

# GREY BOOK

*Reflections*



FOR REVIEW ONLY  
UNPUBLISHED LITERARY WORK

NOT FOR DISTRIBUTION

**"GOD, grant us knowledge that we may write according to Your Divine precepts; instill in us a sense of Your purpose, make us servants of Your will and grant us a bond of selflessness that this may truly be Your work, not ours, in order that no addict, anywhere, need die from the horrors of addiction."**

# REVIEW AND INPUT FORM

NAME:

HOMEGROUP:

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Please review the material carefully, then check either square 1, or 2, below:

- 1:  We find the material complete and satisfactory in its present form.
- 2:  In order that our book, be complete and satisfactory we recommend the following corrections.

If you have checked number 2, please list the corrections you would make. Be sure to include sentence number and page number for reference purposes (see example). Please list these corrections and if possible include pages to be corrected (or scanned pages/photocopies of these pages) with your list.

Example:

PAGE #	LINE #	COMMENTS

Send your input to [nahelp.org@gmail.com](mailto:nahelp.org@gmail.com) before April 15th 2019.

Note: when sending in newly written reflections please make sure the text is send in digital form with normal type setting.



# PREFACE

The material in this book was drawn from the personal experiences of recovering addicts within the Fellowship of Narcotics Anonymous. The material written in this book is based on lines found in the Memphis 1981 review and input form of our Basic Text also known as the Grey Book.

It all started in May 2013 when a Group from Allentown PA had the wish for a daily reflection book written by addicts for addicts in an open participation process. In 2014 this Group, together with other Groups, sponsored a literature writing conference in Longwood FL, USA to start the process of writing.

Several members attended from different States including Kentucky, Ohio, Florida, Georgia, Pennsylvania, New Jersey, North Carolina and South Carolina. Among these members were also those who participated in writing our Basic Text.

In the past 5 years, more writing has been done at literature conferences and in N.A. Home Groups from all over the world to the open participatory literature process. This input has been put together in this book named the "Grey Book Reflections". We'd like to encourage N.A. Home Groups and members to get involved and participate in this open participation process. In the back of the book we have put directions on how and where to send the input to.

In service,

*The N.A. Home Groups and Fellowship Service Conference.*

*"GOD, grant us knowledge that we may write according to Your Divine precepts; instill in us a sense of Your purpose, make us servants of Your will and grant us a bond of selflessness that this may truly be Your work, not ours, in order that no addict, anywhere, need die from the horrors of addiction."*

*February 1981, Third World Literature Conference Prayer*



**"Being self-supporting is an important part of our new way of life"** 1  
**Grey book, chapter six, Tradition Seven, page 106, lines 13-14** 2  
3

Self-support in Narcotics Anonymous goes well beyond simply financing our groups. Not 4  
only does it involve practicing this principle in our personal finances, it involves giving of 5  
our time and talents to ensure that services remain directly responsible to the groups they 6  
serve. 7

All of our Traditions fit together. Groups are autonomous. Services are not. Services 8  
are not part of N.A., but neither are they outside enterprises. They are tools which are 9  
exclusive to the Fellowship of Narcotics Anonymous; they are directly responsible to the 10  
groups who create them. It is essential that for our groups to remain autonomous that our 11  
services are not. When services become autonomous, they are no longer responsible to 12  
the groups. In some cases, we have even seen groups begin taking their direction from 13  
service bodies. 14

One of the ways we ensure that our services do not become autonomous is for them to 15  
be dependent on and directly funded by the groups. This also means services require the 16  
time and talents of our member-addicts for them to run. 17

By directly financing our services as well as giving of our time and talent by doing things 18  
like writing literature by addicts for addicts we not only ensure that we remain self-sup- 19  
porting as groups and as a fellowship, but we protect the authority and autonomy of the 20  
groups (Traditions Two and Four), we protect the integrity of Tradition Nine. This ensures 21  
that it is the groups who are responsible to carry the message to the addict who still suf- 22  
fers (Tradition Five) and that this is not delegated to services to do for us. 23

When everyone pitches in and not only supports their groups financially, but also contrib- 24  
utes of their time and talent we avoid mistakes of the past like self- supporting committees 25  
relying on their own fundraisers, selling N.A. literature for a profit, or hiring professional 26  
writers rather than relying on the therapeutic value of one addict helping another. We also 27  
find that when all members give freely we avoid the problem of a very few doing the bulk 28  
of the work. This helps us avoid the trap of service positions carrying prestige (Tradition 29  
Six). In fact, when everyone supports services through the groups, we find there is very 30  
little for any one individual to do. Which promotes unity and anonymity (Traditions one and 31  
twelve). 32

*In the moment: I will realize that the Traditions all rely on each other. I will live the Seventh 33  
Tradition by supporting my group and the services we create by not only dropping a 34  
few bucks in the basket, but by giving of my talents and time that those who come after 35  
me may have what I was freely given. In this way I too will remain free of the lie of active 36  
addiction. 37*





**"Day by day, we discover the magnitude of the Third Step. This is the Step where we come into contact with the sanity we are promised in Step Two."** 1  
**Grey book, chapter four, Step Three, page 39, lines 28-29** 4

Sanity for us is a process; a course of action. Step Three is our very first experience with that process of returning to sanity. By making the decision to relinquish our own will, we are relieved of the burden of self. 5  
6  
7

Step Three, however is a decision. Decisions are merely the starting point. Any decision we make is meaningless if not followed by action. The relief and calm we feel in making the decision of Step Three will not be of any lasting consequence if we do not follow through with this decision. Some have said, "Step Three is an absolute commitment to work the remaining Steps". 8  
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Indeed, the Steps which follow are the process by which we turn our will and our lives over. Steps 10-12 even give us a means of daily upkeep. A way in which to not only maintain this new way of life based on the decisions and admissions we made in the first three Steps, but a means of continual improvement. 13  
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Step Three, itself is not a complete restoration to sanity. It is only the first sweet taste of the serenity to come with a restoration to sanity. By the time we reach Step Twelve we realize we have attained more than a simple restoration to sanity. We have experienced a total spiritual awakening! But it is only through continued practice and application of the principles found in our Steps that our sanity is sustained, and our spiritual awakening expanded and improved. 17  
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*In the moment: I will practice the principles of the program found in the Steps and participate in the Fellowship through the principles of the Traditions. Today I will continue to discover and experience the magnitude of Step Three, by working the remaining Steps and receiving the benefits and promises they have to offer.* 23  
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1                   ***"Through practicing our honesty, open-mindedness, and***  
2                   ***Willingness to try, we develop humility, tolerance, and patience.***  
3                   ***We are able to love the unlovable and discover self-acceptance"***.

4 This is part of what we read today at our grey meeting, it seems to spark off a discussion.  
5 I always thought that tolerance was sought of an empty principle, that it would help me  
6 have patience with people in the future somehow. After reading this passage, it was clear  
7 to me that it actually helps me with self-acceptance with the here and now.  
8 It also showed me that self-acceptance is also accepting what I lack, and the willingness  
9 to achieve what I'm lacking, not just accepting it. Good meeting there was only four of us,  
10 but HP was present there, so it made all the difference.

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**"Before we got clean, all our actions were guided by impulse. 1**  
**We seldom thought constructively...." 2**  
**Gray book pg 137 Lines 24-26 3**

In our active addiction, we seldom made decisions, our decisions were made for us 4  
through default, and sometimes our decisions were made for us by others. As using 5  
addicts, we were guided by what seem to be animal instincts. We acted out of impulse 6  
and most of the times, the results were negative. We were creating problems on top of the 7  
original problem and lived in the problem instead of the solution. Learning how not to act 8  
on impulse is a result of practicing the principles of Narcotics Anonymous. 9

Learning that the pause before acting or reacting can make all the difference in the world, 10  
and saves us a lot of grief. Step Ten reminds us to take those ten seconds, or dismiss 11  
those first ten ideas, to act and not react. 12

*In the moment: We will not act on impulse, we will stop and give ourselves that privilege of 13*  
*thinking. 14*

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1 **"Sometimes, after a few days of neglecting spiritual maintenance,**  
2 **things begin to really get out of hand in our lives".**  
3 **Gray book pg 146 lines 4-6**

4 Living just for today entails that we renew our recovery on a daily basis. Yes, we did work  
5 Steps, and yes, we went to hundreds of meetings previously, but this is a twenty-four-  
6 hour program and all that work we did brought us here to today. Not continuing on a  
7 daily basis to renew our surrender and our commitment to recovery magnifies problems  
8 we may face in the here and now. We are only as good as our last Step, our last meeting,  
9 the last principle we've practiced. On going recovery means just that, on going. We can't  
10 stay clean on yesterday's shower, so we can't stay clean on yesterday's recovery.

11 *In the moment: We will renew our commitment to our recovery, we will continue to surren-*  
12 *der on a daily basis as if it were our first time.*

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**"We suspect that if we do not use what we have, we will lose what we have".** 1  
**Gray book pg 119 chapter 7 heading** 2  
3

Recovery is a process, but so is relapse, the process of relapse requires no work on our 4  
part, in fact not working on our recovery is where the relapse process starts. The recovery 5  
process requires constant action on our part. Our literature says that our program is a set 6  
of principles written so simply that we can follow them in our daily lives. The most import- 7  
ant thing about them is that they work. So, we must practice these principles for them to 8  
work. The last action in a relapse is that we use, the process of recovery ceases when we 9  
stop using what we've learned, at that point the relapse process starts. Recovery is like 10  
water running through open fingers, it's constantly fluid and cannot be held, so we stay 11  
active in our recovery, we give away what we have in order to keep it. 12

*In the moment: We will practice the principles of recovery daily, moment to moment. We* 13  
*will use what we have or lose it in the process of relapse.* 14

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1           ***“As recovering addicts, we find that we are still dependent, but***  
2           ***our dependence has shifted from the things around us to a lov-***  
3           ***ing God and the inner strength we get in our relationship with***  
4           ***Him.”***

5           ***Gray Book, p. 106 Lines 18-21 Tradition Seven***

6 In active addiction, we depended on people, places and things to feed our addiction.  
7 This unhealthy dependence led us to become slaves to our addiction. We couldn't be  
8 ourselves or stand on our own two feet. We were our own prisoners and were held hos-  
9 tage by the disease of addiction. In Recovery, our dependence is shifted to a Higher  
10 Power, and to the Program of Narcotics Anonymous. We found that this was a Healthy  
11 dependence. We found that we no longer had to be alone. We no longer have to be  
12 hostages in our self-made prisons. Our Reliance, not compliance, is actually a Healthy  
13 Relationship with a Positive Force in our Lives. We see and experience the evidence of  
14 Sanity in our Lives and in the Lives of others. We develop Faith as a result of this Trust and  
15 action. No longer is it blind Faith. It's actually a working Relationship with a God Of Our  
16 Own Understanding. This is something many of us lacked in active addiction and before  
17 coming to Narcotics Anonymous. We continue to tap into this Source for inner Strength  
18 and continuous Spiritual Growth. Our Spirits Grow and we gain more Freedom. In this  
19 Living Program, we continue depending on God and the Support of others. Although  
20 Spirituality is an individual path, we still do it together, no longer are we forced into isola-  
21 tion.

