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HOW CAN I EXPECT TO HELP MY BROTHER  
WHEN I DON'T HELP MY SELF

THE ONLY WAY WE GET ANSWERS IS  
TO PUT TO USE THE ANSWERS WE HAVE

IF WE LOOK ONLY FOR THE ANSWERS WE  
WANT TO HEAR, WE MISS THE BOAT

WHEN WE STOP PLAYING GAMES WITH LIFE  
SO MUCH BETTER ARE WE ABLE TO COPE WITH IT.

IF WE WASTE WHAT PRECIOUS TIME WE HAVE  
WE SOON FIND OURSELVES WITH NO TIME LEFT

BEING CONTENT WITH WHAT WE HAVE  
IS THE FIRST STEP TO GETTING WHAT WE WANT

YESTERDAY IS BUT A MEMORY, TOMMOROW ONLY  
A DREAM TODAY IS THE ONLY TIME I HAVE TO DO  
WHAT NEEDS TO BE DONE

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IF WE PUT OFF TILL TOMMOROW WHAT WE  
CAN DO TODAY IT MAY NEVER GET DONE.

IN SEARCHING FOR THE END WE OFTEN MISS  
THE JOURNEY

MY HIGHER POWER CAN WORK ONLY WHEN I  
LET HIM

THE PROGRAM WORKS ONLY WHEN WE WORK  
THE PROGRAM

IF WE NEVER LOOK UP WE MAY NEVER  
REALIZE WE AREN'T THE HIGHEST POINT

BEING GRATEFULL BEGINS WHEN WE REALIZE  
THAT SOMETHING OTHER THAN OURSELVES  
BLESSED US WITH WHAT WE HAVE.



LOVE IS A TWO WAY STREET I GET NONE  
UNTILL I GIVE SOME

ONE OF THE GREATEST GIFTS WE CAN GIVE  
IS OUR LOVE TO OUR FELLOW MAN

IF SHARING THE PAIN I HAVE BEEN THROUGH  
HELPS BUT ONE PERSON, IT WILL HAVE BEEN  
WORTH THE SUFFERING

WORDS MEAN NOTHING UNTILL WE PUT THEM  
IN TO ACTION

WE OFTEN MISS WHAT WE ARE LOOKING FOR  
BECAUSE IT ~~IS RIGHT~~ ISN'T HIDDEN

IF WE KEEP WHAT WE HAVE TO SHARE  
WE LOSE THE MEANING

IN REFUSING TO BE HONEST OPEN MINDED  
AND WILLING TO TRY WE DEFEAT OUR PURPOSE

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The moment a person first considers the possibility ~~xx~~ that they may have a problem with drug use, they should begin to seek out other people that have had a similar problem and successfully found a way to live without drugs. Many people who live alone can develop funny habits and ways of looking at things. Most addicts have had more than a little experience with loneliness. They must relearn the abilities of asking for help when they need it. A good way to start is by seeking to help those around you. Even after one or two meetings you have something special to share with someone attending their first meeting. Your enthusiasm will grow and the program will make more sense ~~when you~~ to you when you're trying to answer a newcomers questions. It is important to attend as many meetings as possible and read the ~~xx~~ literature so as to gain your own understanding of how it works. Remember that N.A. is an open exchange system of information on how to live without resorting to the use of mood altering chemicals. We are constantly gaining new insights into how it works and by honestly sharing with fellow members the questions we have and the solutions we find in the program, we assure our own recovery and that of those we come in contact with. If we had to act out our fantasy of what it would be like to live straight, it would be like a bad dream. If we let go of our old ideas and ~~xxx~~ take it a day at a time we will be surprised to ~~xx~~ many old dreams reawaken and many insolvable problems resolve themselves. Getting down to business and working the steps is ~~THE best~~ way to effect your recovery.

Detoxing is no joke and it is most often recommended that a person be detoxed in a hospital equipped to provide for

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-2-

A. action (5)

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

It all begins with that first admission and <sup>Succumbing</sup> ~~that first~~ ~~white chip~~. From that point forward each addict is reminded that a day clean is a day won and any failure is only a temporary set-back rather than a link in an unbreakable chain. Every drug addict is a prisoner in his or her own mind, condemned to slow execution by their own sense of guilt. How moral. The ultimate crime that allows a person to act against their true inner nature and keep doing things they don't really want to do. Not just criminal things but also just doing nothing all day. I don't imagine a normal person can imagine just how empty a life can become but if you don't feel anything, you don't feel like doing anything. We weren't focused on the fulfillment of life but on the emptiness and worthlessness of it all. Failure became a way of life and the peculiar inertia that keeps a person going the way they are going act on us and success becomes painful.

#5-

441  
CHAPTER 8 SEVEN  
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1057  
A. action

7

As we become acquainted with the Fellowship and the basic ideas of the program, we will want to put these ideas into action to see if they will work for us. Many times it is a good tool to remember to counter our natural tendency to saddle ourselves down with concerns that go beyond the twenty four hours available to us each day. Let us apply our efforts to the doable and let the rest go. As we do the job at hand the balance changes and new opportunities for improvement present themselves. Opportunities that were out of sight or didn't even exist until we got the ball rolling. Life then becomes for me what I always wished it to be -- a constant state of awakening. In my addiction I had to fear change because I had lost control of my life and most changes were for the worst and made me feel even more insecure. Clean and sober we must learn to face another enemy -- boredom. If we allow ourselves to stagnate and cling to our old ways of desperation and fear, our chances of a real and lasting recovery lessen. We must reach out to accept the love and understanding the program has to offer. Attending meetings, reading the literature and participating in the fellowship before and after meetings will get us started. Ninety next next days, ninety meetings seems to be a good rule for those who are going to any lengths. There is a special calm that settles over a person with our disease when they find out that there are many others who share their difficulties past and present. This is the pink cloud feeling. It is a special gift to those who have expected neither recovery of a new life. It is during this period that the newcomer will be initiated into the feelings that are the program and the love that is the Fellowship. The feelings will be the program and the love will be the Fellowship.



