

#4 B. Step 1

How it works
10

K.- I've been using drugs for so long; I put myself in obsession, a

pattern of using, and no matter how hard I tried, like if I wanted to stop, I couldn't, and I had to go through a whole lot of pain, and a whole lot of trouble, before I could really have a desire to beat the obsession that I had within myself.

0109

A.- So many ~~years~~ years of abusing, denying that I had a problem, and then, BINGO!!! Like, I had to face up to it.

G.- What I'm reading about is complete defeat, that was something I couldn't admit, that I screwed up with a certain drug, and I took too much once, and it was pretty tough. Once I got that, I had a chance, but I went for a couple years seeking all kinds of help. I couldn't admit it, and it just crept up on me, and in some other way, if I wasn't bad in this thing, and if I was handling it at the time, and something else I wasn't (handling), and I stopped doing it, the thing I was doing would just take over, and I was powerless over everything.

④ B-1

(3.)

S.- I remember the humiliation when I was laying in a hospital bed, from an overdose, just laying there being all hooked up with tubes all over the place, I remember crying and all kinds of stuff like that, and just feeling humiliated by just being there. Like looking at myself in the mirror, and my face being all fucked up by the drugs they were giving me in the hospital, and the drugs that I took. I guess it turned into some kind of hope that when I came around to the Rehab., I could hear the same kind of stories. For 3 months, I wasn't ready to surrender, I had all these ideas of going back to a girlfriend, of changing all my personal problems, and I just wouldn't want to do drugs anymore. Then I started to realize that, through being completely defeated, that I did have a chance, that it all of sudden became kind of different, that I was going to end up in jail... end up dying, end up back in the nut-house permanently. It was a matter of life and death thing. If I wanted to live, I would have to do what I was suggested to do, at the time... just having that burden of all that shit on me, and it was just a good feeling to know that I could go on, go on and just do it. On the Road to Recovery, or whatever.

M.- When it says our personal powerlessness, and then it says it all kind of turns to happiness, or purposeful. But, like, since I've been sober I'm powerless over other people, as well as my addiction, and when I don't have to deal with people, you know, like in my addiction I was like always, I had to run everybody's life, and today I don't have to. That's one thing this step told me. And I think this step... I think it makes me a lot happier not having to worry about everybody. Everything's on them. It makes a lot of happiness for me.

13. STOP 4
11
1.- I didn't come in this program on my own, and it took me a few more years before I knew I needed help. I had to go through what I went through, to get where I am.

2nd Paragraph:

- If you said this paragraph to someone on the street, they'd just look at you in astonishment, 'cause it just blew everything that I was trying to get, trying to achieve with drugs and alcohol, all that utopia and stuff, they just tore it all apart, and then they put that positive thing in there; but now you can come out of it and it's over with, but now you can start growing from it. So they ripped you apart (your ego), and then they try to put it back together again... you know, for somebody just coming in off the street.
- Yeah, I just remember the powerlessness that I felt 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 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 again.
- I always wanted to get high, and when I got high, I'd get into trouble and things just kept getting worse, the situation at home, the situation at work, were getting worse, I still had this obsession to get high, even though I knew this was what was causing the problems. That's when I knew that I was a goner, there was no stopping myself. So that's when my bankruptcy was complete, I didn't want to go on living, I had a death wish, and it scared the hell out of me.
- We couldn't even take care of ourselves, drugs grabbed us so hard. I couldn't even get a driver's license, making 120.00 a week, couldn't even give my parents 15 bucks for rent, drugs took it all, the stealing, and all that. I couldn't even take care

It's me going to ---
any, lengths ---
surrendering. Yesterday
day I came closest
to using that I have
since I came into
the program. I fight
reluctantly out of pride
Just stop fighting
myself, when I
fight myself no
matter who wins I
lose. Surrender is
the answer to the
cry for peace.

