

HOW IT WORKS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are suggested only, but they are the principles that made our recovery possible.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

This sounds like a big order, and we can't do it all at once, we didn't become addicted in one day, so remember
— EASY DOES IT.

There is one thing more than anything else that will defeat us in our recovery, this is an attitude of indifference or intolerance toward spiritual principles. Although there are no musts in N.A., there are three things that seem indispensable. These are, Honesty, Openmindedness, and Willingness to try. With these we are well on our way.

We feel that our approach to the problem of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel. We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we solve our problems within our society, in everyday living, the faster that much faster do we become acceptable, responsible, and productive members of that society.

The only way to keep from getting or continuing a habit is not to take that first fix, pill or drink. If you are like us, you know that one is too many and a thousand never enough. We put great emphasis on this for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again or create a new one.

The substitution of alcohol has caused a great many addicts to form a new addiction pattern, which in its progression brings as many problems as before. We seem to forget that alcohol is one of the oldest known drugs. It would appear that we are people with addictive personalities who are strongly susceptible to alcoholic addiction.

N.A. WSC-12

WORK IN PROGRESS

N.A. WSC-12 WORK IN PROGRESS

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#4 A.

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PROGRESS
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...our desire to stop using
was instigated by the second of two mental breakdowns, one involving
drugs and one involving alcohol. ~~WE~~ ^{we} were tired of being rescued from
the insanity that ~~we~~ ^{we} called my life, ~~from~~ ^{from} tired of my inability to
live the life ~~we~~ ^{we} truly wanted, tired of trying so desperately to fill
that void within ~~us~~ ^{us}. This desperation drove ~~me~~ ^{us} to NA, drove ~~us~~ ^{us}
to keep going to meetings, drove ~~us~~ ^{us} to work ~~by~~ ^{our} steps even though ~~we~~ ^{we}
didn't understand them.

.. When I first came into the program of Narcotics Anonymous and I felt
~~my resentments~~
resentful at the suggestions some members made to me I expressed them through
~~arguing~~
argument or by cold-shouldering the person who had tried to help ~~me~~ ^{us}. Now my
program ~~self~~ ^{we} simply acknowledges the fact that my drug-addict-self ~~is~~ ^{we} having
a temper tantrum over some idea ~~it~~ ^{we} doesn't want to accept and I go right on
with the conversation. I even ask the other person to tell ~~me~~ ^{us} more, because now
~~I know I need to hear it~~ ^{we}

If we are serious about our recovery, we may want to fearlessly
and thoroughly search our motives when we find ourselves in a
position to hurt or help another. This honesty may cost us a
few fantasies but it can help us a lot in reality. Many of us
have come to believe that the forces of life know much more
what our real needs are and ~~will provide abundantly in terms~~
~~of~~ ^{we} will take care of us if undisturbed by self-will. This
involves trust and faith in life itself.

Instead, of ~~creating~~ ^{wanting} our way,
we are sick of it. We want
another way. N.A. WSC-LC
WORK IN PROGRESS

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A an attitude of humility ^{was one of the} prime ingredients in the steps. ^{in order to} make the program work you have to be ^{or} ^{willing to do} things that you might not like to do. ^{WILLING TO DO}

Eventually the fun and games variety of addiction is exhausted and we are left with our misery and our despair. Most of us do not expect to ever regain any sort of normal life.

As a living being we have beat ourselves into a corner by the actions we took in ~~the~~ grip of our addiction. Clean and sober we must leave our corner. The steps give us the strength we will need to do this. First we give up the fight that we are not addicted and can't do some drugs normally without compulsiveness. Then we learn to relate to a power greater than ourselves.

^{we} have frequently gotten to a point where ^{because of} I just can't go on any longer--intense pain; physically, mentally, emotionally and spiritually. ^{we} I can only stand it so long and then I must either go or grow.

After a week or so of this I get to where the promises

.. We must

be ready to go to any lengths to achieve sobriety. Some goals are reached only after we let go of some crucial reservation.

Sometimes, ^{we} I try to sneak one past my head and decide it would be nice to change before the pain gets severe--all that does is make ^{us} ~~me~~ become willing to consider change

N.A. WSC-LE

WORK IN PROGRESS

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#4
A.

(4)

Nobody expects one of us to stumble into this program brimming with love, honesty or open-minded willingness. All that is required is that we try. If we give it our best go, it will work for us as it has worked for others.

WORK N.Y. WSC-67
we are on the way

It's my old familiar ways and heads that make life unbearable--not the universe. It's only when I can't stand my old ways any longer that ~~be~~ begin to change. Only under attack by severe and unyielding pain do the walls begin to crack.

Honesty plays a large part in ~~commitment~~ ^{work} for only when we are honest about our feelings, likes & dislikes, wants, needs, is the way we can ^{people} ~~other person~~ going to know in what ^{way} ~~way~~ they can ^{help} ~~help~~

Willingness is especially important in the areas of practicing tolerance, ^{and} patience and humility and honesty.

~~when we~~ ^{our} can let go of ~~our~~ false pride and look ^{our lives} at my ~~life~~ on a gut level - past all ^{our need for change} ~~lies, dreams, and fallacies, - and admit that it will come and really~~

(The hole in the gut ^{our} will be fill with a new understanding of our place ^{is filled} in the world and ^{with} love for others.) 3

1
After struggling through the daily burden of the monkey on our backs we ^{when} ~~dispair~~ ^{dispair} ~~After~~ we are beaten we are ready.

As we come clean and work our steps we will release ourselves from our chains and be free people.

4 (W)

Sometimes the pain of working the 12-steps is not as great as the pain of not working them, so we work the 12-steps

N.A. WSC-68
WORK IN PROGRESS

None of these steps work by magic. You don't say the words of the steps like a stage magician pulling rabbits out of a hat. They work when they are lived.

battle to so much. ^{it's clear}
~~it would be easy.~~

We would only recommend that

you read this book and attend meetings of N.A. and see for yourself if the program might have something to offer you. ⁽¹⁾
It's not where you're at that counts but where you're going.

We are trying to
achieve adequacy
not perfection. adequacy
can be achieved
but perfection can
not by humans. ⁽⁶⁾

THIS PROGRAM IS SIMPLE. BUT NO ONE
EVER SAID IT WAS EASY. ^{#7}

we can reach and awaken the force for life within the
~~ourselves~~ ⁽²⁾ ~~addict~~, it can do anything, even give ~~an addict~~ ^{us} a new life. ⁽⁹⁾

Recovery is a contact process. ⁽⁹⁾

The break-down of old ideas and old ways seems to be beyond my conscious control. It sort of seems things are going to change when they're going to change--if I can accept what's going on and relax and enjoy as much of the ride as possible then the whole thing becomes okay--sort of. Even when it's so bad that I can't stand it.

The only control of the situation I seem to have is a choice of forward or self-destruct. ^{N.A. WSC-LC}

What areas ^{we} change in ^{WORK IN PROGRESS} and how fast ^{we} change--in what order--all seem ^{we} to be predetermined by my very nature.

It's true ^{we} I have to just decide something and then to follow the necessary path. ^{FOR DISTRACTION}

Surrender

B. Step one

N.A. WSC-LC
WORK IN PROGRESS
Powerless

4
-- Yeah, ^{we} I just remember the powerlessness that ^{we} I felt ^{while} using drugs. As ^{it} it says, it was calling me, to a bar, to a party, to walk down the street, you gotta get loaded. Before ^{you} you go to get loaded, you ^{gotta} get loaded. I never felt like a human being. I never felt like I was able to make a mistake, to be o.k. with myself. That last sentence tells ^{me} that it's o.k.; I got a chance to become a human being to start all over agin. ^{we} ~~we~~

and the longer ^{we} I stayed in it, the worse it got. there was no happiness in ^{my} life at all, ^{our} lives

^{we} I had to ~~get to~~ the point where ~~I~~ realized that ~~my~~ will power wasn't going to pull ~~me~~ through anymore. ~~I~~ used my will power a lot. ~~I~~ had a strong will power, and a lot of times ~~I~~ knew when ~~I~~ gotten really bad with ~~drugs~~, ~~I~~ could say, 'o.k., I have to get my act together now', and just by sheer will power alone, ~~just go straight for awhile, and get my head together, and do it. It had to be to the point where that wasn't working anymore. I just couldn't do it. Until then, it had just been my own strength that got me through, but at that point, I knew my own strength just wasn't enough.~~

Step 1

4-B-1
Everything we've ever tried has failed anyway--so what have we got to lose? Counselors, psychiatrists, hospitals, lovers, new towns, new jobs--we've tried everything to control our using or to stop using. None of our efforts got us anywhere in the long run. For a day, a week or a month perhaps; but sooner or later we take that first ~~pill, fix or drink~~ and we're gone again--worse than ever.