X 5

-45-

A. action (6)

appreciate this part of the program unless they consider the feelings of love and warmth <sup>for people they are close to</sup> that they have always considered a regular part of their life. These special feelings are the basis of all human happiness and without them we become mere wreckage. The fact is that no mind set can really know how we feel and give us the feedback we need to balance our lives as normal people do. When we let go of the old ways and invite the new by attending N.A. meetings, we find ourselves among people just like ourselves with a powerlessness over drugs and many of the same living problems. Opportunities to share our fears and pain and to give encouragement and hope to a newcomer go hand in hand.

One of the first efforts we should make toward learning how to live is to seek out and find a friend who we can call sponsor. The deep sharing and reevaluation that leads to recovery can begin with this person. When we get lost or something comes up we can't handle on our own this person can better understand and help us because of the time and information we've invested in them. Many form extremely close relationships with the sponsor. Most of us have never had a person who we could really trust and be close to without fear being misunderstood.

Learning to ~~pract~~ recognize and practice spiritual principles is important in learning to live without chemicals. Many daily situations call for answers that we don't have. Spiritual principles can help us gain the power to deal with these situations. Three things seem to be necessary to progress spiritually: honesty, openmindedness and willingness to try. We will need to be honest about our need and our inability to do it alone. We will need to be openminded in order to gain a new perspective. We will need to be willing to let go of certain old ways of thinking and acting in order to

#5 What can I do?

A. Action

(7)

### TO LEARN AND LISTEN.

I am an addict and alcoholic and have been clean and sober for what seems an impossible amount of time. I got this thru' Narcotics Anonymous and A.A. and it has been one of the biggest breaks I have ever had in my life. I used for about 12 to 13 yrs and I used everything that was around during that time. I came from an environment of drugs and alcohol and I started about eleven years old.

I would like to say something regarding my recovery up to today. Really all that N.A. and A.A. promises me is a program of Recovery. Today I'm sitting in my back room listening to some music which went to this program. I love very much. Music has been an out for me as long as I can remember. I was wondering about myself and having an anxiety attack-not feeling bad-not feeling overly happy-just capped up in a big vibration of love. I started reading something called 'A Little Red Book' and then I decided to write something for our newsletter.

I didn't really care about doing this mainly because I am not a writer and at times even find it hard to read but since I have had this way of life I've learned to do both to save my own butt. I also had to learn to talk to people. I'm not so good at these things yet but I'm much better than I was when I first came on the program. At first I didn't see how to go on. I really

The key to ~~an addict~~ helping a suffering addict that resides in the recovered addict is the insight and remembrance that while using drugs an addict is without the sensibilities which guide normal people in normal affairs. Conscience, the sense of personal responsibility, is in the anesthetized forebrain. Memory is faulty. Concern with personal well being, present and future, is beyond a person in the grip of compulsive drug use. Moved by forces hidden within our natures, the operating addict moves in a world where he is master and the world is his kingdom-- as long as he doesn't get caught.



#5 What can I do?

A. Action

#0173

(9)

I was told to go to a meeting and ask for help. I went to a meeting and asked for help. "How many meetings do I have to go to a week?" I asked. "If you want to get better, you have to go every day," he said. "I thought about that and I said, 'Hell, I will go every day.'" so I went to a meeting every day.

(10) Cultivate and woo enjoyment of sobriety:

- A. How good it is to be free of shame, mortification and self-condemnation.
- B. How good it is to be free of fear of the consequences of a high just ending, or a coming high you have never before been able to prevent.
- C. How good it is to be free of what people have been thinking, and whispering about you, and of their mingled pity and contempt.
- D. How good it is to be free of fear of yourself.

(11) Catalog and re-catalog the positive enjoyments of sobriety, such as:

- A. The simple ability to eat and sleep normally, and wake up glad you are alive, if you were sober yesterday, and glad you have the privilege of staying sober today.
- B. The ability to face whatever life may dish out, with peace of mind, self-respect, and a full possession of all your facilities.

(12) Cultivate a helpful association of ideas:

- A. Associate a drug as being the single cause of all the misery, shame and mortification you have ever known.
- B. Associate a drug as being the only thing that can destroy your new-found happiness and take from you your self-respect and peace of mind.

(13) Cultivate gratitude:

- A. Gratitude that so much can be yours for so small a price.
- B. Gratitude that you can trade just one high for all the happiness sobriety gives.
- C. Gratitude that N.A. exists, and you found out about it in time.
- D. Gratitude that you are only a victim of a disease called addiction, that you aren't a degenerate, immoral weakling, or the self-elected victim of vice or a person of doubtful sanity.
- E. Gratitude that since others have done it, you can in time bring it to pass that you will not want or miss the pill or fix you are doing without.

(14) Seek out ways to help other addicts,--and remember the first way to help others is to stay straight yourself. (The greatest 12th Step work is your own example.)

(15) And don't forget that when the heart is heavy and resistance is low and the mind is troubled and confused, there is much comfort in a true understanding friend standing by. You have that friend in N.A.

Philosophy: Ask for help when in a bind if I don't ask for help how can I show others how to stay strong

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What can I do?

(10)

A.

## Action/begin your own program

(4) You can try to get help from your friends if you have any that are willing to help you get clean. We don't think this will happen because we know that most of your friends are still using, and would do anything to help you get clean rather than helping you get clean.

## FIFTEEN POINTS FOR AN ADDICT TO CONSIDER WHEN CONFRONTED WITH THE URGE TO USE

It is suggested that you meditate on each of these points instead of merely reading them.