22 *In the moment; We will shift our dependence from the disease of addiction, to God and*  
23 *the Program of Narcotics Anonymous*

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**“We were forced to cut away all our justifications and all our ideas of being a victim.”** 1  
**Gray Book, p. 52 Lines 11-12 Step Eight** 3

For a lot of us, by the time we wrote our Eight Step list, our Fourth Step list of names nearly doubled our list for the Eight Step. The reason for this is the result of the Fifth, Sixth, and Seventh Steps. What began as anger and resentments toward what was done to us in our Fourth Step, was flipped around in the Fifth, Sixth, and Seventh Steps. Our own defects were then revealed to us. We got to see our part in those situations. We saw that our addiction and drugs put us in situations to harm and be harmed by others. 4  
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Our part is that if we weren’t practicing the disease of addiction, we probably wouldn’t be in a position to get harmed. We no longer could play the blame game. We cut away our justifications and see the part we played. One of the purposes for this Step is to achieve Freedom from the guilt of the past. Many of us were truly victims as children. We may still hold resentments against our perpetrators. It will still hurt our Spirits to hold on to these resentments. The Eight Step makes Forgiveness of these people possible. We also Forgive ourselves in this Step. We are shown in this Step how our actions and behaviors, in active addiction, actually affected us at a deep level. That’s why it’s suggested that we also put ourselves on the list. With Prayer and the Help of our Sponsors, we become Willing to Amend our past. Our Gray Book says that in this Step, “...we are gaining new attitudes about ourselves, and how we deal with other people.” 10  
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*In the moment; We will acknowledge that in most cases, we were the victimizers, not the victims. We will learn the Spirit of Forgiveness as a result.* 21  
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1           **"The willingness to try new ideas and possible solutions will help**  
2           **open the door to our recovery".**  
3           **Gray book pg 80 lines 26-27**

4 Our literature tells us that what we knew about living, before we got to Narcotics  
5 Anonymous nearly killed us. Our addiction forced us to survive instead of living, denial  
6 had us trapped in these endless loops that only lead us to destruction and selfdestruc-  
7 tion. The solution was right in front of our eyes, but our disease caused us to miss it.

8 "We often miss what we are looking for because it isn't hidden". So, recovery was beyond  
9 our reach. In Narcotics Anonymous with the help of our Higher Power, our sponsor, and  
10 others, we will find what we were always missing, ourselves, we have to be willing to try  
11 something different. Something that has worked for countless others.

12 *In the moment: The door of recovery will open, if I'm willing to knock, new ideas and solu-*  
13 *tions will answer.*

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**"When we admitted that our lives had become unmanageable, we  
didn't have to argue our point of view."  
Gray book pg 79 lines 8-10**

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One of the first things that we experience in N.A., once we stop using drugs, is the inertia like that of a speeding car that suddenly stops, everything that's in the back-seat flies to the front seat. We also experience this once we stop using, not being a moving target, the results of our using catches up to us. The unmanageability in our lives becomes hard to deny. Our First Step says repeatedly that, when we admit our powerlessness and unmanageability we open the door to recovery. The opposite is also, true, not admitting closes the door, this happens no matter how long we've been clean and in recovery. We no longer make excuses or blame the disease, we take responsibility by taking action, to make sure we don't repeat our history of using. Today we will use the principles of N.A. to change our past by changing our present. We will no longer have excuses for our disease.

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*In the moment: We will admit that our lives are unmanageable by ourselves, we will seek help from God and the program of Narcotics Anonymous.*

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1                     **"To be able to receive we must give and more importantly we**  
2                     **have to receive in order to have something to give".**  
3                     **Gray book pg 152 lines 21-23**

4 Another way of saying the above quote is, we can't keep what we have unless we give  
5 it away, and yes, we can't give away what we don't have. This saying sounded strange  
6 when we first came to N.A., it didn't make sense in our active addiction, we no longer  
7 had what we gave away, and most of the time we had nothing to give away anyway. We  
8 lived a selfish, self- centered life in active addiction. In Narcotics Anonymous we received  
9 freely from addicts that were here before us, many of us wondered if there was a motive  
10 behind it. As we grew spiritually we saw that this gift, when freely

11 Shared with others multiply our sense of humanity and also kept us clean and wanting  
12 more. If our cups are full we are unable to receive more, we have to give some away to  
13 receive more, today our cup will not over runneth and go to waste.

14 *In the moment: We will continue to give away what we have received, in order to get more*  
15 *and have more to give away.*

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**"Few of us set out to become addicted, because when we used,  
we thought we were in our normal state".** 1  
**Gray book pg 6 lines 10-11** 2  
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4 First, we use drugs, then drugs use us. Our using began as normal or recreational, soon 4  
5 we became preoccupied with using drugs when we weren't using. The progression some- 5  
6 times rapid, sometimes slowly, at the end drugs used us. That early euphoria that drugs 6  
7 gave us no longer came. The feelings of emptiness and despair returned whenever we 7  
8 put the drugs down. We didn't set out to become addicts, but soon found that we couldn't 8  
9 live with or without the use of drugs. We used to survive and it was the only way we knew 9  
10 how to live. Our lives became unmanageable and most of us sought help from religion, 10  
11 medicine, or doctors. 11

12 Some of us went to jails or institutions, all these methods failed us. We found our solution 12  
13 in Narcotics Anonymous. We found out that we suffered from a spiritual disease and we 13  
14 did not choose to be addicts. 14

15 *In the moment: Although we had no choice in being addicts, we can choose recovery. We*  
16 *could take advantage of what N.A. offers us.*

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1                   **".... We pray only for knowledge of his will for us and the power to**  
2                   **carry it out."**  
3                   **Gray book pg 58 lines 17-18**

4   When we first came to Narcotics Anonymous, we were broken, we were in pain, and we  
5   had lost almost everything that was near and dear to us, most of all we lost ourselves.  
6   The pain of living without drugs forced us to seek a power greater than ourselves that  
7   relieved our obsession to use. This power restored some of our hopes. We lost the desire  
8   to stop using. Our prayers were answered, our prayers seem simple, we prayed for what  
9   we needed, our basic needs. After being clean for a while we sometimes prayed for our  
10   wants, things we thought we needed.

11   We soon found out that it wasn't God's will for us, because what we received caused us  
12   more pain and sometimes insanity in our lives. Our sponsors told us to be careful what we  
13   prayed for, and they were right.

14   *In the moment: We will pray for knowledge of God's will for us, we will pray to want the*  
15   *things we have. We will pray for power to carry out God's will for us.*

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**"If our spirituality cannot help us today, then we need to reevaluate what we term spiritual".** 1  
**Gray book pg 146 lines 10-11** 2  
3

Our literature tells us that what was appropriate to one phase of recovery may not be for another, this means in our journey of recovery, with the help of our Higher Power, each other and working Steps we need to keep redefining our truths. The bar on the definition of sanity must constantly be raised.

It's no longer just about not using. We constantly evolve and there's still work to be done. As we recycle through the Steps. They take on a new meaning, they're different because we're different. Our defects learn to disguise themselves and come out the closet with different clothes on.

The solution is to stay opened to new ideas about ourselves and others. We keep studying our literature and we continue taking personal inventory. Every day is different and so are we. We keep what we have through spiritual vigilance.

*In the moment: We will keep re-evaluating what we term as spiritual, we will avoid becoming spiritually complacent.* 15  
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1           **"That wordless language of recognition, belief and faith, which**  
2           **we call empathy, created the atmosphere in which we could feel**  
3           **time, touch reality and recognize spiritual principles..."**  
4           **Gray book pg 133 2nd paragraph**

5 Spirituality can be defined as a relationship with reality, living in active addiction was  
6 anything but reality. We were never in the moment, our feet never matched our minds, our  
7 feet were in reality but our minds were in fantasy. Our world was constantly shrinking, it  
8 soon involved nothing but using and finding means and ways to use more. Little by little  
9 we lost self, our disease was gaining more and more territory as we continued to use.

10 Coming to N.A. has been described as coming home. We began to feel the unconditional  
11 love and empathy from others. We finally felt time, we finally felt like we belonged. Today  
12 we live by spiritual principles the ones we first experienced from others when we first got  
13 to Narcotics Anonymous.

14 *In the moment: We will share this precious gift of time and space with another suffering*  
15 *addict. Today we will remain grateful for our homecoming.*

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<b>"Enforced morality lacks the force that comes from our own</b>	1
<b>choice".</b>	2
<b>Gray book pg 58 lines 32-33</b>	3

As addicts sometimes we have to learn the hard way, as we grow spiritually we find that	4
we can learn from our own humiliations, we can also learn from the experience of others.	5
We see members struggle, we see some pull through and some go back to active addiction.	6
If they're fortunate to make it back they tell us about those experiences, they learned	7
through their experience and so did we, we don't have to go back out there to learn that it	8
isn't worth it, recovery is much better. We learned by choice, we learned through wisdom	9
this time, we didn't have to experience it. When we work the program we find that we still	10
experience consequences from our actions. We also find that when we practice the prin-	11
ciples of the program and are guided by God's will, we will get the power necessary to go	12
through whatever it is we need to go through to learn this lesson.	13

Today we don't necessarily have to choose pain as a motivator.	14
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<i>In the moment: We will seek change when we see the light and not wait to feel the heat.</i>	15
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1                   **"This decision demands continued acceptance, ever-increasing**  
2                   **faith, and a daily commitment to recovery".**  
3                   **IP 14 " one addict's experience....."**

4 Our Third Step reminds us that this decision implies action. Our literature tells us that if  
5 you want what we have to offer, you have to be willing to make the effort to get it.

6 This statement implies that there's action on our part. This commitment entails everything  
7 we heard when we first came to N.A. We first had to accept through the surrender to the  
8 disease and then surrender to N.A. And its principles. We had to continue to improve the  
9 contact with the God we met in the 2nd and 3rd Step.

10 We still have to continue do what first worked for us when we first came into N.A. And  
11 sometimes do more to continue on this path in recovery. Yes, we made the decision early  
12 on, but this is a daily program, a daily reprieve is all we get and all that is depended on  
13 our continued effort to practice these principles on a daily basis.

14 *In the moment: We will practice surrendering to the principles of N.A. On a daily basis, we*  
15 *will continue doing what first worked for us when we first got clean.*

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***"The progression of the disease is an ongoing process, even  
during abstinence, no matter how long."  
Gray book pg 128 lines 32-33*** 1  
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Our literature tells us that the progression of recovery is a continuous uphill journey. 4  
This means that if we stop doing the things that got us clean in the beginning, such 5  
as going to meetings and working Steps with a sponsor and a Higher Power, then we 6  
start the down hill journey into jails, intuitions and possibly death. Ongoing recovery 7  
means we have to keep on- going. The disease of addiction is always progressing, even 8  
during abstinence, even during Step work. If we stop climbing uphill, we will slide back. 9  
Abstinence does not equal recovery, however, it can equal to recovery if we put the work 10  
in. If we never leave the basics we would never have to return to it. Today we will continue 11  
working a program of action. 12

*In the moment: We will work the N.A. Program for twenty-four hours at a time, we will con-* 13  
*tinue on this uphill journey.* 14

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1 **"By the surrender of our own power, we gain a far Greater Power**  
2 **that will see us through".**  
3 **Gray book pg 58 lines 26-26**

4 In the First Step we admit our powerlessness, in the Second Step we tap into a power that  
5 can do for us what we can't do for ourselves. So by us relinquishing power we actually  
6 gain the power we need to practice principles in our lives and in all our affairs. In other  
7 words, we walk the talk. In the Eleventh Step is where we ask for power to continue on this  
8 process of recovery.

9 Through this process we gain God consciousness and practice the principle of anonymity  
10 by admitting that we can't do this on our own accord. This is a supernatural Step because  
11 this power is not from a human source. This power that saved us from the horrors of  
12 addiction is still here for us, if we seek it.

13 *In the moment: We will continue tapping into this power, we will surrender to win.*

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1           **“Anonymity is the spiritual foundation of all our traditions, ever**  
2           **reminding us to place principles before personalities.”**  
3           **Gray Book p. 115 Tradition Twelve**

4 Part of Anonymity means to remain nameless, not taking credit for. It also means being  
5 equal and not single out any person. The Principle of Anonymity is so huge it has many  
6 Spiritual Principles within it. Anonymity is also the foundation of our whole Program, our  
7 Twelve and Twelve. Placing the Spiritual Principles of Narcotics Anonymous ahead of our  
8 and each other’s personality makes our Recovery possible. This main Principle also pro-  
9 tects us from ourselves.