When we give up--quit struggling--surrender, completely and unconditionally--then and only then can we be helped to recover from the disease of drug addiction.

N.A. WSC-LC
WORK IN PROGRESS

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How it works

THE TWELVE STEPS
OF NARCOTICS ANONYMOUS

NOT WORK IN WSC-LC
N.A. 1

As Practiced by One Member

Step #1, I had to affirm that ~~I~~ ^{we} am powerless, and ~~I~~ ^{we} had to go to meetings and hear people talking about it.

Am ~~I~~ ^{we} sure ~~I~~ ^{we} want to stop using drugs? Do ~~I~~ ^{we} understand and believe that ~~I~~ ^{we} have no real, long term control over drugs? Do ~~I~~ ^{we} recognize that in the long run ~~I~~ ^{we} don't use drugs--they use ~~me~~ ^{us}? Do ~~I~~ ^{we} fully accept the fact that every attempt on ~~my~~ ^{our} part to taper off or stop using or to control ~~my~~ ^{our} using has failed? Do ~~I~~ ^{we} know in ~~my~~ ^{our} heart that drugs have the power to change ~~us~~ ^{us} into something ~~I~~ ^{we} don't want to be; a liar, a thief, a schemer? Do ~~I~~ ^{we} admit to ~~myself~~ ^{ourselves} that every time ~~I~~ ^{we} have been in trouble; everytime ~~I~~ ^{we} hurt someone intentionally, ~~I~~ ^{we} was either loaded or trying to get loaded? Do ~~I~~ ^{we} know in ~~my~~ ^{our} guts that ~~I~~ ^{we} fail to do the good things ~~I~~ ^{we} start out to do and wind up doing the bad things ~~I~~ ^{we} don't want to do because of the way ~~I~~ ^{we} use drugs?

If ~~I~~ ^{we} can let go of ~~my~~ ^{our} false pride and look at ~~my~~ ^{our} life on a gut level--past all the lies, dreams, and fantasies--and admit that it's all true and really feel it, ~~then I'm at Step One of the Narcotics Anonymous program which is...~~

"We admitted we were powerless over drugs, that our lives had become unmanageable."

If we can cut through all the nonsense we've been telling ourselves to make ourselves feel good--and admit to ourselves that we are powerless over drugs and that we have made a mess of our lives--we have a chance. Strange as it may seem, the only help ~~for addicts~~ ^{us} of our type comes only when we are able to admit complete defeat--utter failure. For people like us, it has to be a whole new ballgame.

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Page 1

#4 B. Step one

1st END
NO WORK N.A. WSC LC PROGRESS
/ That ~~we~~ started to realize that through being completely defeated, that ~~I~~ ^{we} did have a chance, that it of a sudden became kind of different ~~that~~ ^{we weren't} was going to end up going to jail. End up dying, end up back in the nut house permanently.

Step 1

85

when we knew we were addicts
This question is one that can only be answered by yourself. If you are an addict and refused to admit it, it doesn't matter who or how many other people are aware of your disease, because before any progress can be made toward recovery, you must first admit and accept the fact that you are powerless over drugs.

Step one means that we don't have to make excuses for the way we are and that is a great freedom. Surrender means not having to fight anymore.

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.

In a way ~~we~~ a gamblers and ~~we~~ like the odds against ~~us~~. This was the way that it was when ~~we~~ used drugs.
This is the way we recover

when we
P.- ~~The~~ ~~only~~ ~~way~~ ~~to~~ ~~hit~~ the bottom, it's like the slide has stopped. With the admission of complete defeat, you've stopped it right there. That's when the only way to go now is up. The positive things start happening ~~you're~~ ^{we} are able to stop. ~~You're no longer with the desire to get high. That's when you want to get sober.~~

To admit ^{over} my powerlessness, it got so bad to a point where ~~I~~ ^{we} couldn't take anymore pain, self-punishment, and what ~~I~~ ^{we} had promised, to me, it's better than anything in the world, was that ~~that~~ ^{the} pain wouldn't get any worse, ~~and it~~ might not get any better, it might stay that way but it's not gonna get any worse than it's been over the last few years, and that's when my foundation started ~~cause~~ ^{we} I was just so torn up inside, ~~I~~ ^{we} just couldn't take any more pain, and that's where I got started ~~we~~

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4

weB,

Step one

(3)

(9)

When A-- came into the program, ^{we} heard that step being read and talked about; for myself, it was hope, that's the hope they were talking about. ^{we} I admitted ^{we} I admitted to someone, finally, 'cause I kept it all in and stuff. ~~I admitted to my wife~~ in fits of insanity, that I couldn't do it myself, and that's the hope. The obsession's still there, but there's a hope that it's going to end, and that it's O.K.

WORK IN PROGRESS
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we were

going out of control while I was high. It ~~is~~ unpredictable, and dangerous. My drugs honestly destroyed my peace of mind and filled me with self-hatred, anger, remorse, self-pity and guilt... the very same things I was looking to escape.

B-1 → 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 outlook on life.

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.

It all begins with that first admission, and ~~that first~~ ~~white slip~~. 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.

When we give up--quit struggling--surrender, completely and unconditionally--then and only then can we be helped to recover from the disease of drug addiction.

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Strange as it may seem, the only help for addicts of our type comes only when we are able to admit complete defeat.

admission of utter failure. For people like us, it has to be a whole new ballgame.

#4

B.

Step one

(10)

N.A. WSC-LC
WORK IN PROGRESS

Where is ~~this~~ help? How ^{did we} do I get it? What ~~is~~ it? You go into
 a meeting of Narcotics Anonymous. ^{Take} Take a look around. If you're
 the kind of drug user who lives ^d in the streets trying to find some-
 thing to bang into your arm from day to day, ^{we} you are inclined to be
 skeptical and not overly trusting. You need proof. In that N.A.
 meeting is ^{was} your proof. There you ^{we} will find people ^{found} like ^{ourselves} yourself with
 the same or worse patterns of drug dependency and failure and they
 are clean and ~~sober~~. ^{There was} There is ^{we} your proof. They ^{we} can smile. Their
 eyes are clear. They ^{we} seem to care for each other. They will prob-
 ably introduce themselves to you and try to make you feel welcome.
 As ^{our} the meeting progresses you ^{we} will hear a little bit about them from
 their own lips.

~~Am I sure I want to stop using drugs?~~ ^{We} Do I understand and be-
 lieve that ^{we} I have no real, ~~long term~~ control over drugs? Do I rec-
 ognize that ^{we} ~~in the long run~~ I don't use drugs--they use me? ^{we} Do I
 fully accept the fact that every attempt ^{we} on my part to ^{made} ~~stop using or~~
 to control my using has failed? ^{our} Do I know in ^{we} my heart
 that drugs have the power to change me into something ^{we} I don't want
 to be; ^{we} 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. ^{when} We ~~then~~ hit bottom.

We ^{were} are searching for an answer. Looking for a way out. Things
 didn't seem to be able to get any worse. ^{N.A. WSC-LC} We reach ^{ed} out and there's
 an answer, ^{was}

WORK IN PROGRESS
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#4

B

Step one

(11)

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Until we took step 1 completely
~~until we completed step 1~~, we were caught
in reservations. We felt different, ~~after~~ ~~working~~ step 1 we affirm our surrender to the people of
NA, and only then do we ever come the alienation
of being a drug addict: From apart from we
become a part of.

We have an incurable, progressive, terminal disease called drug addiction. It doesn't matter whether we
"just take a few pills", fix eight times a day, suck on a pipe or
drink bottles of cough remedy behind drug stores or have one tranquilizer with our first martini of each day--we have certain things
in common no matter what kind or degree of addict we are.

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End of step one

#4

B.

Step two

NOT

WORK

N.A.

W.S.C.-LC

(12)

If you can accept the fact that a large number of drug dependent people were, like yourself, unable to control their own lives and that they have, through Narcotics Anonymous, found a way to live safe and sober, you have only to believe what you see and experience to complete Step 2.

