet and likewise created fear in other newcomers who have not been clean and sober long enough for their heads to clear up. The fact is that many of these people do make it back to the program and can achieve sobriety. We don't claim to understand the phenomenon completely but it seems that they have to lose their reservations and dope is a great convincer.

In all honesty the most we can hope to do for the newcomer is to share our experience, strength and hope. We can also stand ready to help when asked. If we go beyond this we risk becoming the enablers and most of us can remember going limp as long as we could get someone else to take care of us. We don't want the help we can offer to rob the new person of that essential ingredient of living which setting your house in order can bring.

Some boomerangs can be prevented by a timely phone call, our helping a new person get to enough different meetings to realize we offer a way of life in which the total person can feel free to reach for some of the answers to many of their living problems. Certainly if a member asks for help in an area that they can't handle themselves we want to take advantage of the opportunity to help them. In this way we help ourselves to become useful to others. Learning the art of helping others when it is appropriate without creating resentments is a marvelous benefit of the program. We cannot set definite rules in this area without overstepping our bounds as fellow recovering addicts.

The answer to escaping self-will's ends of jails institutions and death is the way of selfless service to others.. We, drug addicts can best help out our selves by helping out another addict, and forgetting our head trips for awhile. Plus, by helping him or her we are, by our being there enabling them to find a new and better way of life. This also reinforces our program out.

Remarkably our twelve steps guide us from a state of humiliation and despair to a state wherein we are able to act as instruments of God's will. We receive the gift of being able to help fellow suffering addicts when no one else can. No greater change of personality is possible for a human being. We see it happening among us everyday. This miraculous hundred and eighty degree change is accepted as a commonplace.

4C

I don't have the confidence
to say "I'll never get high
or drink again!" because I know
(A Day at a TIME) that I'm not that strong, I never was,
and I don't know if I ever will
be.

4 C EASY DOES IT

A year sober and my life is still unmanageable at times. Do you know when that happens? It's usually when I step in and take control of my life, instead of letting God. I've been working on this for a year and I have a long way to go. I still have times when I crawl back into my shell; but something is different today. I have friends who don't allow me to do this to myself for very long. I've also been working on trusting people. There are people in the program who, day by day, continuously show me that they are there and that they are my friends.

I guess I've been working on a lot of things and I've made a little progress on some of them. But that's all right, because it took me 25 years to get as sick as I was when I came into the program. If I put as much energy and thought into growing as I did into getting sick, I'm sure I'll be OK.

All in all, this past year has been the best year of my life. I'm grateful to the N.A. Program and to God. I know I can't stay sober and grow if I stand alone. So thanks for your help.

DISCO DANCE

As long as we remain abstinent it is reasonable to have the belief in a God of our understanding, that all is going to be well. Living each day on one day at a time relieves the burdens of the past and alleviates the fear of tomorrow, or the here after. WE found that this program was one day at a time that we had to live in the here and now and screw the past and future. It had no bearing on today if there was nothing that we could do to change whatever situation, today. Plus we had to stop worrying about whether GOD was going to send us up or out or down or where ever, all that mattered was that he help us this day to stay clean. WE feel that every today well lived paves the way to every tomorrow.

Asking GOD as we each understood him to keep us clean for that day and to thank the God of our understanding each night. A higher power not only be a power greater than our self that loves us and will help us out. A gratitude list means that we are grateful for what life has given us and not so "I want all the time. IT is a way for us to differ between happiness and success.

4-D

We may deny that we need this Gods help and when things start going well for use we may run into a thing acalled denial. Denial is ~~xxxxxxx~~ is the opposite of surrendering . It is denying that are powerfess over drugs andthat we are powerless over the addiction within us. W~

ARE SAYING WHEN WE ARE in a state of denial that we do not have a disease. If denied- the truth about ourselves then we deprive our selves from our own help. WE can not save our selves if we ingore the threat . WE find that it is the best way to face life on lifes own terms by accepting what comes down than living on the terms of active addiction. WE deny our selves help for our problems when we deny thier existance.

In general one concept to help that agnostis or athiset is that Gods grace takes care of us ,makes us happy ,and that we manufacture our own misery. WE there fore concive that we are the Problem and that GOD AS we und erstant it is the solution. The piont is trust in aLoving GOD.