Even if I lose this
program I can be
people

5th paragraph:

- (4) B-1
- (12) (2)
- I know that no real happiness can come when I have that doubt, of maybe I can get loaded again, maybe I'm not through, there's one more fling out there, whatever. When it comes down to it, when I ~~was~~ knew I was done, that there's no more fun and games, the party's over, that's when I felt like I had a chance, there was some hope, then I got strength.
 - Once I knew that no way was it going to get better, that it was just going to get worse 'cause I got sober once, then I went out and got high, and I seen it get worse, I seen things happen to me that I heard people talking about at meetings, things that I never thought would happen to me. I used to hear in school, see in movies, about people dying, people getting shot, then you see it on T.V., and to me that was a bunch of bullshit, I didn't believe that. I even heard that somebody got killed that was in the rehab before I went in, and they'd left, and I still didn't believe it could happen to me. Once I realized it was going to get worse, it gave me a stronger will to stay sober.
 - I had to get to the point where I realized that my will power wasn't going to pull me through anymore. I'd used my will power a lot, I had a strong will power, and a lot of times I knew when I'd gotten really bad with drinking and 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.
 - It stresses the importance that, I can't go out and have a good time. There's been times in my sobriety where that feeling has come in, that thought, it's known as obsession, and when times keep going rough, in the beginning, these things keep happening to me. During these times when I've felt like it was better than living through this, and I was really in the pits, there was no happiness in my life at all, and the longer I stayed in it, the worse it got. And until, again, I had to retake step #1, I had to reaffirm that I am powerless, and I had to go to meetings and hear people talking about it. The pain and agony that is out there, really, today, I keep finding out that today is better than the best day, it may be my worst day today, but it's better than the best day when I was using.
 - I really had to hold on by the skin of my teeth, with blind faith, and believe what anybody told me, I had to believe it, just to keep sober, to help me get through those first few months. For such a long time, I did it my way, my way, and I ended up getting high again, after some time sober.
 - I was just thinking about how I did get sober, that being my first step. When I realized I had a problem, even before I stopped, at that point I couldn't accept what they're talking about, the total defeat, 'cause for some reason, it's just really hard to accept complete defeat, it feels so powerless, and I'd have arguments with other people, my parents, I'd say I could stop anytime I wanted to. And I remember the day I finally went for help, I was just sitting around, and I said, I just can't try anymore. And I think, partly, I was too scared to just give up on myself totally, it was to the point where I was just going to give in to myself totally, like suicide, or I had to get something. I couldn't do it myself, and I accepted that. Since then, a lot of times I have to redo it, retake the first step.

In a way I'm a gambler and I like the odds against me.
This was the way that I was when I used drugs.

④ B-1

① 13

Gn(cont.)- I couldn't even take care of myself, I had pants with holes in it. Clothes that were 6 years old, I looked like a real mess, like a kid who didn't have any parents; that's where I was at, drugs were my parents. It led me into a hospital with a straight-jacket, where about 15 people have to take care of you. That's where I wound up.

P.- The bankruptcy, morally and emotionally bankrupt, it totally anesthetized my feelings to the point where I just didn't, I couldn't, feel it anymore, and that's where drugs took me; I had no values whatsoever left. And that, to me, was utter bankruptcy

M.- I was sober for some time before I started working the steps, and the first step... I remember going through a lot of crap, like the cops, I was ripping off the houses, sober, dry, whatever. After I hit my knees hard, it really helped me, I got a lot of spirituality, and that's when I knew I had hit my bottom, it was going nowhere fast, end up in jail, sober. I found out. I had this thing, for me, it wasn't for me, I guess.

3rd Paragraph:

P

P.- That says, like, you've 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 able to stop. You're no longer with the desire to get high. That's when you want to get sober.

A.- I came into the program, I heard that step being read and talked about; for myself, it was hope, that's the hope they were talking about. 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.

K.- The bedrock that they talk about, for me, when I first got sober, was the knowledge from experience, what'd happened to me, if I went out and got high, where I was going to wind up, how my life was going to turn out. It's like, drinking nitro-glycerin, sooner or later you blow up, and I knew that. And in the beginning, the only thing that kept me sober was just plain old fear... fear of a .357 Magnum, that's what it was.

4th Paragraph:

D.-When we admit that we're powerless over drugs, we know we can't do ~~it~~ anymore about it, so we start looking for somebody who can, which happens to be a 'higher power'.