N. A. has many members. Their Power--collectively, is certainly greater than that of any individual member. Surely, you realize that if your car gets stuck in the mud, and you can't get it out by yourself, you get help in the form of many hands or a large machine. What is impossible for one alone is often light work for many. So then, the many are a greater power than the one alone. You don't have to be religious to accept the idea of a power greater than yourself. Just take a look around with an open mind and you will see a positive power all around N.A. Call it love, call it harmony, call it peace, call it cleanness and soberness, call it good or call it God. It doesn't matter now what you call it. What matters is that you want to get well and happy and by looking and listening as openly as you can, you find that N.A. seems to have the Power to get people well and happy.

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 over come the alienation of being a drug addict.

You may be one of us who says, "I need help with my drug problem and I can see that N.A. has that alright; but that Second Step says this power greater than ourselves will "restore us to sanity" and I'm not crazy. I just can't handle drugs." Many of us started out with that attitude.

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#4

B. Step two

(13)

WORK IN PROGRESS
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The higher power we see in Narcotics Anonymous is a lot like this. We begin by simply admitting to the possibility of a power greater than ourselves. We discover that power in our lives from the very beginning of our lives in the program. Many fortunate things will occur mysteriously. ~~We can only accept them~~ but there are ~~not~~ accidents. Surely, ~~we~~ realize that if ~~our~~ car gets stuck in the mud, and ~~we~~ can't get it out by ~~ourselves~~, ~~you~~ get help in the form of many hands or a large machine ~~power to have or help and that honesty may cost us a few fantasies but it can help us a lot in reality.~~ Many of us have come to believe that the forces of life know much more what our real needs are and ~~will provide abundantly~~ ~~and~~ ~~will~~ take care of us if undisturbed by self-will. This involves trust and faith in life itself.

Is there really any madness in the universe or are there only similar states of painful confusion springing from various disorders of body and soul.

WE HAD NO TROUBLE ADMITTING THAT ~~DRUGS~~ HAD BECOME A DESTRUCTIVE POWER ADDICTION

GREATER THAN OURSELVES. IT LOGICALLY FOLLOWS THAT THERE CAN ALSO BE A CONSTRUCTIVE POWER GREATER THAN OURSELVES

[WHEN the drugs are washed from our bodies through (21) 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.

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Sanity is like having our priorities in order. We don't use drugs we go to meetings; and using the N.A. program, we rely on God to provide what we need on a daily basis. We have been restored to sanity as far as the compulsion to use drugs is concerned.

Keeping a watchful eye on our daily H.A.L.T.S. maintenance, we can get some food when Hungry; call someone in N.A. on the phone when Angry and Lonely; get some rest when Tired; and go to an N.A. meeting when taking ourselves too serious.

The important thing to remember as the urge to use drugs occurs is the fact that just because the mind is asking for drugs, it doesn't mean the body is. We are so into denial and over-controlling our emotions that the occasional thought of drugs may be the only way our mind knows to get our attention. The mind signals drugs when the body may be actually asking for vitamins, food, rest or companionship. So we what our H.A.L.T.S. maintenance daily. The demand for drugs is usually short lived and passes quickly. Any reoccurring, long term thought about using drugs could indicate the need to do inventory and talk to another member of N.A.

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#4

B. Step two

(14)

There is a spirit that has guided all of us. Call it God, Reason, the Infinite, Muhammed, Christ or whatever you like. If you chose call it nothing at all but find it and learn to benefit from it's power and you will gain a new life, free from drugs and the pain ~~that~~ use has caused us.

~~we~~ have begun to see only recently how much my Higher Power has to offer to me. Sobriety and clean living are only the beginning the my new life. I am being given a gift of life ~~without~~ fear, and insecurity.

I wasn't using, but I had little ~~but~~ service to other addicts in its place. I gradually began to find some order in the universe, and accepted that "somebody" was supplying ~~me~~ with a conscience I had never had before, and was somehow giving me the power to overcome the compulsion to use. It sure as hell wasn't me. I wanted to get high so bad it was ridiculous, but knew that I could be of no use to anyone.

Relief is the beginning. ~~Step~~

~~one establishes us as members and removes the need to explain~~

~~our short comings.~~ Step two begins to give us the power to overcome ~~those short comings.~~ **our compulsion** It is helpful to stop at this point and go over our thinking in this and all ~~respect~~

respect. We should not take the chance that our understanding of a power greater than ourselves is sufficient at this point.

Your power can be the group itself. It can ~~be traditional~~ follow a religious tradition. The only thing we want to emphasize is that you should feel comfortable with your higher power and be able to make the statement that it cares about you.

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X4 B. Step two
N.A. WSC-LC
WORK IN PROGRESS
15

So, we have this disease: Progressive, incurable, terminal. And the most amazing single fact about the disease is that we went out and bought it on the time plan! That is insane. Think about that. You, I, everyone you meet in N.A., the junkie snatching purses on the street, the sweet ladies hitting two or three different doctors for their perfectly legal prescriptions. All of us have this one thing in common--we buy the disease that kills us and, one way or another, we usually pay for it with blood, sweat and tears and we continue to pay for it a balloon at a time or a few pills at a time or a bottle at a time until the day we die. That is at least part of the insanity of drug addiction. The price may seem worse for the junkie girl who prostitutes herself for her fix than it is for the wealthy woman who merely lies to her doctor but ultimately, both pay with their lives. Ask yourself this question: Do I believe that it would be insane to walk up to someone and say "Would you please sell me my own death--on the time plan?" Or--"May I please have a heart attack or a fatal accident?" If you can agree that this would be an insane thing comparable to giving yourself an injection of deadly poison, only slower, you should have no trouble

With the Second Step. The second step is in all likelihood the second most important most important thing that has to happen for us to achieve any sort of ongoing recovery from our disease. The 1st Step well taken leaves us at a place where we need to come to believe in something that can help us with our lack of power and sense of hopelessness. Belief becomes the most important thing for us to work on. We have in all probability some type of belief and unless we examine it some and seek to improve it to where it fits the facts better, it may prove to be insufficient to give us recovery. Certainly our belief didn't do too much to help us with our active addiction in the past. If we want better results we should look for what's been working and what has failed us, separate them and discard that which does not work. Our belief has usually come to us at an early age from members of a family that has at least one member who has a disease with definite traits of family illness. We may or may not have a

N.A. WSC-LC
WORK IN PROGRESS
NOT FOR

#4

B.

Step two

(16)

Most addicts have strong feelings about their higher power and vigorously defend their right to their own understanding. This is fine and well but make sure you've at least thought it over privately and perhaps talked about it with some trusted friend.

The strength to move into action comes from our higher power however we may understand him. Asking for help in specific terms usually precedes getting that help. maybe it helps open the gates of our hearts and be ready to receive the help we need.

~~We~~ need to accept this step fully to start our road to recovery.

When our belief has grown to some point of comfort, we are ready to take the third step

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#4

B. Step 3

(17)

All the time you've been an addict, your will, your life itself has been controlled by drugs. Your choices have always been determined by drugs. You've had to be where you could get them. You've had to be nice to whoever had them. You had to have the money to obtain them: in the case of the illegal drugs--quite a lot of money. Then, when you get your drugs and the search is over for a few hours or a few days you eat, drink, inhale or inject your drug. Then your mind, your body, your soul--your total being is dominated by that drug. For a while, it may be pleasurable, at least in the early stages of addiction but ultimately, the affect begins to wear off and the drug begins to show its other side. One of the strange facts about drugs is that the higher they get us when they come on, the lower they bring us when we're coming down. When our nerves begin jangling like a fire alarm, we have two choices. We can live through a period of discomfort or we can take more drugs. For an addict, at some point in their career, there is no longer a choice. We get more drugs. Can you see that whether you steal these drugs or buy them you are being controlled by them? Whether you are under the influence of drugs, trying to find drugs or leaving town because of something you did in your effort to stay loaded, your actions, your will and your very life are being directly controlled by drugs.

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Our way did not work. So we are going to try another way. We are going to try to let God, as we understand Him care for and direct our lives.

In the Third Step we snatch our life away from drugs and put it where it belongs. *1

This is a giant step. But anyone can take it. You don't have to be religious. ~~You don't have to believe in God.~~ You have only to believe what you see with your own eyes in the transformed lives of N.A. members and have a desire to ^{stay clean} ~~get well~~. That's all it takes--an open mind. If the word "God" bothers you--substitute recovery or Good or love or N.A. or peace--anything positive, just so you mean it.

None of these steps work by magic. You don't say the words of the steps like a stage magician pulling rabbits out of a hat. They work when they are lived. But they are easier to live by than the law of the needle or the law of the pill or the law of the bottle. If you want to ^{stay clean} ~~get well~~, if you are willing to do the few simple things ~~and stay clean~~, if you will be honest with yourself in this endeavour; it is guaranteed that you will ^{recover} ~~get well~~.