10 It also helps to protect N.A. from us. Principles before personalities allow the common  
11 welfare of N.A. to come before our personalities and individual needs. Principles before  
12 personalities allow God Conscience to be created in the Group and not in any one per-  
13 son. Anonymity makes it possible for any drug addict to become a member of N.A. We  
14 don’t differentiate between men and women, creed, sexual preference, age, race and  
15 social status. Autonomy with the Principle of Anonymity means not to label a Group better  
16 or less than any other Groups. This can create disunity. The Group’s Primary Purpose is  
17 its Anonymity, together we carry one message. When we lend the Narcotics Anonymous  
18 name to anything outside of N.A., our Anonymity is destroyed. Personalities would take  
19 over through money, property and prestige. This would destroy our Primary Purpose,  
20 and many would die. Anonymity allows each member to contribute their own personal  
21 share of time and money Anonymously. Principles before personalities and profession  
22 allow our members equal status with other members. Direct Responsibilities to those they  
23 serve, committees are not Autonomous and must follow the Group’s Conscience. Service  
24 is for those we serve, is a good example of Anonymity. Not taking personal sides with  
25 our personal opinions keeps the individuals and Groups from public opinions. Keeping  
26 our personal Anonymity in the public spotlight assures others from using our personali-  
27 ties to judge N.A. Inner Anonymity of this last Tradition enables us to place The Spiritual  
28 Principles of Narcotics Anonymous before ourselves and others, in all our Traditions.

29 *In the moment; Putting Principles before personalities protects ours and other’s Anonymity*  
30 *and ultimately ours and their Recovery.*

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**"For years, we have avoided seeing ourselves as we really are".** 1  
**Gray book pg 44 lines 8-9** 2

We used to live, we used to cover up what we've become in our active addiction. The 3  
guilt, shame and remorse was too painful for us to face clean. The more we used the 4  
more shame, guilt and remorse we created. Our conscience leaves soon after we stop 5  
listening to it, all that's left is what we've become, and we weren't too proud of that either, 6  
so we created masks, the problem is that our feelings get masked also. The Fifth Step 7  
tells us that the masks have to go, now we are left with what we have become through our 8  
active addiction. The healing we get from working The Steps, helps us accept our assets 9  
and also what we are lacking. It gives us the tools we need and with the help of God and 10  
others in Narcotics Anonymous, we are able to become the people we were meant to 11  
be before we started using drugs. We become free to be ourselves, we learn to accept 12  
ourselves with our assets and liabilities. As we learn to accept ourselves, we begin to be 13  
accepted by others. And through this process we will be able to accept others as well. 14

*In the moment: we will work toward self-acceptance, we will through the Steps accept* 15  
*both assets and liabilities in ourselves and others.* 16

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1                   **"We want to look our past in the face and see it for what it was**  
2                   **and then to release it so that we can live today".**  
3                   **Gray book pg 41 lines 4-6**

4 Fear kept us trapped in the past. The past kept us angry and depressed. The only way  
5 out is to go through it. As we take a personal inventory in the Fourth Step, we see that  
6 most of our problems were caused by us through our active addiction. We developed  
7 patterns that made our using possible. We put ourselves in positions that the only way  
8 out was to lie, steal and cheat. By taking inventory we see that we weren't bad people,  
9 we were sick people. We were guided by a destructive force that was slowly killing off  
10 our spirits. Jotting these situations on paper helps us see the truth for what it was. We  
11 develop the willingness to change by taking positive action in our behaviors.

12 We surrender to God our fears and our anger, we live in the day, and we stop creating  
13 more wreckage and practice spiritual principles instead. We no longer walk with shame,  
14 and we're released from our chains, we're free to live today.

15 *In the moment: We will look at our past and then face it, trace it, erase it, replace it and*  
16 *embrace it.*

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**"Working the Steps got us out of our old attitudes".** 1  
**Gray book pg 79 Lines 7-8** 2

Our literature reminds us that our disease is one of attitudes and behaviors, although this 3  
is not what makes us addicts, it's one of the characteristics of the disease. Our personal- 4  
ities took a twist as we practiced our addiction day in and day out, sometimes for years. 5  
The result was that our perceptions were changed and that led to our perspectives being 6  
changed, as a result our minds got sick. We had to lose our heads to find our minds. The 7  
Second Step reminds us that it is the process of coming to believe that restores us to san- 8  
ity. This means that we have to live our way to good thinking, because, we can't think our 9  
way into good living. 10

The actions that the Steps require for change is what we needed. Some of us had to fake 11  
it till we made it. Developing a good attitude required gratitude, grateful that we're not in 12  
active addiction, grateful that we're still alive. 13

A personality change is what we needed. With Narcotics Anonymous and God of our 14  
understating we have the necessary tools for is to change. All we have to do is surrender 15  
to these spiritual principles. 16

*In the moment: We will position ourselves where our altitude and longitude will be our 17  
attitude and our gratitude.* 18

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1                   **"As we begin to live in the present, burdens of the past and anxiety-**  
2                   **eties of the future slip away".**  
3                   **Gray book pg 147 Lines 26-28**

4 Living in the moment we see what's right in front of us. They say fantasy is where your  
5 head is at, and reality is where your feet are at. We bring the body and the mind will  
6 eventually follow. When we don't live in the presence our problems become unreasonably  
7 magnified, we make mountains out of mole hills and our spirits are affected. We start to  
8 project false realities and our fears set in. We dwell in the past and we get depress and  
9 anger sets in. So we surrender again to our Higher Power and let Him do his job. We  
10 focus at the task at hand and live just for Today. We ask our Higher Power to relieve our  
11 obsessions and we continue to do the next right thing. We come to enjoy living in the  
12 presence and we develop gratitude for where we're at. We ask God to guide our thoughts  
13 and our recovery and we continue on our journey. Our fears and anxieties slip away and  
14 we're free again.

15 *In the moment: We will live in the moment, we will realize that fear is in the future and*  
16 *depression and anger is in the past. We shall live with the joy of today.*

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**"Our recovery is depended on our belief in a loving God who cares for us, and will do for us whatever we found impossible to do ourselves".**

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**Gray book pgs. 147-148 lines 33-1**

When we tapped into a higher power in the second step! We found that this power did for us what we found impossible for us to do for ourselves, which was, the relief of the obsession to use drugs. This seem almost like a supernatural event in our lives, an addict that not only stop using drugs , but also lost the desire to use. Indeed this was an abnormal act for an addict, but not impossible for for this higher power most of us call God. As we progressed through the steps we accomplished actions and experienced results, that can only be attributed to a power outside ourselves. It definitely wasn't us through our own accord. As we progress in our recovery we see that it would be impossible for us to accomplish these tasks in life without this power. Practice spiritual principles daily. Seeing ourselves and other members go through crisis in life and not use. This belief in this power is what restores is to sanity. This power, some of us call God, is still with us and is there to help us in our recovery.

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*In the moment; we will acknowledge that the power that saved us from the horrors of addiction is still with us , and can help us do what we can't do for ourselves.*

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1                   **"As clean addicts in the Fellowship of Narcotics Anonymous, we**  
2                   **help ourselves by helping others"**  
3                   **Gray book pg 70 lines 36-36**

4 One of our members shared that he spent years in Narcotics Anonymous, working on  
5 himself, he stated he spent countless hours working with the literature, working steps and  
6 focusing on his progress in recovery, however, he found himself still depress and not ben-  
7 efiting from the all the fruits the program offers. Not until he worked with others, not until  
8 he actually got out of self and worked with another suffering addict, did he start to fully  
9 experience growth.

10 That is when his recovery began to flourish, all that work by himself was like planting  
11 seeds and not watering them, no growth can take place in Narcotics Anonymous by our-  
12 selves. We can't keep what we have, unless we give it away. But we must have something  
13 to give away, that process doesn't work by doing it by ourselves, this is a we program, so  
14 we need each other in order to grow. Are we working with others?. If we've been around  
15 for a while, do we have a newcomer in our lives?

16 *In the moment; we will stop working on self by ourselves, we will get out of self by working*  
17 *with others.*

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**"If sharing the pain, we have been through helps but one person,  
it will have been worth the suffering".** 1  
**Gray book pg 80 lines 1-2** 2  
3

Who knew, that the worst days of our lives, the hopelessness, isolation and desperation 4  
we felt those final days, hours, or minutes, would be our greatest asset to help others. It 5  
also served as a stepping stone for us. The pain we went through, became a touchstone 6  
to our spirituality. 7

Yes all that pain and devastation we felt in our first surrender, would later serve as the 8  
bedrock for our foundation. We could lessen our past regrets if we can help just one per- 9  
son besides ourselves. Although we may not be happy that we became addicts, or that 10  
we hurt a lot of people in our process to get where we are today, we can now take that 11  
experience and help others that felt the same remorse we felt when we first surrendered, 12  
we can turn that negative into positive, by helping others with it. We can share that hope 13  
for a better future, filled with serenity and purposefulness. Our useless destructive past 14  
had turned out to be a goldmine, with us as prospectors. We keep reaping the benefits 15  
from our past, by sharing it with others. 16

*In the moment; we shall share our pains with others in hope to help others, at the same 17  
time we help ourselves not to regret the pains of growth.* 18

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1               **"We eventually have to stand on our own feet and face life on its**  
2               **own terms, so why not from the start".**  
3               **Gray book pg 133 3rd paragraph Lines 8-10**

4 Carry the message not the mess, that's a motto we try to live by, another saying is , if you  
5 carry the addict, you'll bury the addict. Recovery isn't for the faint of heart, the sooner we  
6 face problems of everyday living, just that much faster we can become productive peo-  
7 ple. Facing the truth as soon as we can helps us with our denial. We had to face some  
8 hard truths after becoming clean. We accept our woes and ask for help, we never have  
9 to carry our burdens by ourselves any longer. Our higher power will help us through our  
10 trials and tribulations, all we have to do is trust and continue to have faith. Our program  
11 offers one promise, freedom from active addiction. Life still hews up and sometimes it's  
12 painful. Life on life's terms becomes the slogan we live by. Our struggles become points  
13 of references, that we don't use no matter what. Our recovery may not be graceful, but we  
14 can become power of examples to others. We use our experience to produce hope for  
15 ourselves and others.

16 *In the moment; we will not sugar coat our recovery process, we will also share the hard*  
17 *truths wth newcomers.*

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**"The full fruit of a labor of love lives in the harvest, and that  
 always comes in the right season....."** 1  
 2  
**Gray book pg i forward** 3

We reap what we sow, in active addiction we worked tirelessly to use and find the ways 4  
 and means to continue using, and what we got was not so rewarding. The results were 5  
 disastrous, for us and others. We were harvesting rotten fruits, because it wasn't created, 6  
 or planted with love. In Narcotics Anonymous we learn that the process of recovery takes 7  
 a lot of work, a lot of digging, a lot of turning over of old soil. We're planting new seeds, 8  
 seeds of love, compassion, empathy and patience. A lot of hard work still ahead of us, 9  
 amending the wreckage of our past. Our transformation is in process. We start to see 10  
 the fruits of our hard labor; we start to experience new feelings of self-worth. We start to 11  
 show empathy towards others, and we start to grow spiritually. Wth the help of our higher 12  
 power, sponsors and the fellowship of n.a., we did the work, we did it with love, we finally 13  
 took responsibility for our lives, now we're reaping the rewards. The right season is now 14  
 upon us. We harvest the fruits and share it with others this precious gift. We show and 15  
 help others how to sow and reap the benefits, when we do God's will. 16

*In the moment; we will reap the fruits of our labor of love, we will give time, time. The full 17  
 harvest comes in the right season.* 18

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1 **"We no longer feel alone; we have a partner in our Higher Power,**  
2 **who is with us all the time".**  
3 **Gray book pg 147 lines 1-3**

4 One of the exact natures of the disease of addiction is isolation. During active addiction  
5 our contact with the rest of the world was under false pretense and shrinking day by day.  
6 Some of us couldn't wait to get out of work so we could go use. We couldn't wait to get  
7 away from our families, we were always on our way to go use. Our minds seem to be  
8 always preoccupied with the next time we could use again. We were hardly ever present  
9 for our families, friends or employers. At the end we felt alone, we felt the isolation of the  
10 disease and it was killing our spirits. In Narcotics Anonymous we heard n.a. stands for  
11 "never alone" and that we didn't have to suffer alone anymore. We found a place where  
12 there were people like us who hit a bottom filled with hopelessness, and found a new way  
13 to live. We found that we can tap into a power greater than ourselves, that was loving and  
14 cared for us, and was always with us at all times. We need only to ask this higher power  
15 for guidance and comfort when we feel alone. This relationship with this higher power  
16 is one of the greatest gift in our recovery. Like any other relationship! Or partnership, it  
17 requires work on our part. We continue this constant, conscious contact through out our  
18 spiritual journey. The eleventh step states that, "we have found that our spiritual condition  
19 is the basis for a successful recovery that offers unlimited growth". We never have to feel  
20 alone anymore.