- 1) Cultivate continued acceptance of the fact that your choice is between an unhappy hi and doing without just one small pill or fix.
- 2) Cultivate enthusiastic gratitude...as you have had the good fortune of finding out what was wrong with you, before it was too late!
- 3) Expect, as being natural and inevitable, that for a period of time, (and it may be a long one) you will recurrently experience:
  - A. The conscious, nagging craving for a drug
  - B. The sudden, all but compelling impulse just to get high.
  - C. The craving, not for drugs as such, but for the soothing glow & warmth a fix or a pill gave you.
- 4) Remember that the times when you don't want a drug...are the times in which you build up the strength not to use when you do feel like getting high.
- 5) Develop and rehearse a daily plan of thinking and acting...by which you will live the day without getting high, regardless of what may upset you, or how hard the old urge for a drug may hit you.
- 6) Don't for a split second allow yourself to think: "Isn't it a pity or a mean injustice that I can't take a drink like...so-called normal people."
- 7) Don't allow yourself to either think, or talk about any real, or imagined pleasure you once did get from using drugs.
- 8) Don't permit yourself to think drugs would make some bad situation better, or at least easier to live with. Substitute the thought: "One drug will make it worse, -one drug means the misery of addiction."
- 9) Minimize your situation. Think, as you see here or there a blind or other severely handicapped person, how joyful such a person would be if his problem could be solved by just not getting high today. Think gratefully of how lucky you are to have so small and small a problem.

0107



#5 Action  
A. On Sponsorship

Return to  
File 11  
180

When we speak of sponsorship we mean the opportunity of the N.A. <sup>Member</sup> who has made some progress on his recovery program to help another drug addict to gain & hold sobriety & cleanliness through N.A. The sponsor may be a member with some years of not using behind him - or he may have only months. His "age" and experience may well depend on the availability of sponsors in a locality.

"Sponsorship" can also mean the responsibility of a "group" as a whole for helping the newcomer.

This responsibility is unwritten and informal. But it is the heart of the N.A. <sup>'APPROACH'</sup> approach to recovery from drug addiction through the <sup>suggested twelve</sup> ~~twelve~~ steps.

This <sup>Responsibility</sup> ~~responsibility~~ is two-edged. The recovering addict wishes to share what he has learned with another addict because he knows how important it is for "one addict to talk to another". The other edge is our own need to preserve our own cleanliness & sobriety. We know from experience that our own "not using" is strengthened when we share it with others who may need and ask for help.

Most present members of N.A. owe their cleanliness & sobriety to the fact that someone else took a special interest



#5

A.

(12)

in them and was willing to share a great gift with them.

Sponsorship is merely another way of describing the continuing special interest of a <sup>seasoned</sup> ~~seasoned~~ member that ~~for~~ <sup>mean</sup> ~~mean~~ so much to a newcomer ~~where~~ <sup>after</sup> he turns to N.A. for help.

Individuals and groups cannot afford to lose sight of the importance of sponsorship, the importance of taking a special interest in a confused addict who wants to stop using. Experience shows clearly that those who get the most out of the N.A. program, and groups which do the best job of carrying the <sup>N.A.</sup> message to still-suffering addicts, are those to whom sponsorship is too important to be left to chance.

By these members & groups, sponsorships responsibilities are welcomed and accepted as "opportunities" to enrich personal N.A. experience and to deepen the satisfactions that come from working with others.

I personally am very grateful to my sponsors for showing me that special interest & love on more than one occasion.

J. P. W.

#0053

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-2-

A. action

(13)

Living clean and sober a day at a time will reveal to us the things that truly come from within and give us power over things that would interrupt our flow. If we don't try something new, within the program of Narcotics Anonymous we will be limited to variations on old themes. Surely we've had enough of that. In accord with our pamphlet we should keep an open mind about spiritual principals. Patience, humility and tolerance are qualities well worth the high price we must pay for them. The one that concerns us here is humility. The most important definition of humility is freedom from pride and arrogance. <sup>IN THE PROGRAM HUMILITY IS NOT ACCEPTING RESPONSIBILITY FOR OUR OWN BEHAVIOR OR THAT OF ANOTHER</sup> With the new skills and abilities given us by the program, the need for false pride is canceled out. Arrogance, the sick need to dominate others, diminishes until we are a comfortable part of the human family again. It is important, I think, to be gentle with ourselves when we are setting the ego to rest. It has served us well by keeping us out of situations that we could not handle. We are not exposing ourselves to any real dangers when we lower our old defenses. The Defense mechanisms were acquired in our using days and served a real need back then. In the new lives begun in the Fellowship, many if not all of the old dangers have ceased to be. Our senses are sharper and a lot more reliable than when we were operating. The reactions we have to our environment become more accurate and we will be able to count on them. If we feel upthight, we will probably have good reason to. We will also be able to deal with difficulty better. Our new friends will help us, particularly when asked. Their experience, strength and hope is like a great storehouse

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My enthusiasm grows as members talk with me after meetings and want to know how to get a group started in their town when they get out and how to help other addicts.

I have received several donations for clay, dry day smoke, etc. for the men at the prison.

I didn't care about school or anything else at the time.

I did care about where my next high was coming from though.

It seemed like everything I did had to involve drugs of

some kind. As drugs became more a part of my life I can

remember making commitments about how I wouldn't ever use

Acid but, Soon I had done it more times than I could count.

At that point I was powerless over drugs.

The only problem was I didn't know what powerless meant.

There were a lot of serious inquiries about the program and how we lived it. Coming to this meeting every week is paying off with interest.