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~~Start~~ ~~the~~ Step ~~three~~ requires a basis in belief and if this ~~it~~ *1
or any step gives you trouble, go back to the one before it.
Generally, if we are fearless and thorough enough, we can find
something that we have left out and ~~thereby~~ having then completed
that step we are ready to go ~~on~~ ~~to~~ the next one. Obviously
we can't turn our lives and will over to the care of a God we
don't believe in ~~or a God~~ we don't trust ~~to~~ restore us to sanity.)

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#4

B.

Step Three

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FOR IN PROGRESS
Nobody

(18)

expects one of us to stumble into this program brimming with love, honesty or open-minded willingness. All that is required is that we try. If we give it our best go, it will work for us as it has worked for others. The Third Step does not say "We turned our will and our lives over to the care of God", it says "We made a decision to turn our will and our lives over to the care of God as we understood Him." We made a decision. Drugs did not make that decision. Our wife, our probation officer did not make that decision. We did. This is the first action we take in this program. For the first

time, we make a decision for ourselves. If you understand God to be simply whatever keeps the rest of us clean and sober that's fine. Ask that power to take care of you as it cares for us--even if it makes you feel stupid. Go off by yourself and say silently, "God, I've made a mess of my life. I can't solve my problems so I'm asking you if you'll please take care of me and show me how to live a good, happy life."

If you honestly try it, it will work. Many of us start our day with that or a similar plea ~~every day~~. "Thy will be done." 12

In this Third Step, we simply recognize that there is a force for good in the world and we cooperate with that force. We let good things happen to us. Every action we've ever taken in regards to drugs was taken in an effort to get comfortable. And it didn't work. Our way did not work. So we are going to try another way. We are going to try to let God, as we understand Him care for and direct our lives.

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The tension of letting go and letting God sometimes manifests itself in the personality of an addict. It is the tension of letting go of old ideas and things that don't work anymore and letting God help us develop what works here and now. We can adjust this tension in our personality daily by using the

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#2

#4

B, Step three

(19)

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If we have come this far in the N.A. program, we have already noticed some change in our lives. Of course, the change is probably not as fast nor as dramatic as we could wish. We turned to drugs in the first place because we were people who wanted instant happiness or instant comfort and the drugs seemed, for a time, to provide it. We may be impatient for change. Impatience may be one of our life problems. Many of us expect that as soon as we stop taking drugs, all of our other troubles are going to disappear. If you have been around long enough to get through the first three steps, you have probably discovered this isn't so. There are still bills to be paid, people to get along with or without, fears and ills to be dealt with. In fact, now that we are facing life without a periodic anesthetic, these life problems may seem at first to be more difficult and painful than ever. They can appear to be imposaible and overwhelming. That's why we have Step Four.

suddenly have the right to discontinue our old ways and try
new ways. We surrender our lives and our wills to the care
of a power greater than our selves and become an part of that
higher power. We must stop fighting loosing battles in we are
the battles we do fight.

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#4

B. Step 3

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This is why the ~~third~~ third step is so important to us. ~~It is the only way to get back to the power of our higher power, as we use this step, the insanity of daily living evaporates.~~

The reliance in a ^{Drug} higher power is possible because we no longer have a ~~chemical~~ separating our consciousness from higher power consciousness.

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^{God}
~~Drugs~~ ~~chemicals~~ act as a roadblock to higher power consciousness, ~~thus~~ causing the hopeless and helpless feeling of inadequacy most ~~using drug~~ addicts experience, ~~as a result of this separation.~~

~~We are going to feel inadequate as long as there is a mood changing or mind altering chemical in our body, it is the result of long term drug usage though the eventual removal can occur at any stage in the process.~~

The cloudy inadequacy leaves when we stop using ~~drugs~~ because we no longer have a ~~chemical~~ shutting us off from the sunlight of the higher power.

With the reliance in a higher power, we become a part of their whole design for living free, ~~from chemical addiction~~. The feelings of hopelessness and helplessness begin to disappear.

Now we have natural highs, and the occasional lows are not as heavy as before our conscious contact with ~~higher power~~ ^{God}.

In ~~the NA recovery program~~, these highs and lows of living clean eventually even up and balance themselves into a casual, easy does it, live and let live, daily enjoyment of life straight.

And, for this clean living, we may be eternally ~~grateful~~ ^{N.A. WSC-LC} to our higher power;

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~~So we need to believe in a God~~
~~just needed~~
 to rest ~~God had always~~
 to have ~~God was~~
 such a good friend ~~we gave him our will and life to take care of~~
 of our once wrecked lives

#4

B.

4th Step

(1)

Step Four is here to help us see exactly where our problems are and to measure our strengths and weaknesses.

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Let's face it. When we were using we weren't very honest with ourselves. If we were, we wouldn't have been able to live with our addiction. We are finally beginning to become honest when we admit drugs have us whipped and that we need help--but it took us a long time to get down to where we could admit we were whipped and we're probably not going to become well physically, spiritually, mentally or emotionally overnight. Step Four is going to help us toward recovery more than we can imagine. Ask anyone who has some time on the program and who has the kind of life you want for yourself. Almost without exception, they will tell you that the Fourth Step was a turning point in their lives. Most of us were surprised to find that we had some good points in our moral inventory!

Some people make the mistake of approaching the Fourth Step as if it were a confession of how horrible they are--what a bad person they have been. This is not the purpose of the Fourth Step. We are trying to free ourselves of living in old, useless patterns. We take the Fourth Step to gain the necessary strength and insight to enable us to grow in this new way of life. A binge of emotional sorrow over real and imagined wrongs will not help us. In fact, it could be quite harmful. We want to look at what we have done and neglected or

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WORK IN PROGRESS

*4 to disintegrate lives.

but our purpose is to be rid of guilt--not to wallow in it! To be done with the past, not to cling to it. We want to look it in the face and see it for what it was--and then release it so that we can live in today. The past, for most of us, has been a ghost in the closet. We have been afraid to open that closet for fear of what that ghost may do to us.

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(68)

#4 B. 4th Step

(2)

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, work in progress, pray, pick up your pen and start writing!

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~~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."

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.

A Fourth Step takes the confusion out of our minds and puts it on paper where we can ~~write~~ look at it.

You may approach it in any number of ways. It is advisable that before you do, you go over the first three steps with your sponsor. Be comfortable with your understanding of these steps. Allow yourself the privilege of feeling good about what you are doing. Don't allow yourself to be driven as you were driven for so long by drugs. Remember that one of our mottoes is "Easy Does It". We have been crashing around for a long time and it's gotten us nowhere. Now we're going to take it easy and not let things frighten us.

So, go over the first three steps and then, with pen and paper, begin your ~~inventory~~ inventory. ~~If the word moral bothers you, call it your positive/negative inventory, or your good/bad inventory.~~

All you're trying to do is to find out which things about yourself you want to change. If you were a grocer, you would not hesitate to separate the rotten fruit from the good fruit in your store and throw the rotten fruit away. ~~Walls then a rotten fruit lying~~

~~side by side with good fruit in your heart and the S.A. program has~~
this Fourth Step to help you see which is which.

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If you possibly can, get off by yourself, away

from the daily pressures to do this.

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*2

WORK IN PROGRESS

we may examine in depth our relationships to people, places and things; and ask ourselves what we have demanded of these ~~re~~ relationships. Often the answers will show that we are placing unreasonable demands on reality. Often we find we are demanding people not be who ~~we~~ they are, say what they just said or do what they are doing. ~~then~~ N.A. WSC-LC

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#4

B. Step #4

(3)

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It is important to remember where we came from if we don't want to return.

~~before I knew I needed it~~ ^{WE} had to go through what ~~we~~ went through, to get where ~~we are~~

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.

as we realize how little of value ~~we have~~ we have to lose and how much better off we will be without our defects, ~~we~~ we will plunge into this step without reservation.

by listing ~~the defects that are removing~~ these thorns in our sides ~~and putting~~ them on paper. The drug addict sits down with paper and pen and prays for god to help him in this and ~~and~~ reveal the defects that are causing pain and suffering. ~~and~~ and those virtues that have lent happiness and given peace, ~~to himself~~.

We pray for the courage to be fearless and thorough that this inventory may help us to get our lives in order ~~so we can better help others~~. When we pray and take action it almost invariably goes well for us.