G.- To admit my powerlessness, it got so bad to a point where I couldn't take anymore pain, self-punishment, and what I was promised, to me, better than anything in the world, was that that 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 I was just so torn up inside, I just couldn't take anymore pain, and that's where I got started.

④ B-1

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JB-1

14

I guess it turned into some kind of hope that when I came around to the rehab. I could hear the same kind of stories.

For 3 months I wasn't ready to surrender, I had all these ideas of going back to a girlfriend, of changing my attitude, changing all my personal problems, and I just wouldn't want to do drugs anymore. Then I started to realize that through being completely defeated, that I did have a chance, that it all of a sudden became kind of different that I was going to end up going to jail. End up dying, end up back in the nut house permanently. It was a matter of life and death thing. If I wanted to live I would have to do what I was suggested to at the time and kind of I don't. Just having that burden of all that shit on me. And was just a good feeling of knowing I could go on. On the road to recovery whatever.

But like sense I've been sober I'm powerless over other people as well as my addiction and when I don't have to deal with people you know like in my addiction I was like always...I had to run everybody's life and today I don't have to. That's one thing this step told me. And I think it...

I know that no real happiness can come when I have that doubt, of maybe I can get loaded again, maybe I'm not through, there's one more fling out there, or whatever. When it comes down to it, when I knew I was done, that there's no more fun and games, the parties over, sort of thing, that's when I felt like I had a chance, felt like I had hope, then I got strength.

Only I can do it
but I can't do it
alone. Ask for help
even from ~~my~~ ^{my} ~~bosses~~ ^{bosses}
but first a response
before I react.
these principles in
all my affairs.

Choosing, between- right and wrong was all that simple and in prision I saw and still see alot of injustice and so as before I set myself up for a fall.

B. Step 1

How it works (15) (11)

can look back and see for themselves if and how their lives have been unmanageable. No one can take a Step for another and until the person can see their powerlessness and areas of unmanageability, they can't complete the step. It is a deeply personal experience to admit defeat after years or decades of futile struggle and a close identification with the drug subculture. Negativism and a dedicated sense of despair have replaced optimism and hope. 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. (10)

step 1

85

This question is one that can only be answered by yourself. If you are an addict and refuse 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.

NOT WORK N.A. A.S.C.L.C. PROGRESS CONTRIBUTION

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.

Addicted to Attitudes
Like I can do it to
you.
See we can

I would never
surrender before
because I thought
when you surrender
you were made a
slave, a slave but
when I surrender
I will & my life

A B-1

40159 ~~16~~ ~~16~~ ~~16~~

That says, like, you've hit the bottom, it's like the slide has stopped, with ..., you've stopped it right there. That's when (the admission of complete defeat) the only way to go now is up, the positive things start happening, you're able to stop. You're no longer with the desire to get high. That's when you want to get sober.

I came into the program, I heard that step being read and talked about. For myself, it was hope, that's the hope they were talking about, 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.

The bedrock that they talk about, for me, when I first got sober, was the knowledge from experience, what happened to me, if I went out and got high, where I was going to wind up, How my life was going to turn out, it's like drinking nitro-glycerine, sooner or later, you blow up, and I knew that and in the beginning the only thing that kept me sober was just plain old fear. Fear of a .357 magnum, that's what it was.

When we admit that we're powerless over drugs, we know we can't do anymore about it, so we start looking for somebody who can, which happens to be a higher power.

To admit my powerlessness, it got so bad to a point where I couldn't take anymore pain, self-punishment, and what I was promised, to me, better than anything in the world, was that ^{that} 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 I was just so torn up inside, I just couldn't take anymore pain and that's where I got started.

I remember the humiliation when I was laying in a hospital bed, from an overdose, just laying there being all hooked up with tubes all over the place, I remember crying and all kinds of stuff like that, and just feeling humiliated by just being there. Like, looking at myself in the mirror, and my face being all fucked up by the drugs they were giving me in the hospital, ^{and} the drugs that I took.

#4

B.

How it works
Step 1

(17) (B)

TRAITS THAT ARE ADMONISHED IN THE 12 STEPS OF NA & AA.....