An active addict is reduced to the basics of survival. If we are to recover, we must re-evaluate old ideas in the light of our new understanding. We become acquainted with new ideas to get a new life. It would seem that the path to spiritual recovery involves practicing spiritual principles. But how do we find these principles? The Twelve Steps, themselves, are not spiritual principles, however, it is through working these steps that we find the principles that we can live by. Our program is in fact a way of life. We learn the value of principles such as humility, surrender and service, however, there are three



# 5

A - Action

(16)

Facing problems is a necessary ability to stay clean. If we have had problems in the past it is unlikely that simple abstinence will automatically eliminate the defence mechanisms and emotional scars that enabled us to survive in the old days. problems if you ask Him for His help. The ideas that you have to do it alone is a very old one. Fortunately many pressing problems can wait. It will help things go smoother if you get a sponsor to confide in and let he or she make recommendations and be willing to try those recommendations until you've been clean long enough to trust your own judgement. We don't think <sup>it</sup> is weak to put a little faith and trust in a person you pick out. Most of us would have been better off turning our lives over to our garbage man. It is said that God will never give us more than we can handle a day at a time and will do for us the things we cannot do for ourselves. <sup>He is with us for help.</sup> The things we can change are our opportunity for an adventure into our new way of life. <sup>Our weaknesses can open new doors.</sup>

At first we can do little more than attend meetings and that is plenty. Probably we can't remember even a single name or word or thought from our first meeting. What we do remember is the feeling we get and every human being craves, the feeling that we belong someplace. That no matter what we have done or what course our addiction has taken that we can relax and soak up <sup>the</sup> love that comes out and fills the room in the course of every meeting. Remembering our own past behavior

Admission of fault

becomes a relief instead of a discipline. Acceptance of recovery fills us with gratitude instead of nervous apprehension.

#5-A. action

-4-

(16)

### WILLINGNESS TO TRY

Faith without works is dead. Knowledge without action is wasted. We must try out our new found way of life. Try the things recommended on an experimental basis and adopt only those that seem to work for you.

We should begin immediately to ask for help and try out the recommendations of the people we ~~ask for help~~ and meet at ~~the~~ meetings.

Many of our efforts will fail, but the few that succeed will encourage us to new efforts. Failure is nothing new to us, but to experience success, especially in little things, is beautiful and a little frightening. The program recommends that a new comer take it very easy in worldly matters but in terms of the program we should be fearless and through from the very start.

### Lowering our goals

till they meet our means will eventually reach a point where we are able to respond on a daily basis to the demands put to us. The best way to begin is to try to honestly appreciate that which we have rather than mourn our losses or fear our defects. The gifts of life, cleanliness and the ability to perform useful work are real treasures to those who have approached oblivion like we have.

There was a lot of feedback from the inmates on their attempts to look at themselves and I heard a lot that let me know they had been reading their "Day by Day" books that were donated a few weeks ago.

#5

## A-Action

(17)

Working our twelve steps gets us out of our losing set-ups. When we can admit our lives are unmanageable, we don't have to argue for our own point of view. We don't have to be right all the time. We can relax and give others the right to be wrong. We find a new source of energy to put to work in ordering the wreckage of our lives. Things we have done to protect our illness no longer seem worth it and we are free to open our minds to new ideas. Defective behavior can be corrected as soon as we loosen our grip on our old ways. We find that the fear of change is replaced by a sense of wonder and adventure for many of us. Freedom from these defects and from covering up the wreckage of our past has been the main stumbling block in relating to others. If it works, it is not defective. If it produced pain in your life or the life of someone you're close to it's not working in the sense of desired result. Changing it seems at that point to be a matter of course. And yet this changing is the great miracle of our program. When we can honestly say we have been at fault, become willing to let a Loving God restore us to sanity and done what we could to make restitution to those we had harmed, we have reached a point in our recovery where we can expect a few changes in our ability to form and enjoy various relationships with others. For one thing we don't have to lust after every attractive member of the opposite sex we encounter. We find that we are all children of God. Friendships with members of the opposite sex springs up to take place of the desperate urge to reproduce. We can enjoy the company of others as human beings. This ease and comfort is the opposite of the desperation we once knew. If in the course of events we find someone who stands out, we can be honest with them. Manipulation has a way of defeating real relationships. If they have no knowledge of our disease or the power relationships have to trigger relapse, we can find time to tell them. We have to put our recovery first or we die. As long as this conversation takes place early on in the relationship, we ~~can~~ can enjoy the protection of our honesty. Our tendency to get caught up in emotional updrafts will be diminished and we stand a better chance of finding happiness. Applying the principle of living a day at a time can help us to overcome worry and our tendency to project outcomes. This frees us to enjoy such moments of caring and sharing as we may find come across.



# #5 A Action

(18)

I would like to express my need for meetings. They strengthen my grip on my cleanliness. When I first started, I used to go once in a while and I would find excuses not to go. I was scared because I didn't know anybody, I used to think I didn't need meetings. When things started to go wrong, though, I would make meetings. Now I make a few meetings regularly. I need them. Meetings keep me in touch with where I've been, but more importantly, where I can go with my <sup>Clean</sup> life. <sup>Sober</sup> When I stop making meetings, I know I'm headed for trouble. I feel comfortable in any N.A. meeting I go to, and I know I'm welcome. So anybody out there who is afraid to go to meetings, for whatever reason, my hand will be there, waiting for you to come to your senses and reach out for a clean and sober life.

I have talked to all kinds of N.A. people in the program about helping in starting an N.A. clubhouse. At our N.A. innergroup meetings they all sound real interested in it, but when it comes time to help or meet, they are never around.

Out of two N.A. meetings a week, I have only seen around ten to fifteen people willing to help in our innergroup meetings and the same people are the only ones helping on the clubhouse also.

#5

What can I do?