21 *In the moment; we never have to feel alone, we can rest assure that this power will always*  
22 *be with us, as long as we ask.*

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**"The main objective of Step Seven is to get out of ourselves and  
strive for achieving the will of our Higher Power".** 1  
**Gray book pg 49-50 lines 36-2** 2  
3

Humility is a by-product of getting honest with ourselves. In other words, we don't get 4  
humble, humble gets us. We made a decision in the Third Step to turn our will and lives 5  
over to the care of the God of our understating. With this decision comes the action to 6  
back up that decision. Surrender means we don't resist. Honesty also means that we 7  
align our actions to the truth. 8

One of these truths is that we on our own cannot recover by ourselves. This anonymity 9  
means that we need our higher power, we need the fellowship, and we need each other. 10  
Throughout our step process we learn how to get out of self and work with others. Asking 11  
God to remove our shortcomings we get out of the way and let God work through us. The 12  
more we practice these Principles the less we practice our defects. Our shortcomings 13  
are removed, or minimized, as we practice the opposite of our defects. In Step Seven we 14  
open our spiritual tool box and practice these principles with the tools we are given, the 15  
result is humility. 16

*In the moment; we will achieve this humility indirectly, by aligning our thinking and our 17  
actions over to God's will for us.* 18

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1                   **"We who have lived in darkness and horror for so long begin to**  
2                   **walk freely in the sunlight of reality".**  
3                   **Gray book pg 39 lines 33-35**

4 Our Twelfth Step starts off saying "having had a spiritual awakening", that signifies that  
5 we had a spirit and it went to sleep smothered by drugs and the disease of addiction.  
6 Between the drugs that polluted our bodies and minds, and twisted our personalities on  
7 a deep level, we became different people from what we were meant to be. We no longer  
8 walked in the sunlight of reality, we walked in the darkness and fantasy. We lived with the  
9 horrors of addiction and it was killing us, first our spirits, and then eventually us. Narcotics  
10 Anonymous brings dead people back to life. Living the steps awakens our spirits and  
11 brings us toward this light. We now are free to walk in the light of recovery, in the sunlight  
12 of our new reality. Narcotics Anonymous and its members serve as a beacon to guide  
13 other suffering addicts to this new reality.

14 *In the moment; we will guide others to the light of recovery, where their spirits can*  
15 *awaken, as ours did.*

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**"The thing we do is check for the surfacing of defects early on by  
working Step Ten daily".** 1  
**Gray book pg 55 lines 34-35** 2  
3

The Tenth Step asks us to continue taking our daily personal inventory and promptly 4  
admit when we were wrong. The reason we take our personal daily inventory is to prevent 5  
the corrective part of this step as addicts, we sometimes don't know when we are wrong, 6  
we have to work a step to find out. We have to examine our actions and reactions. We 7  
have to monitor our emotions, feelings and fantasies throughout the day. When we fall 8  
short we have the opportunity to make the corrections and start our day over again. We 9  
can also feel good about our recovery when we practice our spiritual principles and feel 10  
good about ourselves. We show our gratitude by thanking God in quiet moments. At night 11  
time before bed, we can recall our day and all our interactions with others. After taking 12  
our inventory, We are able to see where we fell short. We can decide if any amends need 13  
to be made. 14

If we practice spiritual principles in all our affairs we will falter less. Over time by working 15  
steps and having a constant conscious contact with our higher power, we are able to see 16  
ourselves coming. The Tenth Step has a negative reputation, because it talks about being 17  
wrong and making amends. The Tenth Step is also asking during that inventory, to look at 18  
our assets and to practice them in our daily affairs. This daily practice of our assets and 19  
spiritual principles make us better people. 20

*In the moment; we will practice the spiritual principles of Narcotics Anonymous in our 21  
attitudes and behaviors, in doing so, some of our defects can be minimized, and in some 22  
cases removed.* 23

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1           **"The addict would find from the start as much identification as**  
2           **each needed to convince himself that he could stay clean, by**  
3           **example of others who had recovered for many years".**  
4           **Gray book pg 133 first paragraph**

5 For many years addicts were dying, unnecessarily, from the disease of addiction. We had  
6 no where could go, except for jails and institutions. It was illegal for addicts to assem-  
7 ble or meet, even for the sake of recovery. Many of us went to other fellowships or other  
8 places. Our identification as addicts was still not met, many of us continued to die. Ours,  
9 is a disease of feelings and emotions, not the symptom which is the use of drugs. When  
10 Narcotics Anonymous was started addicts finally found somewhere they could identify  
11 with others. This identification was what made ur recovery possible. One of the most pow-  
12 erful statement a newcomer can hear, at a Narcotics Anonymous meeting, is the power-  
13 lessness and surrender to the disease of addiction, from another addict. The first chapter  
14 in the basic text; who is an addict, talks about our identification first comes from our drug  
15 use, from our powerlessness, the living to use, and using to live. The identification of the  
16 feelings of hopelessness and isolation came next. After seeing people like us staying  
17 clean and finding a new way to live, we start to experience hope, a spiritual principle long  
18 lost for so many of us. We finally felt that we no longer had to use, we also, like so many,  
19 could stay clean. We finally found a place where we felt we belonged. We learned about  
20 the spiritual principle of empathy, "that wordless language of recognition, belief and faith".  
21 For us, empathy meant, your pain in my heart. As others shared their experience, strength  
22 and hope with us, we nodded our heads in approval and said, " me too". We finally were  
23 home. Isolation which is at the center of our disease, began to disappear. We became a  
24 part of a whole. Our basic text says, "we become fully whole and wholly free".

25 *In the moment; we will learn to identify and not compare, with others. We will serve as*  
26 *examples of the power that keeps us clean. We share this divine gift, with all those who*  
27 *come after us.*

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**“Now we live a new outlook, that of caring and sharing the N.A. way. We are surrounded by like-minded addicts, who once were at the depths of misery and despair, and now serious about their own recovery and helping the suffering addict.”** 1  
**Gray Book, pp. 159-160 Lines 33-3 Chapter Ten** 5

“A New Way To Live”, this is part of our Message in Narcotics Anonymous. What does that mean to us? What our Higher Power has revealed to us is that Practicing these Principles and Sharing this Gift with others is a New Way to Live. In active addiction this wasn't the way we Lived. In active addiction, we did not Practice Spiritual Principles, material possessions did not change our way of life. Most of us, while using, did not care much about anyone or anything. We put our addiction before anything, including our Loved ones. Arriving at Narcotics Anonymous we met others that were in the grip of despair, as we were. They now seemed to be Free and reasonably content. Out of the ashes, they found Hope. They Shared their Hope and showed us that wordless language of Empathy. 6  
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It was the Narcotics Anonymous Message of Hope and the Promise of Freedom. We were told that to receive this Gift of Life, we had to put the effort to get it. Once receiving this Gift, we had to give it away to other suffering addicts in order to keep it. Today we use our past as a stepping stone and a touchstone for Spiritual Growth. The worst day of our Lives is now considered the best day of our Lives because it enables our Unconditional Surrender. Surrendering to the Spiritual Principles of Narcotics Anonymous we are set Free. We work Steps with our N.A. Sponsors. We develop a Relationship with a Higher Power of our own Understanding. We answer to the cry for help from others that are newly arriving to N.A. We attend Meetings to Carry Our Message, and we serve the Fellowship in form of service. Our Recovery is enforced as we Share it with others. 15  
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*In the moment; We will not forget why we are Clean, Just For Today. We will show Gratitude by taking some time to Share freely what was so freely Shared with us.* 25  
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**"Separation from the atmosphere of recovery and the spirit of service to others slows our spiritual growth and can threatened relapse".** 1  
**Gray book pg 156 lines 28-30** 2  
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4

It's ironic that spirituality is the one of the last things we receive in this program, but it's the 5  
first thing we lose in the relapse process. For us using drugs is the last thing we do in the 6  
relapse process. We get high at the end of a relapse. Complacency can be one indicator 7  
that the relapse process already started. We miss meetings because of work or other rea- 8  
sons that are only possible because we are now clean. We forget that we only get a daily 9  
reprieve from active addiction. That reprieve is only possible through daily practice of 10  
spiritual principles. Narcotics Anonymous is a 24 hour program, and we are only as good 11  
As our last meeting, step or principle. The disease convinces us through priorities that 12  
recovery comes 2nd or even last. We need to practice the principle of surrender by the 13  
physical act of attending meetings, sharing with empathy, serving others, calling our 14  
sponsors, working steps and practicing these principles. Just doing one or two of these 15  
things might keep us clean, but remember, we are clean right before we use drugs, so 16  
being clean can't be the only point, either we grow or we go. Recovery is a journey not 17  
a destination, recovery is an uphill journey and we can easily slip backwards if we don't 18  
keep it moving. Recovery in Narcotics Anonymous is a process, but so is relapse and this 19  
one you don't have to work on, it's always happening even while we are clean. 20

*In the moment; we shall continue to renew our recovery daily by physical, mental and 21  
spiritual acts of surrender.* 22

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1 ***“The Eleventh Step helps us, in the face of a problem, to be aware***  
2 ***of God.”***  
3 ***Gray Book pg 58 Lines 10-11***

4 By the time we get to this Step, most of us reach an Awareness that we’re not alone.  
5 We see and feel the Power that first got us Clean is still with us. Throughout our Journey  
6 we’ve experienced miracles that we couldn’t explain. We’ve experienced the Strength  
7 and Courage to go through Life on Life’s Terms without picking up or creating havoc in  
8 our Lives. In Narcotics Anonymous we see the evidence of this same Power at work in the  
9 Lives of others.

10 We see Newcomers stay Clean and Hope returned, as their Lives are transformed. We  
11 also experienced periods of Peace of Mind and a Serenity that we never knew before.  
12 Our Gray Book says that: “We begin to find a peace unmatched to a drug-induced  
13 high.”

14 We improve our Relationship with the God Of Our Understanding and depend on God  
15 through the good times as well as in the difficult times. Our Seventh Step reminds us that  
16 Humility is a good state for an addict to be in. Reliance on God enforces that we’re not  
17 alone, and that we can’t do this by ourselves through our own accord. Reliance replaces  
18 compliance as we continue this Constant Conscious Contact. We no longer just Work the  
19 Steps just to stay Clean, even though that is necessary, but we also Work the Steps to  
20 Experience the Spiritual Awakenings that the Principles make possible. Our Awareness  
21 helps us not to forget that in the midst of a storm, our Higher Power is there waiting and  
22 willing to help us.

23 *In the moment: We will not forget that the Power that got us clean is still with us, and will*  
24 *continue to be with us in this Journey, if we invite it.*

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**"We must change radically. If we are to continue absence we** 1  
**must be responsible, and productive, not necessarily in terms of** 2  
**normal definitions, but in terms of spiritual principal.** 3  
**Grey book pg. 121: lines 11-14** 4

Becoming a productive member of society is one of the benefits of this program. After 5  
getting and staying clean for a while, we begin to notice changes to our outside world. 6  
Becoming employable, and socially acceptable are a big change from a life that was 7  
dominated by drugs. Our book warns us that these things in and of themselves do not 8  
equal recovery. They are a benefit of recovery instead. So, it makes sense that to continue 9  
our newly found life we must maintain our recover. This is achieved by being responsible 10  
for our recovery. Taking an active role in our own recovery, by following the path that the 11  
N.A. Program lays out for us in the 12 Steps brings the spiritual nourishment into our lives 12  
that we need to remain abstinent and continue to be productive members of society. 13

*In the moment: I will take action, and be responsible for my spiritual conditioning, by fol- 14  
lowing the direction of the program, and my sponsor, and open my mind for spirituality in 15  
my life. I will be grateful for the benefits of doing this, including being a productive mem- 16  
ber of society, and living clean.* 17

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1           **"A lot happens in one day, both negative and positive, and if**  
2           **we don't take time to appreciate both, chances are we will miss**  
3           **something that will help us grow".**  
4           **Gray book pg 147 lines 24-26**

5 As using addicts a lot happened to us in one day, but most of it was negative and most  
6 of it was self-inflicted. In the past we never learned from our mistakes. We continued to  
7 repeat the same mistakes expecting different results. In some cases we knew what the  
8 results would be. When something positive happened to us we felt unworthy, so we didn't  
9 take time to appreciate it. We lived with the doom and gloom, and waited for the other  
10 shoe to fall off. After arriving to Narcotics Anonymous and started adapting our lives to the  
11 program we began to experience life, both the negative and the positive, this time clean.  
12 We heard from our predecessors that when we stop using we would feel better. They were  
13 right! Anger, fear, remorse, guilt and shame were felt better, lol. But, we also felt hope  
14 and freedom. Some of these feelings were long lost to most of us. What we experience,  
15 through living the spiritual principles of Narcotics Anonymous, is that we can learn from  
16 both experiences. We now could appreciate the negative because we can learn valuable  
17 lessons from it. We also learn to appreciate the positive, because now we feel worthy of it  
18 and use it as a touchstone to reality. This relationship with reality becomes our spirituality.  
19 In Narcotics Anonymous we share this precious gift of recovery and awareness with one  
20 another. We share that we don't have to use no matter what we're going through. We learn  
21 to survive our feelings and use our experiences as reference points for growth. We grow  
22 from each experience. We share the message of hope and the promise of freedom from  
23 active addiction with the others in and out of Narcotics Anonymous.

