

#4
A. - Want, Willing & Ready /

There is little that can be said to remedy the pain that comes from the feelings that accumulates when we are set aside from others and caged like an animal. Guilty or innocent in our own eyes we have to keep up some kind of show to keep others from knowing our pain. 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. It's not where you're at that counts but where you're going. Take advantage of any help you can relate to and consider it

A. Want, Willing and ready

Any Lengths
I must go to any
lengths to stay clean
& sober, to guard
my cleanliness
& sobriety is to guard
my life, the one
I hold in trust for
God and N.A.

White Chip was the
ticket to get off
that misery & go on
to a better life.

A meeting every day
(at least)

Pray to have recreation
that I need the program
to stay clean & sober
& sober.

There are no musts
in this program.
But there are some
I don't well let go.

not the drugs. It is a disease of subtle and baffling
properties. It is hardly our fault that we have this disease.
We became seriously ill. The grave seemed welcomed for
a lot of us, but we didn't want to die we just didn't
know how to live! Drug, rehabilitation centers, jail,
seemed our only alternative, perhaps without N.A. they might
have been. I know I didn't have too long left on this earth
when I became a member of N.A.

an willingness is
energy switch
which we can flip on
and have energy to
let God remove the
slowing and even
enough to help
some body else.

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 get well, if you are willing to do
the few simple things necessary, if you will be honest with
yourself in this endeavour; it is guaranteed that you will recover.

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

#4

How it Works

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A. Want, willing & ready

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 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...

ANYONE CAN STAY CLEAN + SOBER IF THEY SO DESIRE. RECOVERY IS FREE TO ALL WHO WANT IT IF THEY WORK THE STEPS AS HONESTLY & THROUGH AS THEY CAN. RECOVERY DOES NOT COME FROM GOING TO MEETINGS, READING THE BIG BOOK, & STAYING CLEAN. THAT IS THE GATE WAY. THE ^{PASTURE} ~~FARM~~ IS THE STEPS. AND LIKE THE FARMERS CATTLE, THE ONLY WAY TO THE ^{PASTURE} ~~FARM~~ IS THROUGH THE GATE WAY, AND THE ONLY "CURE" FOR THEIR HUNGER IS IN EATING OF THE PASTURES HAY. AND UNLIKE THE BALED HAY, THE HAY IN THE PASTURE IS ALIVE.

THE FOLLOWING IS ONE ADDICTS INTERPRETATION OF THE TWELVE STEPS OF N.A.:

FIRST STEP - HONESTY	SEVENTH STEP - HUMILITY
SECOND STEP - HOPE	EIGHTH STEP - BROTHERLY LOVE
THIRD STEP - FAITH	NINTH STEP - DISCIPLINE
FOURTH STEP - COURAGE	TENTH STEP - PERSEVERENCE
FIFTH STEP - INTEGRITY	ELEVENTH STEP - GOD CONSCIOUSNESS
SIXTH STEP - WILLINGNESS	TWELFTH STEP - SERVICE

4 A.

How it works
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It happened! It happened! She was saying the things I had felt. About a year ago I was struggling to get my words to work with my feelings. I was trying to get clean and sober when I was hurting so bad and sharing it with our little group in Canton. The words just would not come out like I wanted to tell my true feelings, but the steps tell us that the newcomer is the most important person at a meeting. Last week Vicki was that newcomer!

She was earnestly seeking help from the group--especially Bo. As she struggled to share her feelings it came to me "She's saying to us the exact thing I was begging for a few months ago". I could feel the Spirit as she pleaded for an answer to her mixed up life. She was particularly seeking help from Bo. So I prayed earnestly for Bo to say the right thing to help her find herself--as I have without realizing it. That's the beauty part of our program. Being able to see the Spirit work in us and others that we might grow.

I could never believe that a dopehead like me could actually help someone, but with the growth that I have made by caring and sharing at our meeting could actually move mountains as we share our experience, strength and hope with other addicts who still suffer.

*To share with me what they have found.
Although I am uneducated, I had it a
little to go straight. Nobody ever told me
it would be easy. Yet I realize that the
Real test will come upon my release. At
present, I have no fears, because I know
you'll be there to see me through.*

.. 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.

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

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Reality became so painful that oblivion became pleasure. A person living in that state of mind cannot be expected to react normally to life. One essence of a diction is that the addict when confronted with unpleasant reality has learned to change the perception instead of the reality.

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I think the real reason for my continued sobriety is due to a lack of acceptable alternatives. I have frequently gotten to a point where I just can't go on any longer--intense pain physically, mentally, emotionally and spiritually.

After a week or so of this I get to where the promises are lies, sobriety sucks and Higher Power is an ... My prayers all begin with "look you mother..." There is no hope, no order and no appeal to a higher court.

The problem comes in when you just can't take one more second of pain--but you're completely out of alternatives. Nothing--and in a way everything.

It's my old familiar ways and head that makes life unbearable--not the universe. It's only when I can't stand my old ways any longer that I begin to change. Only under attack by severe and unyielding pain do the walls begin to crack. I don't understand why that is but that seems to be the way it works.