(19)

# B. Reservation

## WHAT IS HUMILITY ?

Humility is a word often used by members of AA-NA, but not always immediately understood by a new comer to our Fellowship. A.A.-N.A., it means neither subservience, servility, nor a general invitation to the world to walk over us.

It is, instead, a recognition of the fact that alcohol or drugs has beaten us, that without help from other sources, we will be unable to recover. It is the faculty of seeing ourselves as we really are, and not as we dreamed ourselves to be. It is a new born ability to admit, " I Don't Know", in place of pretending to knowledge that we have not got. It is a realization that it is possible to accept help, no matter from whom, no matter in what form, without loss of dignity or independence.

It is a realization that even we, and sometimes only we, can give out help and a conviction that however much we strive to give, there is always so much more we could have given. It is a new willingness to learn how to live.

Humility, in short, to us is the art of living without our pride, but with self-respect.

These old ways have to go if we are to get new lives. We will successfully face the days to come if we take advantage of the help the program of Narcotics Anonymous has to offer. Help from one addict to another. Help that says, " I had something like that happen to me and I tried so and so." Not preaching or judging but sharing the experience strength and hope that comes to anyone who fully accepts our way of life. The willingness to try out new ideas and possible solutions will help open the door to our recovery. One discovery leads to another and soon we are established in a new life where people, places and things are kept in proper perspective. The old all or nothing point of view will no longer seem a useful idea. ~~We will learn to~~

guilt and worry keep

us from doing the things we can do today.

5-B

#5 - C, give your self a break (77)

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.

#### Starting The Road to Recovery.

When we come to the Na program we are starting on a day by day journey to a new way of life.

It takes some getting used to, some learning to live, and is not always easy but it's simple.

For an addict the alternative is death, jails and institutions.



#5-

What can I do?

(21)

## C Give your self a break

Stop using all

together. Sometimes it is necessary to withdraw slowly but at some point we must stop taking drugs.

Some of us have used maintenance programmes before to solve our problem but we always ended up losing hope or it's just to increase the drug use dose, but usually we end up with the same before.

Seek solutions not problems

The world turns it does not move in a straight line although we can never know what is around the corner for us we have found that most outcomes cannot be foreseen. By developing our conscious contact clearing away defects from our personalities and wrongdoings from our past we develop a capacity for trusting what's around the corner for us. This is our faith.

0082

I used to escape from the feelings I was feeling toward myself.

Phillip

5. Cane good and the bad in me started to mix to form a whole person.

Phillip

Guggle Muggle: egg yoke, mug of milk, sweetener, cinnamon & nutmeg.

Amanda

My monkey don't get what it wants but I give it something else.

Amanda

Freedom to change seems to come mainly after our acceptance of where we're at.

Bo

(4) Death is a way of getting off drugs but not necessary. Many of us have problems & fulfillments, live like we get them.

We suggest you take the first two as we know why have the greatest success rate of recovering.

\*5 C. Try it out

IF WE TRY GIVING IT OUR BEST THEN WHAT

WE DO WILL SUFFICE UNTILL WE CAN DO BETTER

#5

C. give your self a break

22

f the world and change what we see and hear until we are closed off from "real" reality. Another friend pointed out that we lose anything that we don't use. Sit a man or a woman around long enough and they will forget how to work, talk to people, drive a car, ordinary situations will baffle them and they will develop strange habits and ideas. All this without any use of drugs. How similar to the progression of the addict from a few joints or tranquilizers to full time obsession, when we sit around and do dope all day long. We forget, we unlearn, we become isolated from regular living ~~in a way and to an extent~~ when it's the time others are criticising our behavior, we have forgotten what they are talking about.

The response to N.A. from the inmates is overwhelming. They are so glad to have a program that works and grateful that people "outside" care enough to carry the message.

We now have a list of regular members, made up by David Tuggle, the drug counselor, with 31 names.

Any new members must go through an orientation with Hank Wilson for 3 weeks to make sure they are not just coming to drink coffee. 01/15

Bernard R. got released last week and called me from A.R.C. on Ponce de Leon. He wants to become a member of N.A. outside.

Most addicts have great insights and abilities that offset their weaknesses.

Gratitude for our assets shouldn't keep us from growing in areas where we are weak.

#5 What can I do?  
C, give your self a break

(23)

And group therapy, while an improvement over most individual counseling, can also fall short of full effectiveness if it becomes in-grown and does not encourage its members to reach out to, and often incorporate into the group, "significant others."

(e). And then there is the question: "What shall I confess?"

Not long ago a professional psychologist observed (through a one-way mirror, which the patients all know about) one of our hospital groups in action. Later he said: "There were two young women in that group whom I found very 'sexy' If I had been participating in the group, would I have been expected to confess my thoughts and fantasies about those girls?"

The question was: Had this man done anything wrong, and did he have anything about which to feel guilty? Our position, in general, is this. One cannot entirely control the thoughts that pass through one's head, but one can keep from dwelling upon them or "acting out" with respect to them. If one simply notes that a given person, of either sex, is attractive (and then passes on to other things, what's there to "confess"? And precious little time is spent in our groups with conversations of this kind. (But if one deliberately encourages sexual fantasies) and perhaps subsequently uses them as the basis for inappropriate sexual behavior, then that is a very different matter; and the best way of bringing an end to it is to submit oneself to the discipline of absolute candor. (I think our position would also be much the same with respect to "feelings of hostility," although this too is a problem which, in practice, doesn't often arise

The difference between being openminded and close minded is the difference between being sober and being drunk.

CCP2

THE DAY WE STOP TRYING IS THE DAY WE  
START DYING #5 C, try it out



#5. What can I do?