24 *In the moment; we will learn this too shall pass. We appreciate both negative and positive*  
25 *experiences. We will learn from them and share our feelings, thoughts and solutions with*  
26 *others.*

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***“At these times in our Recovery, the Third Step is our greatest  
source of strength and courage.”*** 1  
***Gray Book pg 39 Lines 20-21*** 2  
3

Life after drugs can sometimes seem tumultuous. Like the inertia felt when we first stop 4  
using drugs. It seems like everything catches up to us. At these times in our Recovery, 5  
our world seems to be falling apart. We cannot give up Hope, our Third Step decision 6  
was based on Trust. The Trust that the same Higher Power that removed our obsession 7  
to use, is still with us. Narcotics Anonymous is the eye of the storm. Remaining Calm is 8  
Trust In Action. In our Recovery, this is our Greatest Source of Strength. The Courage 9  
comes after we walk through fear, or despite the fear. Our Faith Grows as we Practice 10  
the Spiritual Principles of Narcotics Anonymous. The Evidence that All Will Be Well, 11  
Restores our Hope. We do the footwork, and we leave the results to the God Of Our Own 12  
Understanding. We Rely on this Power to Guide us through not only rough times, but 13  
also through the smooth times. The Tenth Step in our Gray Book says, “The line between 14  
where God does or does not help us is absolutely irrelevant.” This means that we Let Go 15  
and Let God, unconditionally, this is True Surrender. We as addicts are used to instant 16  
results, much like when we were using. Over time not overnight becomes our new mantra. 17  
Trust and Patience are Spiritual Principles that can also act as the anecdote for disease 18  
thinking. The pause between acting or reacting is an action of Faith. Sometimes when we 19  
don’t know what to do, the best thing to do, is nothing. We Pray and we continue doing 20  
the next right thing. We don’t stop to wait for the answer. We help others to get out of our- 21  
selves. God’s Will has its beginning at the end of ours. 22

*In the moment; We will Acknowledge that the Steps are the shortcut to God, and God is* 23  
*the shortcut to the Steps.* 24

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1            **"We are trying to achieve adequacy, not perfection; for perfection**  
2            **is a divine quality"**  
3            **Gray book pg 50 lines 7-9**

4 One of the spiritual principles we receive from working the Steps, is humility. Humility  
5 comes from the word human, to be human is to err. If we didn't make mistakes we  
6 wouldn't be human, therefore in Narcotics Anonymous we try to achieve imperfection, not  
7 to say we were perfect. The disease of addiction had us trapped in the idea that we had  
8 to be perfect. Many of us wouldn't try anything new, because we thought we would fail.  
9 Failure became the stumbling block that kept us from actually learning by taking risks.  
10 Afraid of the unknown, we retreated to our self-made prisons, our false sense of security  
11 and familiar pain. In Narcotics Anonymous and working Steps we learn is ok not to try to  
12 be to be perfect, Steps 5 through 7 teaches us that it's ok to be ourselves.

13 It's ok to be human, with our feet planted firmly on the ground. Steps 1, 2 and 3 shows  
14 us that we're not God and we can stop trying to be God, that job is already taken. We let  
15 go and let him, the results is that we become ourselves, we become humans, perfectly  
16 imperfect.

17 Perfection is a divine quality of our Higher Power, we need this Power to guide us, and  
18 care for us. We are never going to be perfect, by working Steps we reach points in our  
19 recovery, that our true value is just being ourselves, with all our flaws, it's ok to be human  
20 and learn from our imperfections. We no longer ease God out.

21 *Jft we will try to reach imperfection, we will strive for adequacy and self-acceptance, and*  
22 *in turn we learn to accept others.*

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**"Now we have learned that we can, and must, go to our Higher Power for help in solving problems"** 1  
**Gray book pg 80 lines 32-33** 2  
3

In active addition we depended on the drugs for all our answers. The drugs we used 4  
numbed us, and instead of solving our problems, they actually created new ones on top 5  
of the original problems. We had no control over this deadly dependence, we were pow- 6  
erless. We were actually slowly committing suicide, and we were on the path of destruc- 7  
tion. The Third Step describes us as if we were tornadoes ripping through our and other's 8  
lives. 9

The wreckage of our path is obvious after we stop using, we needed relief and no lon- 10  
ger were we turning to drugs for the solution. In desperation we sought help through 11  
Narcotics Anonymous. We sought relief through working the Steps, instead we found 12  
that our Higher Power not only offered relief, but also blessed us with the principles that 13  
offered solutions, and we could live by. Simple spiritual principles that we can practice in 14  
our daily lives. Our literature says, that the most important thing about them is that they 15  
work. Today we have a source we can turn to, we have a force of good that works in our 16  
lives, if we seek it. 17

We continue to seek this power in our Eleventh Step and learn to turn to it for all our 18  
needs. 19

*In the moment: we learn that we can't, he can, so let him.* 20

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1           **"Spirituality and sharing is the essence of our recovery"**  
2           **gray book pg 129Lines 4-5**

3 Our literature tells us that spirituality is a relationship with reality. In active addiction we  
4 didn't have a relationship with reality. We isolated from our feelings and we isolated our-  
5 selves every chance we got. Isolation is the exact nature of the disease.

6 Our world which once was so full and big, became smaller and smaller because of our  
7 drug use. The gray book says that, the loneliness will kill us inside and the drugs which  
8 always comes next, may do the job completely. This is the relapse process, by sharing  
9 the work, we've done in Narcotics Anonymous, we are able to keep this precious gift. In  
10 recovery we learn to have a relationship with God, ourselves, and then with others. This is  
11 our reality, this is our recovery. As we continue on this spiritual path we will come in con-  
12 tact with many addicts that are still suffering from the disease of addiction. We share our  
13 experience, strength and hope, so no addict need to ever die from the horrors of addic-  
14 tion. This is our Spirituality.

15 *In the moment: we will continue our relationship with reality, we will continue sharing this*  
16 *precious gift with all who seek it.*

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**“We now know if we pray to do God’s will, we will receive what’s best for us.”** 1  
**Gray Book pg 58 Lines 14-15** 2  
 3

When we first came in to Narcotics Anonymous, we were told that the only thing we had 4  
 to change was everything. This statement scared most of us, after all, we had built our 5  
 whole lives around addiction. Our wills were accompanied by our defects of character. 6  
 Our defects were the tools of the disease, they were our survival skills. The first defect to 7  
 go, was our use of drugs. Recovery was not possible unless we got clean first. Total and 8  
 Complete Abstinence was foreign to us, and we didn’t think it was possible. Our Second 9  
 Step was the Solution to the void Step One left. When our obsession was lifted we gained 10  
 Hope, that anything was possible. However, these defects were part of us, and we won- 11  
 dered what would we become if we let them go. This hesitation kept us sick, we were still 12  
 acting out. Many were still smoking cigarettes, which was ultimately hurting us. Some of 13  
 us were acting out sexually, blocking ourselves and others from recovering. Some of us 14  
 were still stealing and being dishonest in our interactions with others. We had to hit bot- 15  
 tom with these parts of ourselves, before we were Willing to ask for help. We Pray to our 16  
 Higher Power, who helped us get clean, to help us with this other stuff. As we Progress in 17  
 the Steps, we see that each Step requires a deeper Surrender. Freedom is our ultimate 18  
 goal, Freedom from drugs, Freedom to choose our own Higher Power. Freedom from 19  
 self, others, and the world at large. When we clear the wreckage that’s in the God Of Our 20  
 Understanding’s way, that Power can work in our lives. As we Pray and ask for Power to 21  
 carry out God’s Will for us, we see God’s Will is what we wanted for ourselves all along. 22  
 Who wouldn’t want Health, the means to make a Living, or a Family or Mate to share our 23  
 Lives. 24

*In the moment; We will align our wills with God’s Will and all will be well.* 25

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1                   **"We can stay clean by going to a meeting when we feel we do not**  
2                   **want one or need one".**  
3                   **Gray book pg 128 lines 5-7**

4 When all else fails we can always not pick up, we follow it up by going to a meeting. This  
5 physical act of surrender keeps us clean, saves our lives, and makes recovery possi-  
6 ble. Developing smart feet is our first step, because we get clean from the feet up. We  
7 have to bring the body and soon the mind will follow. Our Second Step tells us that it's  
8 the process of coming to believe that restores us to sanity, it's the actual action of going  
9 to meetings and sharing the solution to the problem, or listening for the solution as other  
10 members share their Experience, Strength and Hope. Our disease talks to us in a voice  
11 we don't talk back to, our own. This disease fools us into thinking that we don't need a  
12 meeting today. It makes us shift our priorities from recovery, and meetings, to work and  
13 families. Some of us forget that we only have those gifts because of recovery and clean  
14 time. We have to ask ourselves if recovery in Narcotics Anonymous still number one, or is  
15 it in the top forties this week.

16 *In the moment: we will put our recovery first by attending meetings, whether we need one*  
17 *or not.*

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<b>"We decide what our priorities are and envision life free from</b>	1
<b>defects".</b>	2
<b>Gray book pg 48 lines 3-4</b>	3

As using addicts, we depended on our defects for survival. In Narcotics Anonymous we	4
are doing more than just surviving through working these Steps, we are finding a new	5
way to live, rendering these defects useless. There's much work to do after we stop using	6
drugs. When we stop using, that might be the end of that life, but it's just the beginning	7
of a new life, one that does not include drug use. We also don't need the life style that the	8
drug use formed. As we practice principles in our lives our priorities change, no longer	9
are we living to use, and using to live. We get glimpses of what freedom without defects	10
can be, we get hope. As we trade our using tools for spiritual tools, we start to change,	11
we start to become entirely ready to practice spiritual principles.	12

Our Eleventh Step tells us that enforced morality lacks the power we get by practicing	13
spiritual principles, instead of waiting for pain to motivate us. The Sixth Step supplies us	14
with the key of willingness.	15

<i>In the moment: recovery will be our priority. We will feel hope with each principle we put</i>	16
<i>into action.</i>	17

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1                   **"We must change radically. If we are to continue abstinence we**  
2                   **must be responsible, and productive, not necessarily in terms of**  
3                   **normal definitions, but in terms of spiritual principal.**  
4                   **Grey book pg. 121: lines 11-14**

5    Becoming a productive member of society is one of the benefits of this program. After  
6    getting and staying clean for a while, we begin to notice changes to our outside world.  
7    Becoming employable, and socially acceptable are a big change from a life that was  
8    dominated by drugs. Our book warns us that these things in and of themselves do not  
9    equal recovery. They are a benefit of recovery instead. So, it makes sense that to continue  
10   our newly found life we must maintain our recover. This is achieved by being responsible  
11   for our recovery. Taking an active role in our own recovery, by following the path that the  
12   N.A. Program lays out for us in the 12 Steps brings the spiritual nourishment into our lives  
13   that we need to remain abstinent and continue to be productive members of society.