Write down your fears, your resentments, your guilts. ~~Watch~~

~~We may examine in depth our relationships to people, places and things.~~

Most of us have found that we were neither so terrible nor so wonderful as we supposed. Ultimately we are just human, with pretty much the same fears and longings and troubles and so on as everyone else. One of the greatest benefits of the N.A. program is discovering that we need never be alone again. Others have felt as we have felt. Others have failed where we have failed and they are ^{here} ~~there~~ now in the strength of ^{the} fellowship, ready and eager to help us.

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This Fourth Step can be a wonderful adventure

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~~and the fourth step involves~~ reviewing our past performance and our present behavior to see what we want to keep and what we want to be rid of. It seems that this step has the reputation of being a bugaboo. ^{In} Really it is quite simple.

fit the individual

#4

B, Step Four

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—WORK IN PROGRESS—

It is not expected that we are

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going to do it perfectly right away. If we were perfect, we would

not be human. The important thing is that we do our best. We use

the tools available to ~~N.A. WSC-LC~~ ^{Get into} action--~~Get~~ started *and* let it flow.

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B. Step 5

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STEP FIVE: Admitted to God, ourselves, and to another human being the exact nature of our wrongs.

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After taking the fourth step, by taking our personal inventory, we have to deal with what we have found. We have to decide first what ^{our} ~~are~~ defects are and then what to do with them. If we choose to keep these defects inside of us it could lead to us using again. People might tell you that you look and sound good but if you ~~don't~~ ^{may not} feel it ~~over your nose~~. You might look good from the outside, as far as your appearance and you might sound real confident and strong when you talk, but if you don't feel good deep down inside your heart, you won't grow. So the fifth step allows us to release some of this frustration hurt and anger.

~~For~~ For years we've avoided seeing ourselves as we are. We were ashamed of ourselves and we did what we could to hide our shame from God, ourselves and the rest of the ^{world} ~~people~~. Now we've got this shameful past trapped on paper and we can sweep it out of our lives by admitting it. We don't want to make the mistake of writing it all down and then shoving it in a drawer somewhere. ~~Remember that~~

Your higher power will be with you when you do this and your admissions will help free you from the old ways of fear. Before we take this step we live in fear that if we reveal ourselves as we really are, then we'll be rejected and lose the friendships that have filled our lives. Humans have much more in common with each other ^{N.A. WSC-LC} ~~than they suppose~~ and we can consciously experience this oneness if we can come out of hiding a little bit. ^{WORK IN PROGRESS}

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In taking this step we have to learn to accept ourselves. By learning to accept ourselves we become more a part of the program.

4 3. Step 3
~~Here~~ Often fear or pride will hold us back, but only in taking this step are we free to grow. In trying to deal with these defects alone, we may find that it is too much to handle. We will find by admitting to another person that things are not as bad as we sometimes think they are. Sometimes we feel that no one else could ever relate or even begin to understand some of the horrible things we have done, but often we will find that we are not alone. Another person may help us understand that we can change if we really want to. Talking to a recovering addict will give us the courage we need to become a stronger person. Obtaining sobriety is hard work but if we stick it out it will get better.

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We must of course be careful about who we take this Fifth Step with, ~~to~~ who we tell the truth about our pasts. Many of us have taken our Fifth Step with a total stranger-- a priest or minister or a counselor. Some of us have gone to another town and some of us take it with our sponsor or someone else we select near at hand. The important thing here is that we choose someone with whom we can be honest and open; that we hold nothing back. To be certain, as time goes by, we will remember things that we did not include in our ~~original~~ Fourth ~~and Fifth~~ Step. The point is that we disclose all that we do remember, all that we have written. As we do this, most of us feel our burden lighten. It is crucial that we take this Step with an understanding person. Whoever you select, make certain they know what you are doing and why you are doing it. You will be amazed at how willing most people are to help. It is one of the great benefits of this program that we are able, once again, to let people into our lives as we use the tools of the program to "break down the walls of our own loneliness."

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Once you have taken this Step, you are practically certain to feel lightened and refreshed. It is such a relief to be rid of the burden of all those "secrets." We share the load and it becomes immeasurably lighter.

#4

B. Step 5

N.A. WSC-LC

(3)

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Only, by taking this step can we set ourselves in the path of true sobriety. It will clean our heads of all the garbage which we have collected in the years of our addiction. It will show us humility and bring us in touch with true honesty.

Beware of half-stepping, by holding onto old images, this will hold us back from starting a new life. Maybe we did already take a 5th step but we really didn't get honest and hung onto some things. Then we are doing the same thing we did when we were using, first we felt the hurt and then covered it up with drugs. By half stepping we run the risk of repeating our old pattern and getting high again.

A lot of times we try to look good in front of other people, but deep down inside we are really afraid of who we are and where we came from. We try to hold onto these images in order to make people believe that we are something other than ourselves. In suppressing our true feeling and holding onto these false images it will stop us in getting in touch with true reality. People who have held back onto these old ways find that only after letting go can we find true serenity.

Once we begin and are willing to forgive ourselves we can also begin to forgive others and begin to let go of all resentments in order that we may receive inner peace.

In order to grow we must remember that we are the most important person to ourselves and not worry about the opinion of other people. To be able to start a new and true beginning in life we must humble ourselves and become honest.

In examining ourselves as honestly as possible and in discussing our past with another human being as honestly as possible--it is probably that we have discovered some things about ourselves that we don't like. Perhaps we call these things character defects, perhaps we call them shortcomings or moral blind spots. Whatever we call them, we recognize that they must change if we are to grow. And we recognize that we ourselves cannot, of ourselves, change them.

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#4

B. Step Six

①

Let us go back to the First Step for a minute. Remember that we had to surrender completely to obtain relief. We had to admit we were whipped. This Sixth Step is the same situation. We can't do it ourselves--but we know that God as we understand Him can do it for us, if we really want Him to.

Do we really want to be rid of our resentments, our angers, our fears? All our resentments? Do we really understand that they are a deadly poison in the heart of an addict?

Letting go of character defects should be done with love. Fear and hate cannot give us new lives. We should approach old defects in patience and understanding for they have served us well in days past. They have kept us from situations we couldn't handle before we got the program and a new source of power. In most cases we can be grateful that our defects are not more pronounced or of a more harmful nature. When we can see how they fit in our lives before the program and accept them, we can let go more completely and get on with our new life.

Many of us cling to our fears and doubts and self-loathing or hatred of others because there is a certain distorted security in familiar pain. It seems safer to hold on to the old pain than to let go of it for the unknown.

Here, once again, we look to those N.A. people who have the kind of life we want for ourselves. We ask them--"Did you let go?" And here, once again, almost without exception the answer is, "Yes, to the uttermost of my ability."

B. Step 6

(2)

Step 6 becoming entirely ready to have God remove all these defects of character. God really has removed a lot of our more glaring defects, most gracefully and mercifully too. When we are taking step six it is important to remember that we are too human and should not place great expectations on our selves. We should, however, remember that we are not kidding when we say entirely ready to have all these defects removed. This is a step of willingness and either we are willing or we are not. That is the spiritual principle of step ~~three~~ six, willingness. It is as if to say that we are now willing to move along spiritual lines toward a destination we can not imagine, and strive to live life free from all our defects of character. Being human we will of course fall short. We will still get made from time to time, especially if we are too hungry, lonely or tired. We will still feel our lust, self pity, wrath, envy, pride, vanity, cruelty, greed, selfishness and egocentricity coming back perhaps in different and new forms. We may feel dishonesty creep in and tell us that these new forms are all right, that we may hold on willfully to them. The six step and our experience show us that this form of self deception only succeeds in covering our real motives which invariably are that we are trying to get what we want out of our lives. That we are still trying to manage our unmanageable lives and run the show, and take our will back from God's grace.

WILLINGNESS is what we should strive for in step 6 the tools we use to make our willingness keen are prayer, and practice and another is the priorities. How sincerely we will be able to work at step six will all so be proportional to our desire to change. We often will feel that we will never be ready to have all our defects removed but we ought to remember that the main point is that we are on a journey and that the destination isn't what matters, what matters is that we are in a state of striving to better ourselves so that we may better serve God and our fellows.

1 = space

For we are doomed if we don't strive for a better way and try surrendering lifted up when we surrender to the simple instructions that the program offers us as away to a new way of life.

Without defects life is ever new, new, sensational and deeply wonderful. We can earnestly say that we know that we are growing when we make new mistakes rather than when the same old situations cropping up again and again.

Life with the defects may cause perpetual frustration to us, we may relapse, we will at any rate be in for an uncomfortable time of barely getting by and dry runs frequently haunting us.