(24)

C. Give yourself break  
1. Thoroughness

When we tell our main concerns about the 12 steps we should be careful not to count down to them. Most newcomers who really want to get the program try to plunge through the first three steps to the fourth. In the initial phase of the recovery so many things are wrong and seem to be wrong that we should wait until our lives clear up and concentrate on the first three steps. When we are well into the program many of our seeming defects will have disappeared. Other defects will have still be wrecking havoc in our lives we list, admit and pray release from.

0123  
Back to school I was buying about 1000 books. Talking, waiting and reading. I guess I made that about 1000 books kind of school where we came to learn well at it sounds like that I guess there's what it is for me. I came here to learn how to live and believe as it was said in reading how much I could know or even to realize how much I did know but I couldn't put it to work and apply it in my life.

I also earned the title of being a burn-out. Cause I smoked cigarettes. The school was split into two groups, The burn-outs and the rednecks or jocks.

I tend to be with people just like me.

I didn't learn much in the schools I went to.

I just did enough to pass the classess and beat the rap.

It seemed like the only thing that I made progress in was my drug use.

I started smoking pot and drinking alcohol plus,

I sniffed gas and lighter fluid. My school

performance began to worsen as other things in my life did too.

25 C - Start to Love  
ONLY WHEN I REACH OUT FOR HELP  
CAN I BE HELPED.

When you can feel the program beginning to work, don't  
freak out. Personality change is a natural progression set  
in motion by your surrender to the program. The tools  
are the sayings that seemed to help us most when we came in.  
They ~~xxxxxx~~ apply to the little, dangerous, daily situations  
that seem so heavy when we came in. When we use them, ~~it is~~  
WE WILL BEGIN TO EXPERIENCE THE ~~ADVANCE~~ OF BENEFITS OF THE

Cash register honesty, honesty in giving a fair  
days work for a fair days pay can help us begin. As the benefits  
of basic honesty in the world begin to roll in, we are ready  
to consider honesty at a deeper level. Self honesty is being  
in touch with the way we really feel, the way we spend our time  
and the goals we put first in our lives.

#5

What can I do?

(H)

C. Give your self a break

4. start to live

The newcomer will regard carefully the group reaction to their first successes and their first failures. In the first spirit of the fellowship we should also regard their successes and failures to be certain they get the encouragement and understanding we got coming in. Above all we should be honest in our feelings. Most addicts will respect personal honesty and personal example in someone who shares the disease of drug addiction. Reality has been so unapproachable in our ~~past~~ past.

Look for help & or attend a meeting. Acceptance of people & things is the answer to most of our problems. Acceptance of the world as it is right now, accepting people as they are, not as we would like them to be. Stop fighting. Stop and start being ourselves and this will get better. By being ourselves we are able to change our lives for the better. The only thing we can change is ourselves nothing more, not other people, places, things, ~~rest~~ ourselves. people don't step on live wires Mike Mc Guire

it's grip and we'll gain the right to be wrong occasionally and the ability to give that right to others. The lust for perfection will be replaced by acceptance. as our perception of reality clears up. Many differences will reconcile themselves. Spasms of fear or anger will become less frequent. ~~and xxxxxx~~ Impossible goals will seem less attractive and our commitments will more often be confined to our ~~means~~ capabilities. We will learn to say no to many things. and know our own minds with a certainty that will spread as we continue to grow in the fellowship of the Spirit.



#5-  
FACING PROBLEMS

C. - 4 start to live  
#0048  
(27)

Facing problems is a necessary ability to stay clean. If we have had problems in the past it is unlikely that simple abstinence will automatically eliminate the defence mechanisms and emotional scars that enabled us to survive in the old days. These old ways have to go if we are to get new lives. we will successfully face the days to come if we take advantage of the help the program of Narcotics Anonymous has to offer. Help from one addict to another. Help that says, " I had something like that happen to me and I tried so and so." Not preaching or judging but sharing the experience strength and hope that comes to anyone who fully accepts our way of life. The willingness to try out new ideas and possible solutions will help open the door to our recovery. One discovery leads to another and soon we are established in a new life where people, places and things are kept in proper perspective. The old all or nothing point of view will no longer seem a useful idea. We will learn to break down our problems into manageable bits and take them one at a time. Bills can be listed and totaled and any subtraction brings relief. Many things have to wait till we are strong enough to deal with them but there will most always be something possible and present for us to work on. If we keep on taking care of what we can and don't make new problems we will reduce the total and approach the day whe we have dealt with any problems left from our operating days. Our higher power will take care of the rest and eventually a change will occur and we will become more active and determined to root out and deal with problems that used to have us on the run. New problems will be dealt with immediately or we will seek help immediately from a competent source. Compulsion will no longer have us in

#5

C. give your self a break

3. any lengths

/ When things go well,

Don't go out and celebrate and when things go bad, remember that this too will pass. A meeting a day, getting and using phone numbers and reading literature a little a day are good forms of insurance for Sobriety. It has been said that no one who has asked their H.P. for help in the morning meditation has gotten dirty that day. There might be exceptions but I don't know any. Practice accepting help. Practice giving help.

You know, I see everyone is willing to help a still practicing junkie, and a junkie in trouble, that's all good, but the helping one another in N.A. doesn't stop there, it just begins and you follow it up with service work. I feel that a junkies work is never done.

Sobriety is involvement, I was extremely involved in my addiction, and helping other people to get addicted, I feel that I have to spend just as much effort in staying clean and helping others to get clean. In any way I can.