14   *In the moment: I will take action, and be responsible for my spiritual conditioning, by fol-*  
15   *lowing the direction of the program, and my sponsor, and open my mind for spirituality in*  
16   *my life. I will be grateful for the benefits of doing this, including being a productive mem-*  
17   *ber of society, and living clean.*

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**"We often miss what we are looking for because it isn't hidden. 1  
Most addicts have great insights and abilities that offset their 2  
weaknesses. Gratitude for our assets shouldn't keep us from 3  
growing in areas where we are weak." 4  
grey book pg. 80 lines 8-11 5**

Addicts love to complicate things. We over think, over analyze, and get lost in our own 6  
thinking. This can lead to not being able to see an answer that is starring us right in the 7  
face. The ability to channel our over analytical thinking into a positive, simple thought can 8  
often seem like an impossible task, and alone, for us it is. We need to keep recovery and 9  
the program of N.A. in our minds and hearts. This means that we must continue to grow, 10  
and improve in areas of our life that give us problems. After all, it is only by improving 11  
upon our weaknesses that we can lead a fuller life, and notice a change for the better. If 12  
we stop growing, we will notice a change for the worse in our lives instead. After finding 13  
out about some of our assets in our 4th Step, we can appreciate a little better the human 14  
aspect that shows us that we are not perfect. Learning to love, and nurture our good 15  
qualities is just as important as practicing to work on our less then desirable qualities, and 16  
defects. A balance between the two leads us to a constant moving forward down the path 17  
of recovery, and growth. 18

*In the moment: I will recognize my good qualities, and be grateful for them by also rec- 19  
ognizing that I need help in working on the areas of my life that cause me problems. 20  
Through the program of N.A., my support group and my God of my understanding I will 21  
seek a balance between the two. 22*

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1                   **"By the surrender of our own power, we gain a far Greater Power**  
2                   **that will see us through".**  
3                   **Gray book pg 58 lines 25-26**

4 In Narcotics Anonymous we are told that we have to surrender to win, that the fight is  
5 fixed. After tapping into this power in the Second Step, we become aware that we need  
6 this power to continue in our spiritual journey. The First Step says that when we admit  
7 our powerlessness and unmanageability we open the door to recovery. We learn that the  
8 opposite is also true, when we think we have power over our lives, we close the door to  
9 recovery.

10 The Eleventh Step tells us that when we pray a remarkable thing happens; we find the  
11 means, the ways, and energies to perform tasks far beyond our capabilities. We depend  
12 on this power to walk the talk. This Higher Power will also guide us and sustains us  
13 through life's tribulations.

14 *In the moment: we will surrender to win, we will continue to ask God for the power to carry*  
15 *out his will for us.*

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**"We have seen it work for everyone who honestly and sincerely  
 wanted to stop using."  
 Gray book pg 17 lines 19-20**

When were using drugs our minds and bodies were clouded, so we couldn't imagine a  
 life without drugs. Our whole lives were centered in addiction and we saw no way out.  
 Many of us thought we would die as using addicts and accepted this deadly self-imposed  
 death sentence. When we crawled to N.A. We heard from others that were just like us, but  
 weren't using anymore, that we didn't have to use anymore. We saw the evidence of clean  
 addicts living and enjoying life without the use of drugs. We saw addicts transformed into  
 different people than what they said they were.

These special class of people showed us that we didn't have to use anymore and we can  
 find a new way of life. By utilizing the spiritual principles of this program and the help of  
 others we could also receive this special gift. All we had to do first is surrender, first to the  
 disease and then to the program of N.A. We've seen it work for countless others and we  
 have hope it can work for us.

*In the moment: we see the evidence of addicts around us, living a life filled with joy and  
 hope. We also see, with the help of others, the work that this way of life requires.*

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1                   **"Relationships are a terribly painful area."**  
2                   **gray book pg 127 lines 33-34**

3 The disease of addiction is a disease of isolation, it's a disease of separation. During  
4 our active addiction any relationship we had with people deteriorated and finally died.  
5 Addiction separated us from our love ones, our friends and any type of employment we  
6 held. Our worlds became small and the only relationship we were left with was with the  
7 drugs. After a while even the drugs turned against us, with no where to turn to, we found  
8 our way to Narcotics Anonymous. After coming to N.A. We found out just how sick we  
9 were, we saw just how much our lives were affected by our drug use. Almost everyone we  
10 came in contact with were affected by our addiction. We caused a lot of pain to a lot of  
11 people, but most of all we were hurting ourselves. Today in Narcotics Anonymous. After  
12 working the Steps with our sponsors, we begin the process of making amends, we then  
13 begin to live differently, we start to form healthy relations with God, ourselves and others.  
14 Relationships, however, still seem to cause us pain when they don't work out, or we need  
15 to learn something from it and sometimes it's our greatest source of pain. In Narcotics  
16 Anonymous we keep changing through working the Steps, and we keep trying to build  
17 healthy relations with those around us. Today with the help of God there's hope.

18 *In the moment: although relationships can be a painful area, we will learn from our mis-*  
19 *takes and use them like Stepping stones for future ones.*

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**"We use the tools available to us, and because we do not want to  
lose any of what we have gained, we will want to continue in the  
program."  
Gray book pg 43 lines 13-15**

Our Twelfth Step reminds us to practice these principles in all our affairs. To continue on this journey, we must keep practicing these simple principles, not only did they changed our lives, but they also continue to make our recovery grow. As recovering addicts if we're not growing we are going. Our spiritual awakenings must be an ongoing process, so we must be constantly Stepping forward. Even if we're on the right track we must keep moving, because there's always another train coming.

Addiction is a progressive disease even while we're abstinent, our literature tells us that lack of using our tools is a sign of complacency. If we don't use what we have, we will lose it in the relapse process. Going to meetings, working with our sponsors and sponsees, and carrying the message to the suffering addict is part of it. The other part is actually practicing these spiritual principles in our personalities, and with the personalities of others. In all our affairs means everywhere we go. We especially have to practice these principles when others are not. The Fourth Step is the beginning of the remove and replace process, we must continue in this process. The God of our understanding will supply is with the power to carry it out.

*In the moment: we will make our recovery an on-going process, our daily reprieve will depend on this.*

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1           **"When we see how our defects exist in our lives and accept them,**  
2           **we can let go of them and get on with our new life."**  
3           **Gray book pg 47 lines 2-3**

4 Our gray book tells us that "we should approach old defects with patience and under-  
5 standing, for they served us well in days past."

6 What that means is that these defects were developed to save our lives in active addic-  
7 tion. Many of us would have killed ourselves if we couldn't use, we couldn't face life with-  
8 out the use of drugs, and we needed our defects to continue to use.

9 Letting go of character defects is like letting go of an old friend. This old friend served  
10 its purpose, so now it's time to let go and move on. We no longer need these old survival  
11 skills, for today we are doing much more than surviving, we're living. In the Sixth Step of  
12 Narcotics Anonymous we are ask to become willing to accept these defective traits and  
13 replace them with new spiritual traits. By working the previous Steps with a sponsor, we  
14 became entirely ready for this spiritual surgery. Part of this is readiness to accept our-  
15 selves with both assets and liabilities, part of this self-acceptance is also acknowledging  
16 what we lack. With this readiness and action, we make God an action figure in our lives.  
17 As long as we practice these spiritual principles embodied in the Steps, our defects will  
18 be minimized and sometimes lay dormant.

19 *In the moment: we will let go and acknowledge that our defects served their purpose.*  
20 *Today we are living and not just surviving.*

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**"Ours is a message of the spirit, not of words. Words can describe the process but not explain it completely." 1**  
**Gray book pg 157 lines 17-19 3**

The message of hope was felt from others, when we first came to Narcotics Anonymous. 4  
The message came more from the demonstration of the spirit, and actions, not words. 5  
Our Twelfth Step says that our message is meaningless unless we live it. As we feel 6  
the compassion of others toward us, our spirits start to awake and we start to heal. The 7  
empathy that others shared with us was a language all of its own. The nod of identification 8  
and approval we sought for so long, was given to us unconditionally without asking. For 9  
once in a long time, if ever, we felt part of, we were home. This wordless language from 10  
the spirit that was present in meeting, it was what we were always searching for, and we 11  
thought we found it in drugs. This was a different euphoria that we got from the drugs. 12  
What we found in Narcotics Anonymous was a sense of well being. This is the new way to 13  
live that our message mentions. 14

This spirit can only be attained through complete abstinence from all drugs, and can only 15  
be retained through constant practice of these principles. Principles in action is how our 16  
recovery grows, words can only explain it. 17

*In the moment: we will make our recovery more than just a theory, our spirits will do all the 18  
talking. 19*

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1                   **"Addiction is a disease which manifested in us at an interminable**  
 2                   **point in our lives."**  
 3                   **Gray book pg 13 lines 7-8**

4 After coming to Narcotics Anonymous we realize we were sick people, not bad people.  
 5 Addiction is a spiritual disease because it affects our relationship with God, ourselves,  
 6 others, and the world. In other words, it affects our relationship with reality.

7 When we arrive in Narcotics Anonymous we come in with different bottoms. Some of us  
 8 lost everything and everyone that we're in our lives. Some of us arrived with our families  
 9 and jobs still intact. Regardless how and why we got here, we lost ourselves and our  
 10 spirits visited the same horrors of addiction. In Narcotics Anonymous there's room for all  
 11 manifestations of the recovering person. When we identify and not compare, we develop  
 12 the language of empathy and are able to help one another. Everyone one of us had that  
 13 defining moment when we had enough, we surrendered. In Narcotics Anonymous diver-  
 14 sity is our strength, each one helps one, this is unity of purpose. We carry the message of  
 15 hope and freedom for all who seek it.

16 *In the moment: in Narcotics Anonymous if we don't remember our bottom, then maybe we*  
 17 *haven't had it yet*

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**"We take the Fourth Step to gain the necessary strength and insight to enable us to grow in this new way of life".** 1  
**Gray book pg 40-41 lines 29-30-1** 2  
 3

Fearless and moral are two words that are in our Fourth Step, these are positive words. 4  
 The Fourth Step has a reputation for being painful and shameful, when in reality it's the 5  
 most loving thing we can do for ourselves. The Fourth Step helps us remove the unneces- 6  
 sary personality traits that served us during our active addiction but are no longer neces- 7  
 sary for our new way of life. Working the following Steps helps us become different peo- 8  
 ple. Our personalities get a make over which allows us to be our true selves. We start to 9  
 be useful in our and the lives of others. Narcotics Anonymous make it possible to create 10  
 a new past, filled with positive experiences and life changing decisions. The reality of our 11  
 present, becomes our past in the future. This overhauling begins in the Fourth Step, this 12  
 is only possible with the help of the God of our own understanding, our sponsors and oth- 13  
 ers. Lost dreams start to awaken and the hopes that seemed impossible become possi- 14  
 ble and as we share this gift with others, it becomes a reality for us. 15

*In the moment: we will allow ourselves the privilege of change, we will look forward to* 16  
*self-appraisal.* 17

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1           **"By working the Steps, we came to accept our Higher Power's**  
2           **will and this acceptance led us down the road of recovery".**  
3           **Gray book pg 27 lines 8-10**

4 In Narcotics Anonymous the only thing we have to change about ourselves, is everything.  
5 When we first came to Narcotics Anonymous we were broken, our lives were in sham-  
6 bles. As we surrendered to the program we had to remain clean for anything to happen.  
7 By working Step One we opened the door to recovery, abstinence from all drugs left a  
8 hole in our soul. In Step Two we filled this void with the Narcotics Anonymous program.  
9 Tapping into a Higher Power relieved our obsession to use drugs, this Hope changed into  
10 Faith as we saw evidence of sanity in our lives, and in the lives of others. First we get right  
11 with God, then we get right with self, then we get right with others and finally we get right  
12 with the world at large. We continue this cycle of recovery on a daily basis as we practice  
13 these principles. We keep our recovery by sharing it with others, we re-enforce our recovery  
14 as we work with newcomers. We live life happy, joyous and free. We become powers  
15 of examples, and we give our Higher Power, all the credit. We are on the road of recovery,  
16 we do recover.