4D

10. THE MOST VISIBLE ALCOHOLIC IS THE "SKID ROW" TYPE BUT THIS ONLY REPRESENTS 3 TO 5 PERCENT OF ALL ALCOHOLICS; 95 TO 97 PERCENT ARE FAMILY CENTERED.
11. THERE IS AN ESTIMATED 15 MILLION AMERICANS WHO ARE CHRONIC ALCOHOLICS.
12. ALCOHOLISM IS RANKED AMONG THE FIRST THREE OF OUR NATION'S HEALTH PROBLEMS AND IS THE NUMBER ONE KILLER. THERE ARE AN ESTIMATED 100,000 DEATHS IN THE U.S. PER YEAR DUE TO ALCOHOLISM.
13. ALCOHOLISM'S COST TO INDUSTRY OR TO EMPLOYERS IS FROM 33 BILLION DOLLARS A YEAR. EACH ALCOHOLIC EMPLOYEE COSTS HIS COMPANY 25 PERCENT OF HIS GROSS PAY.
14. FIFTY PERCENT OF ALCOHOLICS ATTENDED OR GRADUATED FROM COLLEGE.
15. FORTY-FIVE PERCENT ARE PROFESSIONAL OR MANAGERIAL PEOPLE.
16. SEVENTY PERCENT ARE MEN - WOMEN RAPIDLY INCREASING.
17. ALCOHOLISM IS INVOLVED IN OVER 50 PERCENT OF ALL ARRESTS.
18. FIFTY PERCENT OF ALL TRAFFIC ACCIDENTS AND FATALITIES ARE ALCOHOL RELATED.
19. ALCOHOLISM ACCOUNTS FOR 40 PERCENT OF ALL ADMISSIONS TO MENTAL HOSPITALS.
20. TWENTY TO FIFTY PERCENT OF GENERAL HOSPITAL BEDS ARE OCCUPIED BY PEOPLE WHOSE ILLNESS IS ASSOCIATED WITH ALCOHOL.

#4-Σ

Cash register honesty, honesty in giving a fair days work for a fair days pay can help us begin. As the benefits of basic honesty in the world begin to roll in, we are ready to consider honesty at a deeper level. Self honesty is being in touch with the way we really feel, the way we spend our time and the goals we put first in our lives. Admission of fault becomes a relief instead of a discipline. Acceptance of recovery fills us with gratitude instead of nervous apprehension. We get out of the terrible maze our lies weave for us and begin to face real life in real terms. Lowering our goals till they meet our means will eventually reach a point where we are able to respond on a daily basis to the demands put to us. The best way to begin is to try to honestly appreciate that which we have rather than mourn our losses or fear our defects. The gifts of life, cleanliness and the ability to perform useful work are real treasures to those who have approached oblivion like we have. When we begin to feel gratitude for these simple things we will likely receive other gifts to put new demands on our gratitude.

Rigorous honesty never hurt anyone. ^{ONLY THE LACK OF IT.} It only removes the layers of guilt, despair and confusion that kept us removed from reality.

~~A recovering addict must reevaluate old ideas in the light of a new understanding and become acquainted with new ideas to get a new life. We can learn to change the way we feel and get in touch with our real selves by applying spiritual principles. The three principles most important to a recovering addict ~~are~~ seem to be Honesty, Openmindedness and Willingness to Try.~~

4F

~~When~~ your dying inside and your hurting just remember you not hurting like you were when you were coming off one of those drunks, or taking one of those pills and you didnt have one and you would have done anything to get one. ~~Im free~~ ~~from drugs~~. Im free I feel completely free from drugs and alcohol as long as I work My program. Im gonna stay free. I just thank my God and my Higher power, and all these beautiful people. If it hadnt been for yall and me coming to the meetings over at Ridgeview I think I would have had a lot of trouble staying away from drugs so I started going to the NA meetings and I didnt take no white chip. Never did take one, remember, cause I might want to use again. I wasnt going to drink again, but I never did say I wasnt gonna use. I never had said it but Im never gonna take more drugs I want to leave that over. But if ~~it~~ hadnt been for my God and you people I dont know where Id been today. but Im sure I d wind up in one of those places. Cause I like to wound up in Georgia mental right before I got into the program. And its just been better, better and better Everyday I stay it gets better. There is no describing what these people and this program can do for your life cause I have confidence now. I dont feel inferior when Im with yall. I feel good, you know. I feel like I could see a lot more but ^{just} Im afraid. Thank yall. Thankyou.

2)

4 F
But having the self-confidence
to say "Oh, (I) he defeated
my addiction - I'm over it is
feeling yourself have

If we find our-
selves in a bad place or we sense a bad scene coming,
call someone or get to a meeting right then. Put off difficult
decisions and seek good counsel from qualified sources for
the decisions that won't wait. Take their advice. As soon as
possible, learn to contact a power greater than yourself.
In this way you can find the strength you need when you need
it most. Don't be confused by this. N.A. is not a religious
conspiracy. It is a way of life for drug addicts who want to
learn to live clean and sober and have discovered one another.
We pool our mental and spiritual resources for the good of
the group. By getting into the group spirit you will feel
yourself beginning to participate and discover for yourself
a higher power that works. Although there is nothing in the
program to recommend one religion over another, we do emphasize
two things: 1) that you find a higher power that feels really
right for you and 2) that you try to develop a sort of
conscious contact with that higher power. This will is not a
must to stay clean but if we want to change our lives we
first must change our minds.