Sometimes, 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 me become willing to consider change. The breakdown 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.

What areas I change in are and how fast I change--in what order--all seem (for me) to be predetermined by my very nature.

It's true I have to just desire something and then to follow the necessary path--although at the time I usually don't realize what it is I am doing or wanting.

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Want, willing, ready

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...when we first come to the program defeated and scared, helpless in our addiction, we get a feeling from other people that touches us way down inside. Beyond sex and intellect, beyond memory and experience we are touched at our innermost being. Regardless of who we are, where we have come from or what we have done, we are accepted and our addiction gives us a common ground for understanding. We are distracted from our problems in the course of meetings and learn a great many things that we may do to help ourselves and effect our recovery.

Communication is of the utmost importance, this is where each finds the other, honesty plays a large part in communication for only when we are honest about our feelings likes & dislikes, wants, needs, is the other person going to know in what way they can aid the relationship to the good. For many of ~~the~~ ^{our} past relationships we couldn't understand what happened to what was at one time so beautiful. In an honest look many of us have found that a lack of communication ~~was~~ ^{was} the reason.

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~~ ^{will} take care of us if undisturbed by self-will. This involves trust and faith in life itself.

While sex is given a lot of attention it is not the only area of concern when it comes to relationships. ~~Just~~ Selfishness can be expressed in every area of our living. The main problem seems to be that selfishness cuts us off from other people and prevents us from finding others to really share our lives with. Maybe balance should be brought up here. If we are so unselfish that we fail to ~~keep our~~ put our own houses in order, we fall into error. If we go on and try to apply the kinds of selfishness we became accustomed to in our active addiction, ~~it's~~ ^{it's} ~~we'll~~ ^{we'll} probably get the same old results. Openmindedness can free us of many of our old ways. Asking for help at the meetings and working on ourselves with the help of fellow members including a sponsor can produce dramatic results. Helping others with similar problems can ~~or~~ ^{or} hear our own answers.

How it Works

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A. Want, Willing & ready

WE BEGIN TO TAKE THE NECESSARY STEPS TO
GAIN CONTROL. ~~NOT RETURN~~ THE PROGRAM
OFFERS US THE MEANS TO GAIN CONTROL. AS OUR
MINDS BECOME CLEAR OUR THINKING PROCESSES
COME BACK TO US.

To me being grateful
is being thankful for
having survived something.
(a war, addiction, insanity)

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

It is possible that we have created our own problems to contain
and limit our behavior. We knew very well what would happen if we were
free of such limitations as we imposed. As we come clean and
work our steps we will release ourselves from our chains, and
be free people. The hole in the gut will be filled with a new under-
standing of our place in the world and love for others.

an attitude of humility is one of the
prime ingredients in the steps. that in order to
make the program work you have to be willing to do
things that you might not like to do

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. r

H. A. Hewitt Works

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the message

divinely inspired

will attract
contributory
~~followers~~

into the
movement

We are aiming
at the people

who want &
need the

message

and are
willing to

make the

effort to
get it &
give it

Be contented

We are aiming
at the people

who want &
need the

message

and are

willing to

make the

effort to

get it &

give it

Be contented

by being

grateful this

effort will

bring contentment

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(4) of our critics or our newcomers and settling into the false comfort of dogma and calcified belief. We want to always be willing to examine the other fallows point of view for the knowledge that might be gained. Ours is a working program of applied, successful principles and experiences that we share with each other for the common good. Holding back or being fearful is the opposite of the road we will travel to recovery. The more we can reach out ~~darkness~~ and absorb new ideas and information, the more we can grow and the more our understanding will apply to the world as it is instead of as we would have it. If we don't like reality we want to change it instead of changing our perception of it. Fortunately the demands of change are very tiny taken on a daily basis.

First we get clean and stay clean. ~~then we can start to work on~~ We have to follow the programs advice and keep it simple enough so that we don't obsess and ~~fix~~ forget that our first concern as recovered addicts is avoiding that next pill, fix of drink. In time we reach out and try to reach our level of competence. When we have trouble we learn to receive help from the strength found in the program. We don't tough it out or try to go it alone. Self reliance is fine as long as we are comfortable. Just as we help another member when they need it we let another help us when we need it.

Our addiction has resulted in our isolation and we must break out if we would learn to live a new 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 do some drugs normally without compulsiveness. Then we learn to relate to a power greater than ourselves. Next we evaluate our strengths and our weaknesses. We give up those losing battles and ask our

Want , willing and ready

When we come to the NA program we are in a physical, mental and spiritual state of ill being
anyone being. We hurt enough long enough that we were willing to go to

To live by the example of those who had faced our dilemma and found a way out seemed to be our only hope.

I believe in the "How it works" portion of the ⁰¹⁶⁹ program more strongly than I had ever believed ⁽⁴⁾ in anything in my life. I believe all the answers are in the preamble and that all a sick and suffering addict has to do is to open his eyes to it just one time and he will know what it is saying as I did when I opened my eyes up to it. —

I don't quite have the ability to begin touch with the fellowship on a physical level but