17 *In the moment: we will work the Steps, then the Steps work us, and finally we learn to live*  
18 *them.*

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**"There is only "one" requirement for membership, the honest desire to stop using".** 1  
**Gray book pg 15 What is the Narcotics Anonymous program?** 2  
**3**

An honest desire to stop using cannot be measured, therefore is left up to the individual whether the honest desire to stop using is a wish or a real desire. 4  
 5

Before coming to Narcotics Anonymous some of us wished we had a desire to stop using, the bottom line is that we had to get stopped. Some of us just got tired of being tired and sick, 6  
 7  
 8

Whatever the case we were accepted into Narcotics Anonymous. Our Third Tradition is focused more on the no matter what race, creed, sex, we all can be members, we are all equal to have access to this program, however, our literature reminds us that membership is not automatic when the addict walks in thru the door. It's an actual decision that has to be followed by embracing the spiritual principles of Narcotics Anonymous. It's much like meeting the requirements for membership to be a fire fighter. Once you meet the requirements, and are a member you're expected to fight fires. Requirement doesn't equal achievement, 9  
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Not using is the first step in our program. We need to follow this decision with action, that's the honest part. Aligning our actions to the truth. 17  
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*In the moment: we will welcome all as we were welcome, we will also show others the rest of the way.* 19  
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1           **"We tried countless other remedies---counselors, psychiatrists,**  
2           **hospitals, lovers, new towns, new jobs---everything we tried,**  
3           **failed".**

4   Addiction is a physical, mental, spiritual and emotional disease that affects every area of  
5   our lives. Our drug use was just a symptom of a much deeper problem. As long as many  
6   of us can remember we never felt complete, we always suspected that something was  
7   wrong, but didn't know what it was. We masked our feelings with things outside ourselves,  
8   thinking that it would fill our void, when that didn't work we used drugs to fill that void.

9   Drugs were the solution for a while, when the drugs caused us enough pain and suffering  
10  we turned to Narcotics Anonymous. After putting the drugs down some of us thought that  
11  we could still fill that void with things outside ourselves, we found ourselves physically  
12  clean but still suffering from the mental, spiritual and emotional pain that make up this  
13  disease. In the first three Steps we learned that we weren't Gods and had to find a Power  
14  that can relieve us of this insanity. Once we surrendered and turned our will and lives  
15  over to the care of that power we tapped into, we began to feel hope. Steps 4-12 treats  
16  this disease and gives us a daily reprieve. Practicing these spiritual principles, we begin  
17  to recover into a life that we can live happy, joyous and free without the use of drugs or  
18  anything to replace them.

19   *In the moment: we will learn that we suffer from a disease that affects us in more ways*  
20   *than just physically.*

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**"Many times, our efforts have produced in us feelings of peace  
and serenity that we have never known before".** 1  
**Gray book pg 58 lines 34-35** 2  
3

Most of us during active addiction can't deny that most of the time, we acted on self-will. Acting on our self-wills resulted in our lives becoming unmanageable. Coming to Narcotics Anonymous and making the descion in the Third Step, to turn our will and lives to the care of God, sounded like a big order. Some of us weren't ready for this alignment, some of us weren't ready to quit smoking cigarettes. Some of us didn't want to stop sleeping around with different sex partners. Some of us weren't ready to stop stealing and lying. The drug life style seem to follow us, even after we got clean. Only a complete change in our personalities would enable our recovery to continue to grow. Our spirits experienced periods of serenity only to be followed by periods of remorse, whenever we fell short, every time we took our wills back. 4  
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The longer we stayed in Narcotics Anonymous and worked the Steps, our conscious contact with our Higher Power increased. We found that as long as we prayed for God's will, we actually were getting what we wanted for ourselves all along. God's will for us is to continue to recover, to be of good health, to not be alone, and to be self-supporting. Our will for us, becomes God's will for us. We begin to experience long periods of joy and serenity, as long as we continue this conscious contact. 14  
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*In the moment: we know that as long as we continue doing God's will, our lives will be fulfilled.* 20  
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1           **"Some of us reach a point of complacency in recovery. If we stay**  
2           **at this level for long, the recovery process ceases and we begin**  
3           **to back slide".**  
4           **Gray book pg 127 lines 22-24**

5 Our literature tells us that addiction is a progressive disease, even as we continue to  
6 maintain abstinence. In Narcotics Anonymous we are granted a daily reprieve and that's  
7 depending on our spiritual maintainence that day. Complacency is the enemy of mem-  
8 bers with substantial amount of clean time. Early signs of complacency can be missing  
9 meetings, not working with others,

10 Not staying open-minded, and thinking we don't need to continue working the Steps. The  
11 process of relapse starts at this point, we become spiritually complacent and stop pray-  
12 ing and meditating.

13 We lose the power to practice these principles on a daily basis, we start to back slide.  
14 This process happens so subtle that we fail to notice it. We depend on our clean time to  
15 carry us through our day to day activities, our addiction starts to manifest itself in other  
16 areas that seems justifiable, like working a lot of overtime, or spending time with our  
17 families and not attending meetings for example. The longer we stay in this condition our  
18 recovery process ceases, and the relapse process begins. We have to remember our  
19 recovery comes first, or we will lose these precious gifts in a relapse.

20 *In the moment: we will realize that recovery is a process that requires daily work, and*  
21 *relapse is a process that requires no work.*

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**" Our egos used to control us in all kinds of subtle ways. For one thing, it seemed important for us to compete with others in almost all our endeavors. Some of us even refused to try something that we might not be the best at." grey book pg. 73 lines 4-7**

Living life run by our egos is a death trap for addicts. All our decisions, actions, reactions, and communication with society as a whole is determined by a thought process that tells us that we are better than everyone. This is not living. To compete with others in a sporting event, academically, or just for fun can be a healthy outlet for a well-balanced individual. This is not an addict that suffers from the disease of addiction. We must always feel we are better than everyone because we must feed the ego that controls us. It demands that we do. It wants to bring validity to the insane thoughts that are ruling our thinking. It enslaves us to be doomed to live life in a fantasy land that we can never escape. This process of ego also strengthens the addictions hold on us, and makes it more difficult to be open to a new way of life. One that can release us from the prison that our egos kept us locked tight in. Only after complete abstinence, and continually working a program in N.A. can we let the ego die a natural death over

Time. Each piece of our ego that dies leaves us with a little more freedom to become healthy happy and free.

*In the moment: I will take an inventory of my actions, and dealings with others. Am I trying to compete with those around me to feed an ego that I must learn to let go of. I will keep vigilante in my spiritual program through prayer, and be content in being who I am, a human being, instead of who my ego tells me I am.*

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1           **"Everything that occurs in the course of N.A. Service must be**  
2           **motivated by the desire to more successfully carry the message**  
3           **of recovery to the addict who still suffers".**  
4           **Gray book pg v third paragraph**

5 Our primary purpose is to carry the message to the still suffering addict, that's why we  
6 exist. For us to carry the N.A. message we have to have a message to carry. When we  
7 first come into Narcotics Anonymous we are told that a commitment will keep us coming  
8 back, and as a result we stay clean. That's service in a group setting, and that's in the  
9 beginning. That shouldn't be our primary motive once we are here for a while and start  
10 experiencing recovery. We start to share this precious gift with others. Service is one way  
11 of giving away what was so freely given to us. Our motive should be love, selfless service  
12 should be our true motive. We have to ask ourselves do we have service based recovery,  
13 or do we have recovery based service. Service might keep us clean, but are we recov-  
14 ering? Are we using service to take the place of Step work? Are we missing meetings to  
15 do Service commitments in service committees? Are we holding on to service commit-  
16 ments past our rotation term, because it keeps us clean? Is that what we mean by selfless  
17 service? Are we truly motivated to carry the message because we care for the suffering  
18 addict, or for our own selfish motives? These are the questions we should be asking our-  
19 selves to determine if our motives have motives.

20 Our service to N.A. Should be pure and not motivated by selfishness, money, power or  
21 prestige. As long as we keep our primary purpose up front we will reach addicts and save  
22 lives.

23 *In the moment: we will check our motives for doing service, we will make sure that our*  
24 *service is recovery based, and not service based recovery.*

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**"The fact that we require each and every group to focus on carrying the message provides consistency".** 1  
**Gray book pg 102 lines 21-23** 2  
3

The primary purpose of a group is more than holding meetings, the primary purpose of a Narcotics Anonymous group is to carry the N.A. Message to the addict that still suffers. Primarily we do it in our meetings, some members share the message and some members listen to the message. That's what should take place in our meetings. It means that everyone sharing should have some consistency in the message being delivered. That message is hope and the promise of freedom, we share solutions to the problems that plague us. In the Twelfth Step we carry the message as individuals, which can be interpreted by our personalities. But as a group our common theme should be the same, freedom from active addiction and the hope of recovery. That's our purpose and why we exist. All of our Traditions exist to protect our primary purpose. Our predecessors hard won experience proved over and over, that when they strayed from their primary purpose, their members died. The group is the most powerful vehicle to carry the message, so it's vital that we carry an unblurred message of Narcotics Anonymous. 4  
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*In the moment: the only requirement for membership is a desire to stop using, and the only requirement for a group is to carry the message.* 17  
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1           **"The program doesn't work when we adapt it to our life, we have**  
2           **to adapt our life to the program".**  
3           **Gray book pg 80-81 lines 34-1-2**

4 When we first come to Narcotics Anonymous most of us just wanted to stop using, we  
5 saw how drugs brought us to our knees in a state of despair.

6 We stopped using and we started to work some Steps with our sponsors. Soon our lives  
7 started to get busy, we were around our families more, some of us gained much needed  
8 employment, and some of us went back to school. We felt we had to make up for lost  
9 time. Many of us forgot that these new gifts were possible because we were in N.A. ,  
10 our whole life was centered in N.A. Then some of us forgot our priorities and put these  
11 gifts in front of our recovery. Narcotics Anonymous was no longer number one. We were  
12 too busy to attend meetings, call our sponsors, or carry the message to others. Many of  
13 us returned to active addiction, if we were lucky enough to survive and come back, we  
14 started to put our lives in Narcotics Anonymous, instead of putting Narcotics Anonymous  
15 into our lives. We learned that our lives had to be in the center of N.A. Not the other way  
16 around. Our recovery must come first, our lives hinges on this fact. We have to be always  
17 on our way to a meeting, we just have to stop and work first, we're on our way to a meet-  
18 ing we just have to see our families first, in other words we are always on the way to a  
19 meeting.

20 *In the moment: N.A. Will be in the center of our lives, everything else has to Revolve*  
21 *around N.A. Our recovery must come first in order to keep it.*

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**“The Twelve Steps of Narcotics Anonymous are a progressive recovery process established in our normal living.”** 1  
**Gray Book pg 147 Lines 31-33** 2  
3

The Twelve Steps and the Twelve Traditions are what makes up our Spiritual Program. 4  
The Spiritual Awakening that results from those Steps and these Traditions, are what 5  
makes Recovery possible. The disease of addiction affected every area of our lives. The 6  
Program of N.A. offers Spiritual Tools as the Solution to a life affected by the disease of 7  
addiction. Our Literature says that these are a set Principles that are written so simply 8  
that we can follow them in our daily lives. It also says that the most important thing about 9  
them is that they work. Narcotics Anonymous brings the dead back to life. Not only does 10  
it offer a New Way Of Life, it gives us a life we never knew possible. Narcotics Anonymous 11  
is the only proven Solution to a disease that has plagued the world for decades. For the 12  
Program to work, we have to Surrender to its Spiritual Principles. One of the first Spiritual 13  
Principles is Total and Complete Abstinence of any mind mood altering substance. The 14  
Program cannot work if our minds and bodies are clouded with drugs. As we practice this 15  
Living Program, our Spirits Awaken. We tap into a Power Greater Than Ourselves and it 16  
becomes our Greatest Source of Strength. The disease of addiction is fatal, incurable and 17  
progressive. We are granted a Daily Reprieve contingent on our Spiritual Maintenance 18  
and Sharing this Program with those who want it. 19

Our Primary Purpose in Narcotics Anonymous is to Recover and help others find this Way 20  
of Life. 21

*In the moment; We will Practice these Spiritual Principles in our Way of Living. We will 22  
Share this Way of Life with those who seek it. 23*

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1 **"When at the end of the road we find that we can no longer func-**  
2 **tion as a human being, with or without drugs, we all face the**  
3 **same dilemma...."**  
4 **Gray book pg 132 Chapter eight 3rd paragraph**

5 Before Narcotics Anonymous addicts had no where to go to get clean and recover. Most  
6 of us went to the bitter ends, jails, institutions, and death, or we used to degradation.  
7 Most addicts today still suffer these results, but today we have Narcotics Anonymous so  
8 addicts don't need to suffer or die from the horrors of addiction. Today's addicts are more  
9 fortunate, there's Narcotics Anonymous meetings in most neighborhoods. Meetings are  
10 available to all those who seek recovery from the use of drugs and the disease of addic-  
11 tion. The only price for admission is our suffering, when we get sick and tired of being  
12 tired and sick, we can benefit from what Narcotics Anonymous has to offer, a drug free  
13 life style with the opportunity for recovery, it's up to us no one is going force us to give  
14 up our misery. The Narcotics Anonymous program has worked for countless addicts who  
15 surrendered to the principles of this program. For the first time in man's history exists a  
16 solution to the age old problem in society of drug addiction, it's the program of Narcotics  
17 Anonymous.