We suggest that we decide where our priorities lie, that we envision life free from the defects, that we at the very least recognize when our life is going sour that it is because of our defects and that it isn't the person, place, or thing that is the cause of our problem. It is our defects. We should at least accept personal responsibility for our problems.

All that is required in the Sixth Step is the honest willingness to let go of those things about yourself that you have already decided you wished to part company with--the fears and doubts of that other life.

#4

B. Step 7

(1)

Having decided we want God, as we ~~understand~~ ^{N.A. WSC-LC} Him to believe us of the useless or destructive aspects of our personalities we arrive at the Seventh Step:

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We have all spent much of our lives being anything but humble. We have been humiliated by many of the things that happen to us while using drugs--but most of us avoided true humility until we took N.A.'s First Step. Then again in the Third Step we ask God to direct our will and our lives. And now in the Seventh Step we humbly ask Him to remove our shortcomings.

The key of this step is an understanding of the word humility. Humility is as much a part of staying ~~clean~~ ^{clean} as food and water are to staying alive. As we struggled along in our addiction we devoted our energy towards satisfying our material needs. We always had to have a satisfaction of our basic desires such as prestige and power. We never thought of spiritual growth or asking a Higher Power for direction. We were the Higher Power.

We could handle the trials and tribulations 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 achieved our first glimpse of humility.

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If the defects we have discovered are real ~~and~~ we have a chance to be rid of them surely we will experience a sense of high adventure at this point. Some will want to get on their knees for this step. Some will get ~~phased out in a quiet way~~ or put forth a great mental effort to show intent willingness. The word humble applies because ~~we~~ we approach this power greater than ourselves ^{to} ask for the most wonderful gift of the

programs the freedom to live without the limitations of our past ways. ~~However~~ ^{N.A. WSG LC} However we want to handle it ^{we} go all the way. Think of what we ~~work~~ ^{work} to lose ~~as soon as we feel ourselves willing, go ahead and ask God to remove the shortcomings!~~ ^{IN PROGRESS}

When we were in our addiction our spiritual and emotional growth came to a halt. We did not mature and grow like a normal person. Now that we are ^{clean} sober there are many situations that arise in our daily lives that are difficult to understand. 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 and 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.

The main objective of step seven is to get out of ourselves and to strive for achieving the will of our Higher Power. Our will didn't work.

I have taken all of the hurt that I have felt and that hurt I have caused to other people and made it into a ball and threw it away.

You will have noticed by now that humility plays a big part in this Narcotics Anonymous way of life. We take our ~~our~~ inventory, we become ready to let God remove our defects of character, we humbly ask Him to remove our shortcomings. Not the other guy's but rather our own. This is our road to spiritual growth, to humbly and gradually change our own character, day by day. To gradually, carefully and simply pull ourselves out of the isolation and loneliness of hopeless drug addiction into this mainstream of usefulness. This does not happen by wishing for it, it requires action.

(4) B-8 Steps

1st DRAFT

The last five steps of Narcotics Anonymous--the Eighth through the Twelfth--are the "get out and live" steps. ~~They are the ones that teach us how to manage life and deal with other people.~~ ^{Just} as the First, Second, and Third Steps give us the necessary tools to begin a clean life and the Fourth, Fifth, Sixth, and Seventh Steps complete the complicated process of self-forgiveness and the beginning of new attitudes, the Eighth Step starts the procedure of forgiving other people, being forgiven by them, and learning how to live in the world as a drug-free human being.

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The point of the Eighth Step is willingness. Are we willing, if it is possible and practical, to make amends; to once, and for all, clear away the shadows of fear that our past holds for us?

The preceding Seven Steps looked pretty rough until we took the plunge and got into them. This one is no different. It seems hard now, but once we've done it we'll wonder why we didn't do it long ago.

Once again, we admit where we were at fault regardless of what the other person did to arouse our hostility--we admit that we hurt them, directly or indirectly, through some action, some lie, some broken promise, neglect or whatever it was.

This step is a good test of our new found humility.

We consult with our sponsors in this matter. Again, as in the Fourth Step, we do not want to become entangled in useless, dangerous self loathing. Our purpose is to achieve freedom from the guilt we have carried so ^{far} ~~far~~ ^{N.A. WSC-CC} much pain so that we can look the world in the eye with neither aggressiveness nor fear.

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④ B-8 *in Step*

N.A. WSC-LC

The Eighth Step is not easy; it demands a new kind of honesty about our relations with other people.

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We had to feel better internally before *we* could even bear to think about whom *we* had harmed, how *we* had harmed them, and exactly what harm *we* had caused. One of *our* difficulties in *our* addiction was the way *we* perceived *ourselves* *myself*.

Once again, we admit where we were at fault regardless of what the other person did to arouse our hostility--we admit that we hurt them, directly or indirectly, through some action, some lie some broken promise, neglect or whatever it was.

It will not make me a better person to judge the faults of another. The thing that will make me a better person is to clean up my own messes--relieve myself of my own guilt. This eighth step is a mighty stride away from a life dominated by guilt and remorse.

We need some real honesty before *we can* could make a *accurate* list. ~~somebody~~ *in between.*

In preparing to make the Eighth Step list it is helpful to define harm. One definition of harm is physical or mental damage. Another definition is inflicting pain, suffering, or loss. The damage may be caused by something that is said or done and the harm resulting from these words or actions may be either intentional or unintentional on the part of the person who is inflicting the harm. The degrees of harm can run from making someone feel mentally uncomfortable to inflicting bodily injury or even death.

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① 8 ~~Step~~ *Step*

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We make our list, or take it from our ~~Fourth Step~~ *WORK IN PROGRESS* and add to it ~~anything~~ *ANY ONE* we can think of and then we face that list honestly and openly and examine our hearts. Are we willing to make amends? In many cases we cannot do it, it is not possible nor practical in some instances. We may not know who it was we wronged in some cases. In other instances we might run the risk of involving a third person, some companion of our days of drug abuse who does not wish to be exposed. We do not have the right nor do we need for any moral reason to endanger that person.

Just about anyone that comes into contact with an active addict risks being harmed. Many ~~people~~ *members* mentioned their parents, spouses, and children. Boyfriends, girlfriends, other addicts, ~~and~~ casual acquaintances, co-workers, employers, teachers, landlords, and total strangers.

A problem many of us seem to have with the Eighth Step and the admission of the harm we did is the belief we were victims, not victimizers, in our addiction. Avoiding this rationalization is crucial to the Eighth Step,

WE
~~John put it this way:~~ "I had to think of disassociating what had been done to me and what I had done. ~~I was~~ *LIVE WERE* forced to cut away all ~~my~~ *OUR* justifications and all this idea of being a victim. The final difficulty in working the Eighth Step is

we do not even
~~separating it from the Ninth Step. Projecting about the Ninth Step can be a major obstacle both in making the list and in becoming willing. As Maggie said, my sponsor told me not to~~ *N.A. WSC-LC*
~~even think about making the amends, but just to concentrate~~ *WORK IN PROGRESS*
on exactly what the Eighth Step says ~~what is~~ to make a list and to become willing. *NOT FOR DISTRIBUTION*

(4)

B-8

~~the~~ Step

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"We ~~should~~ try and do this

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step as if there was no Ninth Step."

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The Eighth Step is actually an action step. And like

all the action steps it offers immediate benefits. ~~He~~ de-

~~scribes these benefits when he says, "The main thing this step~~

does for ~~me~~ ^{us, to} is it builds ~~me to~~ the awareness that, little by

little, ~~we are~~ ^{we are gaining} living through new attitudes about ~~ourselves,~~ ^{ourselves,}

and ~~about~~ ^{about} how ~~we~~ ^{we} deal with other people

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④ B-9 ~~the~~ *step*

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We want to get rid of our fear but we neither need nor wish to do so at the price of causing suffering to anyone else. It is very important that we take guidance from our sponsors or spiritual advisors in this matter. A very good approach, though certainly not the only approach to this task, is to take our list to our sponsor and let him or her help us set up a schedule or plan of amends.

We recommend turning over our legal problems to lawyers especially those who have actually helped someone in the program. Professional help is available to help us with our financial and medical problems. An part of learning to live is not to take on problems and responsibilities that we are ill equipped to handle.

IN some cases we need to repay a sum of money or replace some object of value. This may be beyond our means. If it is, we can only proceed with direction.