X 5. C. give your self a break  
3. any lengths

Just as addicts go to any lengths to get dope, so must addicts go to any lengths to learn to live clean and sober. The any lengths involves the honesty to admit our need for the help of others who have been where we have been and have learned to live without chemicals. The essence of addiction is that it is easier to change our perception of reality than the reality we perceive. To begin to learn to change the reality we perceive, newcomers are encouraged to withdraw from any major confrontation for a year or more and avoid making any major decisions on their own. After establishing our new desire to live clean and sober, in the love of Narcotics Anonymous and acquainting ourselves with the tools which have helped others suffering addicts to recover, we should begin to work the Steps in earnest. Going over each step word by word, reading our literature on this subject, talking over each implication of each step with our new friends and our sponsors and asking

We

should be very intent and watchful. Old ideas and street practices won't help us stay clean. <sup>L</sup>Learn to <sup>tell</sup> relate our difficulties to fellow addicts

THE PROGRAM DOESN'T WORK WHEN WE  
ADAPT IT TO OUR LIVES, WE HAVE TO  
ADAPT OUR LIVES TO THE PROGRAM

#5-C-2



What can I do?

(30)

## Obsessions

D.

I really believe once we can achieve some momentum there'll be no stopping till the book is complete. The task seems to diminish in the mind once the first few steps have been taken. Just like when you start telling a newcomer what the steps mean to you and you start selling yourself on them, talking about the book you begin to see how it might be easily done. All we need is a survival manual containing a fairly accurate description of the things successful members have done to stay clean and sober a day at a time. I know you know all this but I can't help getting into my pitch.

. Many things have to wait till we are strong enough to deal with them but there will most always be something possible and present for us to work on. If we keep on taking care of what we can and don't make new problems we will reduce the total and approach the day when we have dealt with any problems left from our operating days. Our higher power will take care of the rest and eventually a change will occur and we will become more active and determined to root out and deal with problems that used to have us on the run. New problems will be dealt with immediately or we will seek help immediately from a competent source. Compulsion will no longer have us in

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#5

What can I do?

(31)

## E. Promises

-47-

0057

unless acted upon by some external force. Spiritual inertia is called coasting. We'll stay where we're at or be subject to random forces unless we develop our own directions. One of the best ways we can do this is to get involved in a group. Make coffee, get out literature, take time to greet and make welcome the lonely newcomer who will always find a way to stand alone in fellowship after a meeting wondering at the happiness in the room and hoping to find a place in that happiness. In time we may be honored to participate as a trusted servant. We can participate in twelfth step work and try to get this message, the message that got us to the program, the addict who still suffers. It has been our experience that personal problems will be resolved when we are willing to accept personal responsibility for them and it is good now to allow others in the group to help us with them from time to time. Service will get us out of ourselves and our concern for others will be reflected in our own ~~xxxx~~ ability to accept concern from others. When we find ourselves opening up and trying to face difficulties that used to have us on the run, we will experience periodic surges of a good feeling that can give us the strength to begin seeking God's will for us.

We

will learn to say no to many things. and know our own minds with a certainty that will spread as we continue to grow in the fellowship of the Spirit.

E. Promises (32)

#5

In our new lives, we face the world together. No longer do we feel back into a corner and at the mercy of events and circumstances. We can expect to succeed in many of the areas of our lives where we have known only failure and despair. Our new friends and the tools for living in the program of Narcotics Anonymous will enable us to experience these changes. Working the steps will broaden our horizons and practicing the principles will reduce our commitments to some manageable level. Our new friends and our awakened spirits will help us. Our common problem is addiction and our common efforts is recovery.

In our cleanliness we will eventually have to learn to cope with success. Success scares us because in the past it preceded failure. We could not afford to feel good because we remembered the pain of disappointment. It was better we concluded to keep moving on and holding back. Actually this made a great deal of sense when we were operating. In our cleanliness it makes no sense at all. The adventure and fun of life comes from getting involved and picking out a place to take our stand. We will make our mistakes but we will be able to learn from them. We will experience failure but we will learn to succeed.

The steps will provide for our reentry into society at large. We can always find people who have had difficulties similar to our own and succeeded in some way. It is difficult to get rid of the notion that we must be great or do great to be okay. It is the way we have often heard our voices saying that doing things that suddenly did no sense to us. We have been told that we must be great to be okay. This is necessary in the eyes of the world. But in the eyes of God, we have little place. We are not great. We are not doing great things. We are just people who are trying to live.



What can I do? 5 E promises

(33)

When we come into NA we may have so  
some reservations as to whether or not the NA way  
is f.  
B F O B R U G s. WE MAY COME HERE SO HIP, SLICK AND  
COOL

.THAT WE CAN NOT OR WILL NOT MAKE A  
SURRENDER OF ANY KIND TO THE PROGRAM. The  
ego of the addict must be busted for him to have a  
chance at recovery. Terminal hippness, or fattally  
cool are symtoms of the addictive personallity.

5-E  
"YOU NEVER HAVE TO BE ALONE"...  
I'VE HEARD THAT MANY TIMES BEFORE;  
BUT FINALLY, NOW, I UNDERSTAND,  
THAT I CAN REALLY TURN THE KEY,  
AND LET SOMEBODY IN THAT DOOR,  
~~AND NEVER BE ALONE AGAIN~~  
AND EVEN LET THEM TAKE MY HAND;  
AND NEVER BE ALONE AGAIN...

I THINK THAT I HAVE FOUND A FRIEND,  
OR TWO, OR FIVE, OR MAYBE TEN;  
THANK YOU... THAT'S ALL I REALLY HAVE  
TO SAY  
IT FEELS SO GOOD TO FEEL THIS WAY  
IT'S 'REAL', AND IT IS HERE TODAY  
AROUND ME AND INSIDE ME, TOO,  
IN ALL THE THINGS WE SAY AND DO,  
TOGETHER... NEVERMORE ALONE!

## E. Promises

This is a program and  
 we fuck up our way into  
 it. I can <sup>be fucked up</sup> always find  
 some one more fucked  
 up, and help them. I  
 love them instead of  
 cutting them down. This  
 boosts my self esteem  
 and makes me feel  
 good about God -

Procrastination

There's no time like  
 the present.