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly Love
9. Discipline
10. Awareness of God
11. Service..

this can be used at the
beginning or end of the step

FIRST STEP -- I was powerless over my addiction because of my self-destructive tendency. By doing drugs I was committing suicide and that fulfilled my self-destructive tendencies, which were not really what I wanted to do but I was so powerless over my addiction that I couldn't do anything about them. Will power didn't work so I had to find something else that would change my self-destructive personality to a constructive personality. I tried psychology, psychiatry but it didn't work because I didn't give the doctors a fair break by being thoroughly honest with them. and they didn't give me a new way to lie and change. They just said that I needed to learn control by practicing it. I found what I needed in N.A. and I am grateful. They gave me love; they were beautiful; they were all self-destructive at one point and were now self-constructive. They told me I would get what I needed if I worked the steps. A change in personality from destructive to constructive personality. They showed me by their examples of earnestness, sincerity and caring and sharing how to open up and drop the walls of my shell that I hid behind, or though I was hiding behind. (People saw right through them.) I was only ~~fooling~~ fooling myself if not for N.A. I would have destroyed myself by now. But now I am growing, prospering, learning, caring, loving, serving, helping and constructing a new life for

#4 How it works

B Step 1

(13) (1)

First--our condition is incurable. Literally billions of dollars have been spent searching out a cure for drug addiction. So far, none has been found. N.A. has a way to arrest the disease--to stop it in its tracks--but nobody has come up with a cure.

When we were starting our addiction and our straying the other side of the fence seemed greener. We crossed and found it was killing us and we couldn't get back and stay on the side we were lured by the Grace of God.

I can go anywhere I do anything I want through God sufficiently because God is going to take care of me. I can be a part of and that's O.K. I am dependently wealthy today not through money but through God, his love, wisdom and all his blessings.

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

If we can cut through all the nonsense we've been telling ourselves to make us feel good -- and admit that we are powerless over our addiction and that we have made a mess of our lives -- we have a chance. Strange as it may seem, the only help for addicts of our type comes when we are able to admit complete defeat -- utter failure. For people like us, it has to be a whole new ballgame. We've failed with everything we tried anyway -- so what have we got to lose? We've tried everything to control or stop using: counselors, psychiatrists, hospitals, lovers, new towns, new jobs, etc. None of our efforts got us anywhere in the long run. For a day, a week or a month perhaps: at sooner or later we take that first pill, fix or drink and we're gone again -- one then over.

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.

STEP 1

19

Exhaustion is the result when we use energy in mulling over the past with regret, or in trying to figure ways to escape a future that hasn't even come yet. Likewise, setting up an image of the future and anxiously hovering over it for fear that it will or won't come true uses all of our energy and leaves us unable to live today. Yet living this day is the only way to have a life.

Take no thought for the future actions of others. Neither expect them to be better or worse as time goes on, for in such expectations you are really trying to create. This is God's job, not yours. When man tries to create another life he makes only monsters. Love alone can create. Love and let be.

Remember all people are always changing. When we judge them we judge on what we believe we know of them, failing to realize that there is much we do not know, and that they are constantly changing as they try for better or worse to cope with life. Give others credit even as all of us struggle; give them credit for attempts at progress, even if their changes are not apparent, and above all give them credit for having had many victories which are unknown. (We are all of the same cloth, though of a different cut)

Remember you, too, are always changing, and you can direct that change consciously if you so desire. Yourself, you CAN change. Others you can only love.

simply, they're not getting enough of the right kinds of food necessary to maintain a healthy body. If this person then contracts some disease--virtually any disease, because of the weakened condition of his or her body, the body is often unable to fight the disease--especially those diseases which attack the liver or the blood. In many cases these people die, or their flu turns into pneumonia and then they die. Or their jaundice becomes liver failure and, as you probably know, when your liver fails--it's over. None of these will show up on the coroner's reports as death caused by drug addiction. But they are.

STEP 1 How it works (20)

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

If I can let go of my false pride and look at my 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.

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.

Where is this help? How do I get it? What is it? You go into a meeting of Narcotics Anonymous.

STEP 1 How it works (1) (20)

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Where is this help? How do I get it? What is it? You go into a meeting of Narcotics Anonymous.