Timing is an essential part of this step. We should make amends when the opportunity presents itself, ~~as long as~~ as long as to do so will not cause more harm than good.

when ~~then~~ it gets to the point when we cannot hold the hurt in any longer, amends will be made.

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(4) B-9 Step

2

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In some old relationship an unresolved conflict exists. We enter the old conflict and resolve it by our amends and thereby get out of any future antagonisms and ongoing resentments. These are the old tapes that would keep playing back as long as we lived. By making amend s we create a lasting change in our lives. We also behold the mysterious fact that instead of feeling knocked down and drained of energy, we feel relieved and sort of excited.

This step is a positive direction in your life concerning other people. All the years of using destruction have put a negative attitude in others about you. It helps you deal with your guilt & others with their anger.

In many instances we will need to go somewhere, ~~as they say, "with our hats in our hands"~~ that is to say, humbly to ask forgiveness for some old wrong. Sometimes, this will turn out to be a joyous occasion when some old friend or relative proves very willing to let bygones be bygones and welcomes us back to the land of the living. However, some people are not so willing to let go of their bitterness, as we ourselves were once unwilling to let go of it. They may refuse to accept our apology; may refuse to hear us out or return our letters unopened. We must not fall into remorse over this for we have done the best we could.

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④ B-9 *Step*

N.A. WSC-LC

3

WORK IN PROGRESS

~~There are some things we can make direct amends for, some we can only make~~

There are some things we can make direct amends for, some we can only make partial amends for, and some we can not make direct amends for at all.

In some instances, making amends would make certain people aware of things they knew nothing about, therefore causing unnecessary hurt, pain or anger. just to relieve my own guilt. The amends I make are mostly for me.

We can make amends by our actions. They don't always have to be verbal, ~~amends~~ and we try to practice this whenever impossible to make verbal amends or the ~~time~~ right time has not yet come.

Staying clean is also an amend because we are no longer part of the problem, now we're part of recovery.

It is not in our power

to go into the past and undo that which has been done. We can offer our amends. If they are accepted, so much the better. If they are not, we have done what we could and we can walk away with a clear conscience. If the incident disturbs us, we get to our sponsors or to a meeting and share the experience. It is advisable to pray for those who are unable to forgive.

When it came to making amends for all the things we did. There was quite a lot found. We had to keep our amends in general. We really didn't want to bring up old problems and pain to loved ones.

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In the progress of our ~~will~~ recovery we will be restored to sanity and part of sanity is effectively relating to others. We will less often view people as a threat to our security. Real security in our gut and in our cleanliness will replace the physical ache and mental confusion. We will want to address ourselves to these people with love and patience. Fear of relapse will make many of our most sincere wellwishers reluctant to accept our cleanliness as real. We must remember the pain they have known.

In time many seeming miracles will occur. Many of us separated from their children succeed in reestablishing deep emotional bonds. Estranged wives or husbands may be dangerous to our recovery if they fit the category of old playmates. They will need to get us loaded to justify their sickness. If the relationship is real, it will survive. Reacceptance into the family of our birth is eventual. Clean and sober speaks for itself. Patience is the great method in this process. The unconditional love we experience as members of the program will rejuvenate our will to live and each positive move on our part will be matched by an unexpected opportunity.

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The benefit of this step is to be able to face people we have known with a clear conscience. By discovering and admitting our fault we work a miracle.

4-B-10

Are we doing our best? Are we staying honest? Are we still growing or are we slipping back into the old fears and resentments? It is the purpose of the Tenth Step to answer these and similar questions.

Those defects of character which we found in the Fourth Step (and probably some ^{of} which we didn't see at the time) are deeply ingrained in our being.

Continuing to take personal inventory means ~~mean time~~ that we form a habit of looking at our self's our attitudes, our actions, and our relationships on a regular basis. ^{WE} try to come up with honest evaluations and to put out more or less energy in certain areas ~~we are~~ ^{WE ARE} concerned with. It's very important to keep sharing with other people so that when you come up with a rationalization for seeing positive in a negative behavior we can be told about it when we can't be honest with ourselves. ~~Sometimes we are too personally~~

Especially in times of stress, when we must endure hunder, anger, loneliness or weariness, we are vulnerable to the old ways of thinking and reacting.

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 than to "take others inventory" and forget about our own defects,

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This step keeps us growing and changing. It is ~~easy~~ ^{not} dealing with the past in the other nine steps to become complicit 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 ~~not let our old patterns of behavior creep back in on us.~~ keep ~~from~~ old forms of behavior from creeping back in on us.

[This highlights the preventative part of the Tenth Step. You ask yourself as you go through the day--especially if you find yourself becoming upset or uncomfortable, "Am I being sucked in by some old pattern of fear or resentment? Am I too tired? Too hungry? Is my thinking getting cloudy?

You can see what a great tool this is. It gives us a way of avoiding grief before we bring it on ourselves. It's a sort of vaccination against insanity--provided we use it on a continuing ~~daily~~ basis.

We have discussed the preventative side of the Tenth Step. The more we use it, the less we will need the corrective side. Sometimes we are going to revert a little and we are going to do things we ourselves disapprove of. When this happens the Tenth Step is there to keep us from slipping back into the shadow land of guilt,

4-B-10

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hard feelings and remorse. We examine ourselves on a daily basis. Did we cause someone harm? Do we need to make an amend? If we do, we take care of it as soon as possible. When these things are left undone, they have a way of festering like an infection. We get to our sponsor--we are honest, we take the indicated action, and we learn and grow from it.

Many of these things which, in the beginning, seem so difficult, prove to be our greatest sources of growth and strength. We do not do these things because we are altruistic. We do not apologize to the one we harmed out of any great compassion or natural inclination to be kind. We do it first and foremost because it is the only way we know for addicts of our type to change our basic characters and for us, like it or not, the law is, change or die. Not wishing to die, we try to change. At first, we pretty much "act as if" we believe in this new life. We are tolerant of others because resentment or impatience could kill us. Of course, as time goes by, we try to grow spiritually, so that our old ways of selfishness and fear may gradually be replaced with a few drops and love.

WORK IN PROGRESS

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4-B-11

N.A. WSC-LC

WORK IN PROGRESS

When we first
come into the program we are protected and guided by some
kind of power greater than ourselves. This we have set in motion
by surrendering to ^{3rd step} ~~the~~ program and asking for help. The purpose of the
eleventh step is to increase our awareness of that power and
the ability to use it as a source of strength in our new lives.

Now ~~we're in N.A. and~~ we've been clean and sober for awhile
and we're trying to work the steps of the N.A. program to the best
of our ability and, though we usually don't notice it at first--we
are finally beginning to get high!

Many of us really begin to appreciate this fact when we get
into the Eleventh Step. For in the Eleventh Step the good life we've
been practicing or pretending to believe so that we could stay away
from drugs--suddenly it begins to come alive, to mean something.
We find ourselves praying because it feels good, because it brings
us peace and restores our confidence and courage. It helps us to
live a life of love and stay away from that old life of fear and dis-
trust. As we seek our God, our personal, private contact with God
we begin to open up like a flower in the sun. We begin to see that
God's love was there all the time, just waiting for us to accept it.
Life finally begins to get sweet and good even though we still face
all the heartaches and tragedies that are the lot of mankind.

N.A. WSC-LC

WORK IN PROGRESS

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Clean

Normal living is possible ~~as human beings~~ when we rely in a ^{higher} power
on a daily basis to provide us spiritual progress. The 12-steps
of narcotics anonymous are a progressive recovery process
establishing in us normal living; the normal life of reliance
in our higher power.

N.A. WSC-LC

WORK IN PROGRESS

In the Third Step we tried to turn our will and our life over to God. We renew this effort daily in the Eleventh Step.

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Most of us rebel against this in the beginning. The old fears cry out, "My will be done." The first time we hear someone say, "Let go and let God," it sounds idiotic. "No!" we say, "if I let go I'll disappear or someone will take advantage of me." But it doesn't work out that way. What happens instead is that the more we improve our conscious contact with God via prayer and meditation, the more often we pause when doubtful and say, "God, I don't know what to do. Please show me which way to go," ~~the higher we get.~~

It's a fact. When we finally get our own selfish motives out of the way, even just once in awhile, and pray for guidance--really meaning it--even just once in awhile, we begin to find a peace beyond that of any drug. We begin to feel a calm joy not obtainable on any black market. We begin to experience an awareness and an empathy with other people that would never be possible under the influence of a drug.

A person who has realized their powerlessness and seen the vision their H.P. has for them will see why we pray only for knowledge of his will for us and the power to carry it out.