Don't worry about it,  
 pray for procrastination  
 (sister) to be removed  
 and become integrity  
 willing to do it  
 & more.

Willingness is love

Truth is t never as bad as the Fear of Truth. COP2

I am so grateful to this meeting  
 for showing me things about myself  
 through others. Thank you God for N.F.

# #5 - What can I do?

## E. Promises

(35)

The ultimate catch is running out of dope and fighting to keep up the illusion that we have got it under control. To us, the members of Narcotics Anonymous, any addict with a desire to avoid the next pill, fix, or drink a day or a minute at a time is ready for the program. As their grip on the old ways of thinking and doing begins to relax the mind begins to accept new ideas that lead to a new life. In this new life they find themselves no longer pressed between those who use drugs and those who do not. Their world constantly expands to include new members and eventually members of society at large. Problems that had no solutions became transparent and unreal in the light of our new understanding. Old ideas, grudges and resentments fade as we loosen our sick point of view. A warm feeling of belonging replaces the old hole in the gut. It's no accident though! Nothing is free. We pay for our recovery with our sharing and



orary release from my problems, while high, but when the high was over, the problems were back. Usually with more problems caused while high. Through N.A., I have found true peace through dependence.

When we begin to work the program, we will like ourselves better and much of the loneliness and fear will have been replaced by the love of the fellowship and the security of being a part of a new way.

Rigorous honesty never hurt anyone. It only removes the layers of guilt, despair and confusion that kept us removed from reality.

The lust for 6-A perfection will be replaced by acceptance, as our perception of reality clears up. Many differences will reconcile themselves. Spasms of fear or anger will become less frequent, and impossible goals will seem less attractive and our commitments will more often be confined to our ~~own~~ capabilities.

2.8  
S  
E  
Possibly the greatest thing that the program of Narcotics Anonymous has to offer the addict with a desire to stay clean and sober is a relationship with a power greater than ourselves. For most of us this has been an area of great fear. God as many of us understood him, existed for other people to put us down with. We felt cut off and had to fend for ourselves in a bitter effort to survive. Fortunately new understandings open up new possibilities which ~~are~~ can actually lead us to develop a conscious contact with our higher power.

to stay ahead.  
greater than ourselves. For most of us this has been an area  
of great fear. God as many of us understood him, existed for  
other people to put us down with. We felt cut off and had  
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Fortunately new understandings open up new possibilities  
which can actually lead us to develop a conscious contact  
with our higher power.

5 A

(X)

Goodwill is an action that includes others. It is a way that considers others as important in their own lives as we are in ours. It is hard to tell whether goodwill is the key to rightly or vice-versa. If we accept eagerly as the capacity to see ourselves in others without losing our own identity, then we recognize a commonness in both; and if we have accepted ourselves, how can we reject another? Affection comes from seeing similarities, intolerance from differences we fear and will not accept. 0086

Try to get the program till it becomes your idea . As long as its somebody elses idea we'll resist . When it becomes our idea we'll start working it .

I have to surrender at each stage of recovery in this program . Ocean Mike W.

One thing that repeatedly comes to mind in sobriety is the obvious foolishness of forming sweeping opinions and generalizations with such limited perception

When we come into the NA fellowship we are not necessarily in the program. It is not likely that we can recover unless we start practicing some honesty, with our selves and with our fellows in NA.

Learning to be honest is a process of getting used to being around people who will not ostracize you for doing it. For telling how we



Even though I stayed in the program I had my doubts and this made me take the risk as I did. I use drugs then and even though they wasn't as frequent as I did on the streets I still use them and felt that if I could use this little amount for this long then I get out of prison then I would do the same things. But it didn't work that way. I had easy excess to any and all drugs that I wanted and so I use them.

Our traditions point out that the only requirement for membership is the desire to stop using drugs. The denial of a disease is called a reservation, meaning we have reserved at a later date to get loaded. This can hardly be called a desire for recovery. If we are serious about our recovery we will want to do some step work. "

5C

40

and have friends and a place to live, I am  
in a relationship and loved. I can love  
others and share with others in a joy  
that is unexpressable.

Discovered I could change my mind by taking the second step.

the new super technological age where people must adapt to a  
environment that has never existed before in the history of  
Future shock!

If you're a addict and have found this book, please  
give yourself a break and read it. No one is perfect and this  
writing is the work of an imperfect human but it is your book

Also, there are twelve suggested steps  
or rules that are a part of the game. But, A.A. \* N.A. game, like the  
penitentiary game is quite simple, and the benefits of being a member  
of the team are many. The first and most important is that you go from  
a loser to a winner.

Frank F.

8-5-C

and its observed symptoms points up this fact.

We may still how ever feel that we must have to have drugs, speed, acid, heroin, barbituate or pot to to live happily. We may suffer from the I am insane syndrome and feel we have no out from druds other than an insane and depressed existence. WE may fear the rejection of all our freinds if we go cleaning up our act this is common. We could be suffering from an over sensitive ego and have many things that we used drugs to escape.

The obcessiveness is really common to all the addicts I've met or heard of... Like a guy will get a scene or a rap going that will be like his clack when his life is used up. The things he talks about when he has no real life left. Obcessions drive addicts past the normal human limits and many times wins them great fame of recognition-- until they burn out. The drug induced states can allow a person to exclude all the normal background awareness and focus entirely on a single point. At first this can be like a handy magnifying glass used at will. Later it can become a horrible sequence of all-consuming bits and pieces that rush up continually and we find ourselves powerless to control what's happening to us. Speed is definitely obcessive. Downs can relieve some of the pains of obcessions and become the ultimate obcession. Obcessions are like mental spasms. The mind ~~maximize~~ ~~an~~ draws up like a spastic muscle. It shorts out and ceases to function normally. The subconscious mind is free to act.