4F

The group seems very interested in the 12 steps. I have never received so much from hanging around after a meeting. Everyone gathered in groups of 3 or 4 and talked about the program.

I hope to see N.A. grow in other places.

We now have a group sponsor.

The New Visions group (Tuesday night at DAC) wanted to give us spiritual and financial support. God is on our side

41F

In July, when I decided I was really going to do something I was really going to get honest. It took me a while to take that step you know - Admitted we were powerless over our addiction and that my life had become unmanagabl two-Already had that but I believed in a God that I feared. If you said a bad word. the sky was gonna fall in on you. That was the type of God I knew. But I finally found one day he could be a friend if you let him. and I still try to turn my will and my life over to the care of God as I understand him. To the best of my ability and I remember in a meeting one time we want you to think of t three ^{good} things about yourself that you like about you. And this was in the second month of my sobriety. And you know I couldn't think of nothing good, nothing so I finally decided I'd say I'm sober. Today I can think of some of the things that are good about me, really just great. Then I took the fourth step and that was hard and I had really taken part of that in the hospital. I figured when she hears all this garbage she would really be mad at me and not like me anymore but after I told her all that stuff she still liked me. All this time I was worried about not working the steps.. I tried to be willi. to let God to remove my defects but it has taken me a long time. Slowly but surely I see my life straightening out. Its like looking at someone else and seeing this other person make good but when I get down to looking at it this is ^{really} good for me cause I can even see it better now. And I was really down cause nothing was going on nothing. But there things that slowly but surely work it takes time then it works. You have to really work at it. Sometimes it aint easy. Sometimes you feel like theres something inside of you just turning but you still have to work the steps and go to the meetings and that A los. Even

4 F

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.

By practicing the virtue of humility and reaching out and asking for help we can get through even the toughest of times. I can't, we can. It is not a sign of weakness, it is a sign of growth.

We have to realize that people can give us direction and that our way of thinking is not the only way.

We must puncture that ego until we realize we have much work to do.

When someone points out a shortcoming our first reaction is one of defensiveness. If we really want to grow, we will take a good look at what is pointed out. We must realize we are not perfect and there are things we must change.

(4)

0130

It would seem - a chance that I could

attend near M.A. meeting. But having a

family to care for and being 45 miles

from Atlanta, I just can't seem to get

to Atlanta + maintain to M.A. meetings that

I needed so much.

As I would like to possibly mention, we

could expect to have to start a M.A. meeting

in London

We did just that July 2, 1979 with 11

active attendees of our meeting. As time as

I & only had 3 months to prepare - 2 M.A.

years had my whole team of students

at our meetings.

46

The time that we work our steps is determined by our priorities. WE take them in the order that they are written. WE take them on a daily basis. When we are hurting we take them when we are too hungry, angry, lonely or tired we can halt and do some kiss, keep it simple stupid. When we are afraid we work the steps. We work them on any and all problems. That way we find they are kept less painful. When we feel that our whole world is caving in and that we are under fire from all directions that is the time especially that we work the steps, They are the principles that make our recovery possible. They are the problem solvers. If we are not the problem then there is no solution. We work the steps in order to survive. They are our survival kit. For addiction is a deadly disease.

#4 - 6 Facing life

The last thing that we wanted to do operating 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.

4-H Stay Clean from Everything

Abstinence from all mood changing drugs is the basis of our program. Many otherwise useful medicines are poisonous to us all and any casual use of medication can result in relapse into our addiction. Those who live and make it back keep us well informed of the fact that however bad it may seem from time to time, there is nothing so bad that a relapse can't make a whole lot worse.

The bottom line of Narcotics Anonymous is cleanliness. When we realize that we cannot use drugs in any form and live we are ready to admit our powerlessness. It takes a while to realize how unmanageable our lives had become for some of us, for others this is about the only thing that we can be sure of.

These are some of the more common forms of excuses we use to go get loaded. We do, by the experience of our members recover from these old games. We simply live one day at a time with out drugs, and we with a host of members world wide in the NA fellowship. We believe the solution for the problem of having drug fogged minds, sick bodies and tormenting emotions is in a spiritual, not religious, life. This is why the 12 steps are used as a suggested program of recovery and ultimately as a method of finding a power greater than our selves.

cleanliness and the old ways of addiction thinking pushed me back into that first pill, hit, drink, toke ect. I knew

#4 I Substitution

Your fear and hostility will melt away gradually but only as you replace them with something more real. Belief is the key. I believed in God before the program but I didn't want God to take care of me. I was into the peace and love acid trip. When I burnt out on crystal, there was nothing I could do to wipe out what had come to pass in my presence but adopt a life style that was like slow hari-kari. I would find myself throwing the game and not know why consciously. I think I was in touch with how miserable I was but could see no way out. By the time I got to Narcotics Anonymous I had forgotten most of my dreams because the remembrance of their sweetness had become painful.

4-I