How it works
(21) (10)

Step one

#4

WHEN the drugs are washed from our bodies through daily abstinence and our minds begin to clear from the effects of our drug of choice, a miracle takes place. We come to understand that our recoveries are a gift from a power greater than ourselves. We are made aware of this gift in a thousand ways. This power wants only that we realize ourselves as much as possible. The longer we stay clean and sober, the more we will probably want to clear away the sham and falseness from our lives. It is a great gift to be a human being and the opportunities we seek are closed to us only by our own sense of worth. When we lie, cheat or steal, we devalue ourselves in our own eyes. We of all people have surely had enough of self-destruction. We want first to learn then to do the things that will help us transform into self affirming people. A distinction is made between spiritual and religious for the purpose of the program. We offer the benefits of our shared experience and recovery to all regardless of religious orientation. Without this distinction we would suffer the loss of the free and open atmosphere that characterizes our fellowship. The spiritual wisdom garnered by those who have gone before us on the road to recovery is presented in the course of our meetings and the fellowship that takes place between meetings. We can take whatever may be of use to us and put the rest on the shelf. Spiritual principles supply us with the understanding that has eluded us so long. It comes only in degrees to anyone who seeks it. ~~Wenancunraganyauxtunake Itxshaulisnatz Itxshauki~~ It has been our experience that an atheist can sometimes be more sincere in adherence to spiritual principles than someone who claims to believe in God and fails to put their belief into action. Sublimis law to the consciousness is spiritual. Working the

The twelfth step is two sided. On one hand we want to be particularly careful to know and use be guided by spiritual principles. On the other we are given what most of us least expected when we first came to Narcotics Anonymous, a new sense of purpose, to help the addict that still suffers. Whenever we pass the final goal and cease to concern ourselves with the addict who still suffers we are on dangerous ground. ~~If we persist and become obsessed with ourselves again,~~ We want always to remember where we have come from. The program is a record of what worked for us in staying clean and sober. Helping others works. There is no one putting on N.A. We do these things because they are the things that grant the new lives we are seeking. There is no one to answer to but ~~us~~ ourselves. When we share our pain it is lessened, when we share our joy it is increased.



How it works

THE TWELVE STEPS
OF NARCOTICS ANONYMOUS

As Practiced by One Member

Step 1

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

If I can let go of my false pride and look at my 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 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.

4 B1

Step 1 How it works

24

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.

Where is this help? How do I get it? What is it? You go into a meeting of Narcotics Anonymous. Take a look around. If you're the kind of drug user who lives in the streets trying to find something to bang into your arm from day to day, you are inclined to be skeptical and not overly trusting. You need proof. In that N.A. meeting is your proof. There you will find people like yourself with the same or worse patterns of drug dependency and failure and they are clean and sober. There is your proof. They can smile. Their eyes are clear. They seem to care for each other. They will probably introduce themselves to you and try to make you feel welcome. As the meeting progresses you will hear a little bit about them from their own lips. You will hear things that remind you of you if you listen with an open mind and give yourself the opportunity to begin getting well. The main point is this: These people are drug dependent people like yourself yet they are clean and sober for months or years. If you can watch them and listen to them openly and realize that these people--as crazy and confused and helpless as yourself before they got to N.A.--that these people have found a way to live and be happy without drugs, you will have come to Narcotics Anonymous!

1 STEP WE ADMITTED THAT 25 ~~25~~
WE WE POWERLESS OVER OUR ADDICTION
AND OUR LIVES HAVE BECOME UNMANAGEABLE

1st step

A. Powerlessness

B. How did you find the program

C. Gut level feelings

D. Surrender

1st step

First Things First

FROM THE USE OF DRUGS CONTINUALLY MY LIFE
BECAME UNMANAGEABLE. I COULDN'T ~~PERFORM~~ FUNCTION AS
A NORMAL HUMAN BEING.

Step #1

Through these things we begin to realize how unmanageable our
lives really are.

This first

step is the most important step. We need to accept this step
fully to start our road to recovery.

If we can cut through all the nonsense we've been telling our-
selves 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

Just a tidbit but, Good.

9/9/80

I could tell you how I started using but,
All it boils down to is that without N.A.
I'd be out there still using or dead.

Keep it simple.