Our deepest longings and recurrent images of the kind of persons we'd like to be are only glimpses of God's will for us. Our perceptions are so limited we can't see to the end of things and when we place ourselves in the care of our ultimate authority, a loving God, it is our own real dreams that come true. Of course it's pretty easy to slip back into our old ways.

N.A. WSC-LC

We literally have to learn to maintain our new lives on a sp

WORK IN PROGRESS

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4-11-B

N.A. WSC-LC

3

spiritually sound basis to insure our continued growth and recovery. God as we of N.A. understand him, will not force his goodness on us but will wait until we ask. This is no cruelty. Enforced morality lacks the force that comes from our own choice. ~~XXXXXXXXXXXXXXXXXXXX~~ If God forced his

The 11th step helps us in the face of a problem to be aware of God. The underlying principle of this ~~11th~~ step is God consciousness.

When we pray ~~for knowledge of God's will for us and the power to carry that out~~--a remarkable thing happens; we find the means, the ways and the energies to perform tasks far beyond our capabilities. By the apparent surrender of our own power, we gain a far mightier power that will see us through every conceivable trial or trouble so long as we keep faith and renew it through daily prayer.

Our ~~own~~ efforts have produced in ~~us~~, many times, a feeling of peace and serenity that ~~we~~ have never experienced before.

We know that in doing God's will our lives will be fulfilled.

We try to avoid asking for specific things. It's hard because we're so sure that we know what's right for us. We now know if we pray to do God's will, we will receive what's best for us.

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WORK IN PROGRESS

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4-B-11

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Now ~~we're in N.A. and~~ we've been clean and sober for awhile and we're trying to work the steps of the N.A. program to the best of our ability and, though we usually don't notice it at first--we are finally beginning to get high!

Many of us really begin to appreciate this fact when we get into the Eleventh Step. For in the Eleventh Step the good life we've been practicing or pretending to believe so that we could stay away from drugs--suddenly it begins to come alive, to mean something. We find ourselves praying because it feels good, because it brings us peace and restores our confidence and courage. It helps us to live a life of love and stay away from that old life of fear and distrust. As we seek our God, our personal, private contact with God we begin to open up like a flower in the sun. We begin to see that God's love was there all the time, just waiting for us to accept it. Life finally begins to get sweet and good even though we still face all the heartaches and tragedies that are the lot of ~~man~~ ^{N.A. WSC-10}.

WORK IN PROGRESS

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Clean

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WORK IN PROGRESS

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We literally have to learn to maintain our new lives all day.

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WORK IN PROGRESS

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4-11-B

3

spiritually sound basis to insure our ~~continued~~ growth and recovery. God as we of N.A. understand him, ~~will not force~~ His goodness on us but will wait until we ask. This is not cruelty. Enforced morality lacks the force that comes from our own choice. ~~XXXXXXXXXXXXXXXXXXXX~~ IS God forced His

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Our ~~efforts~~ efforts have produced in ~~us~~, many times, a feeling of peace and serenity that ~~we~~ have never experienced before.

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4-B-12

Step 12

1
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The idea of a spiritual awakening ~~may seem like nonsense or~~
~~worse to a newcomer but the proof is in the promises.~~ Although
~~it~~ takes many different forms in the many different personalities
we find in N.A., ^{this} ~~the~~ spiritual awakening does have some things in
common throughout the fellowship. Life takes on a new meaning, a
new joy, a quality of being good and worthwhile, which to most of
us, was as alien as another planet prior to our working this pro-
gram. We become spiritually refreshed and are glad to be alive.

Our suffering has cleaned us of some of
our illusions. In our own time we have been guided to a new life
and place in the world and in our hearts where things seem to fit
and work ~~for~~ for a change.

This great step is to be preceded by the working
of the preceding 11. There are those of us who tried to
work and stay clean off step 12 without ² "having had a spiritual
awakening, and as a result, are now dead, ~~the drugs killed them.~~
The ones who continue to "practice these principles in all their
affairs tell us that this is the most wonderful thing one can
know. The journey and the journey's end. A feeling of gratitude.

Usually, by the time we achieve this state of mind, no one
has to tell us to share our new life with the still-suffering addict;
we are more than eager to help that person because by this time we
recognize that helping others--giving away that which has been
given to us is our best possible insurance against a "slip" or a
return to the vague, tortured existence of a practicing drug addict.

We call it "carrying the message" and we do it in any number
of ways.

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4-B-12

2

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The first way in which we carry the message is by staying clean ~~and sober~~ with the help of God and the N.A. program. Our new way of life speaks for itself better than our words ever could. People see us on the street. They remember us as furtive, frightened lo^lers. They see us gradually come alive; see the grayness and fear leave our faces; see a spring come into our step and a twinkle ^{come} into our eyes. The message is meaningless unless we live it. If we do it, we give it more meaning with our lives than our words ever can.

Learning the art of helping others when it is appropriate without creating resentments is a marvelous benefit of the program.

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 ~~to be made~~. We see it happening among us everyday. This miraculous hundred and eighty degree change is accepted as a commonplace.

*the spiritual awakening
evidence of spiritual awakening.*

We attend the meetings and make ourselves visible and available to serve the fellowship. We give freely and gratefully of our time, our services, ~~our money~~ ^{and} our experience in ~~the~~ service ~~to~~ our fellows. We do not shirk when called upon to practice these principles, because we know that the more eagerly we wade in and work to stay clean ~~and sober~~, the higher we're going to get--or--to put, it another way, the richer our spiritual awakening will become.

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~~ing~~ others works. There is no one putting on N.A. We do these things because they are the things that grant new lives we are ~~seeking~~ enjoying.

4-B-12

3

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In the 12th Step is the spiritual principle of giving away the N.A. message of recovery in order to keep it. This is like reaping what we sow. An addict by trying to sow cleanliness in others may by God's grace reap cleanliness. The old habit of using drugs is replaced by the new habit of not using and helping others to get clean.

NOT

Even a member with one week in the N.A. Fellowship can turn to a newcomer and say, "Easy does it."

"Lord make me an instrument, we may say, as we climb in the car to help some one. ~~we~~ we don't go it alone. As in all else we don't have to be alone. It is just a matter of finding someone to go with ~~us~~ on this call to carry the message to a suffering addict. We do not set ourselves up as God. ~~We humbly take to the back in love and gratitude giving it as a freely given to us.~~ We are grateful to have been set free and for the opportunity to help to be a real part of God. That is why it is spiritual. We get to become the grace of God in action. It is a privilege and an honor to go out on a 12 step call. The privilege of wanting to serve ~~the~~ NA group is given to only ~~about 100 members~~. ~~a few~~ Those of us who do service work are the luckiest people on God's earth. We, who have been in the pits of despair, now strive to help other people to find a new and better way to live.

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~~Especially~~ When we are asked to help ~~newcomers~~ whether ~~they are~~ de-toxifying ~~or just beginning to learn the principles~~ of the N.A. program ~~whether they are young or old, of our own race or some other, hostile or hostile~~ we will do what we can to make the newcomers aware of what the program offers and we will try to make the ~~newcomers~~ ^{Then} feel at home. Experience shows that the best way to accomplish these ends ^{is to listen carefully to what they want to do about their problems} ~~is to share with them our own experience,~~ strength and hope, ~~and accompany them to their first meeting.~~

4-B-12

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4

The selfless service that comes from such work is the very principle standing just behind the surface of step 12. It is ~~indeed the clearest~~ of awareness of Gods grace working through ~~us~~ that provides so much of what the addict needs. Just as the grace of a loving God who we had turned our backs on was brought to us, ~~in human form~~ now we have ~~advance~~ to extend the grace of God to others. Just one 12th step call of this nature ~~can~~ make a life a ~~time~~ worth while. And there are plenty of such opportunities for those of us in NA.

We have been blessed with the opportunity to carry the message to a place where there was very little hope; The addict who still suffers

The 12th Step also suggests that we practice these principles in all of our affairs. As long as we stay clean and ~~work~~ live these principles, we are doing 12-Step work. We are actually attracting people to us and the N.A. program by our example of cleanliness.

We no longer wish to participate in ~~the problem~~. We now wish to serve ~~the solution, which is~~ God as we understand him. Humbly in this manner do we renew our ~~Now~~ to turn our wills and lives over to the care of God. ~~and we understand it~~. Even if we have no such understanding we will acquire it through seeing others recover.

They will show that God is loving, ~~they~~ will show his grace, ~~as they~~ will show us more than we ever dreamed of knowing. The steps do not end here they are just new beginning.

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