18 *In the moment: we will show our gratitude for Narcotics Anonymous by sharing it with all*  
19 *that seek help.*

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**"God consciousness fills the empty place inside that nothing  
ever could before".** 1  
**Gray book pg 145 lines 19-20** 2  
3

For many of us drugs filled the void that our souls felt growing up, for a long time drugs 4  
were the solution. When we used drugs we didn't have to feel, so we didn't have to face 5  
our emotions. We needed the drugs to survive our emotions. 6

Then one day the drugs stop working and soon they turned against us. The more we 7  
used the bigger that void got. Nothing could fill that hole in our souls, making our lives 8  
and emotions unmanageable. Our usage caused destruction in our lives and in the lives 9  
of others. Living without the use of drugs can be just as painful, if that void isn't filled with 10  
spiritual principles. The purpose of the Steps is for us to establish a relationship with real- 11  
ity that doesn't include addiction. We tapped into this power in the Second Step, devel- 12  
oped a relationship with the God of our own understanding in the Third Step, and learn to 13  
live with this guidance in the Eleventh Step. This God consciousness fills the hole left by 14  
the disease of addiction and then we can find a new way of life. 15

*In the moment: we will fill that God void with God things, because nothing else fits.* 16

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1           **"Our egos used to control us in all kinds of subtle ways. For**  
2           **one thing, it seemed important for us to compete with others in**  
3           **almost all our endeavors. Some of us even refused to try some-**  
4           **thing that we might not be the best at."**  
5           **grey book pg. 73 lines 4-7**

6 Living life run by our egos is a death trap for addicts. All our decisions, actions, reactions,  
7 and communication with society as a whole is determined by a thought process that tells  
8 us that we are better than everyone. This is not living. To compete with others in a sport-  
9 ing event, academically, or just for fun can be a healthy outlet for a well-balanced individ-  
10 ual. This is not an addict that suffers from the disease of addiction.

11 We must always feel we are better than everyone because we must feed the ego that  
12 controls us. It demands that we do. It wants to bring validity to the insane thoughts that  
13 are ruling our thinking. It enslaves us to be doomed to live life in a fantasy land that we  
14 can never escape. This process of ego also strengthens the addictions hold on us, and  
15 makes it more difficult to be open to a new way of life. One that can release us from the  
16 prison that our egos kept us locked tight in.

17 Only after complete abstinence, and continually working a program in N.A. can we let the  
18 ego die a natural death over time. Each piece of our ego that dies leaves us with a little  
19 more freedom to become healthy happy and free.

20 *In the moment: I will take an inventory of my actions, and dealings with others. Am I trying*  
21 *to compete with those around me to feed an ego that I must learn to let go of. I will keep*  
22 *vigilante in my spiritual program through prayer, and be content in being who I am, a*  
23 *human being, instead of who my ego tells me I am.*

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**"The Twelfth Step of our personal program also says that we should carry the message to the addict who still suffers."** 1  
**Gray book pg 102 lines 26-27** 2  
3

Our Fifth Tradition states that our primary purpose of each group is to carry the N.A. 4  
Message. In our personal program we are also asked to carry the Narcotics Anonymous 5  
message in the Twelfth Step, we work with others on a one to one basis. Sponsorship is 6  
the most direct way that one addict helps another addict. Sponsorship makes it possi- 7  
ble to develop trust between us and another human being. For many of us this could be 8  
the first time we ever developed an intimate relationship with someone of the same sex. 9  
Someone who we can develop a true bond, with love and caring as the only true motive. 10

There's as many ways to carry the message as there are addicts, each one of us has our 11  
own personal style, no one style is better than the other, just different. 12

This diversity makes it possible to reach every type of addict from all walks of life. 13  
Carrying the message reinforces our program and helps us keep what we have. True love 14  
and service becomes our primary motive once we've been here awhile. The message is 15  
meaningless unless we're living it. We continue our conscious contact with our Higher 16  
Power and ask for the power to carry this out. We carry the message and God delivers it. 17

*In the moment: we will share this precious gift with others in order to keep it, and because 18  
we genuinely care.* 19

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1 **"Anonymity is the whole basis of the program; it is truly the foun-**  
2 **dation."**  
3 **Gray book pg 115 lines 13-14**

4 One definition of anonymity is to remain nameless, part of that means that we don't take  
5 credit for our recovery. We also don't take credit for helping others. The true motive  
6 should be good will, in other words, doing the right thing for the right reasons. As we  
7 become part of the whole in Narcotics Anonymous we learn that the whole is greater than  
8 the sum of all its parts. That means, although we are part of that whole, our contribution  
9 is selfless and that the power to carry that will out, comes from our Higher Power. We are  
10 here to serve Narcotics Anonymous. Service is for those we serve, yes it keeps us clean,  
11 but it shouldn't take the place of Step work and our personal recovery.

12 Everything we do in Narcotics Anonymous is for the still suffering addict and all the  
13 applause and credit goes to the God of our understanding. We are just messengers and  
14 vessels for delivering this God sent message. We can't keep this program of Narcotics  
15 Anonymous unless we share it with all who seek recovery.

16 *In the moment: we will remain nameless in our service work, we will not pat ourselves on*  
17 *the back for our recovery.*

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**"By opening the gates of our hearts, we become ready to receive  
the help we need."  
Gray book pg 37 lines 7-8**

Active addiction closed not only our minds, but it also closed our hearts. The drugs  
numbed us, and that's exactly what we wanted, we didn't want to think and we controlled  
what we felt, we closed our minds to anything but using, in the process our hearts also  
closed. At the end of the road, many of us wanted to die, but our desire to live was just  
a bit stronger, so in desperation we sought help through Narcotics Anonymous. Beaten  
into powerlessness we started to open our minds to try something different. In Narcotics  
Anonymous we saw the evidence all around us, other members were staying clean and  
enjoying life without the use of drugs. This opened-mindedness gave us the hope we  
needed to want the same for us. This hope propels our willingness to make a decision in  
the Third Step. Our

Literature tells us that this decision is not a mental decision, but a decision we make  
with our hearts. The Second Step made the opening we needed in our minds, now in the  
Third Step we open up our hearts to this power that we met. We now start to form a heart  
felt relationship with the God of our understanding. This opening of our hearts make us  
available to receive the help we need to continue on this journey of recovery in Narcotics  
Anonymous.

*In the moment: we will keep an open mind as well as an open heart, we will also share  
these spiritual principles with others.*

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1                   **"The strength to move into action comes from our Higher Power."**  
2                   **Gray book pg 37 lines 4-5**

3 After arriving to Narcotics Anonymous many of us saw addicts around us celebrating vari-  
4 ous amounts of clean time, and most of them living happy, joyous and free.

5 This attraction of the program at work moved us to also want this precious gift in our lives.  
6 We soon found out that recovery in Narcotics Anonymous was more than wishing, it was  
7 more than just admitting our powerless, words alone could not keep us clean for long,  
8 never mind recovering. We soon learned that hope without action turns into despair, leav-  
9 ing us in the same condition, that we first arrived in. Our powerlessness forces us to seek  
10 a power greater than ourselves that will help us with the obsession part of the disease.

11 The process of restoration to sanity involves the actions that are suggested to us when  
12 we first got here, they called them suggestions, which are really subtle demands. These  
13 actions are a demonstration of faith. We seek the power to move forward in our recovery,  
14 from the source we tapped into in the Second Step. A loving, caring power greater than  
15 ourselves.

16 *In the moment: we'll practice reliance as oppose to compliance, we'll seek this power to*  
17 *move us into action.*

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**"When someone points out a shortcoming, our first reaction is one of defensiveness."** 1  
**Gray book pg 49 lines 24-25** 2  
3

Our basic text tells us that we are each other's eyes and ears. That's because I can't see my own eyes and ears, but I could see yours and you can see mine. The same applies to our assets and liabilities, sometimes it's difficult for us to see our attitudes and behaviors, but others can. In Narcotics Anonymous we suffer from the same disease and we can see each other coming. We may, in our journey react negatively if someone points out a shortcoming, or we may downplay a compliment when it is given to us. Both reactions is a result

Of low self-esteem. As we share this journey, we see each other at our best and at our worst. We learn how to empathize with each other and offer each other our experience, strength and hope. When we approach each other to offer our help, we do it with love and compassion, not with judgment and criticism. We share our experiences and our solutions, more importantly we share hope and understanding. No matter how long we've been in recovery we are still human and will make mistakes. Our Seventh Step offers a way out, through God's forgiveness, as we ask him to remove our shortcomings. This act of humility helps us to open our hearts when others fall short. As we develop patience and tolerance with ourselves, we practice these principles with others.

*In the moment: we will let our guards down and let our fellow members in. We will honor each other's suggestions, when it's done with love.* 20  
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1           **"As we recover we will often find ourselves saying and doing**  
2           **things that suddenly make no sense to us. Even if we've been**  
3           **doing them for years. We literally see our mistakes"**  
4           **Grey book pg. 83 lines 26-28**

5 Our old ways of living life have to go. When using we pick up a whole arsenal of "survival"  
6 mechanisms, that help us while we are living that lifestyle of insanity, chaos, and drug  
7 induced behaviors. These behaviors help us to survive in a lifestyle that will always lead  
8 to jails, institutions, and death. The problem is the journey to these ends can be a long  
9 and hard road with many years of suffering. Once we make it to the program, and get and  
10 stay clean for a while, we notice a

11 Fog lifting from our minds, and can see the world a little clearer. Some of the natural  
12 behaviors that we have spent so many years developing now have no place in our new  
13 life. This is a part of the recovery process, is learning to let go of these behaviors, and  
14 the defects that cause them. After doing a little work on ourselves, we will have the ability  
15 to be aware of these behaviors as they are happening, after they have happened, and  
16 eventually before they happen, so we now have a choice to change that part of ourselves.  
17 Continued growth in the program, along with time clean from all drugs will enable us to  
18 eventually drop these old behaviors and replace them with new behaviors founded in  
19 spiritual principles.

20 *In the moment: I will ask God for help to not act out on old behaviors, and to be mindful*  
21 *of my actions. I will be grateful for the growth that I have in my life today, and continue to*  
22 *ask for help, so that I may continue to grow into new spiritually based behaviors towards*  
23 *others, and myself.*

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**“We keep what we have only with vigilance....”** 1  
**Gray Book pg 87 Chapter Six header** 2

Vigilance means to stay alert. Just like soldiers keep watch that the enemy doesn't advance, we as addicts that are Recovering from the disease of addiction must also keep watch. We watch that the disease of addiction doesn't advance and claim more Spiritual Territory. We Work and Live the Spiritual Principles of the Steps and Traditions as we renew our Commitment to our Recovery on a daily basis. 3  
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Our Daily Reprieve is only contingent on this Spiritual Conditioning. This Daily Surrender to the Program of Narcotics Anonymous leads to a Spiritual Awakening. Our Spirits can also go back to sleep if we're not vigilant. Narcotics Anonymous as a whole also has to stay Vigilant. The Traditions are our first line of defense. Practicing our Traditions in our Groups and service committees keeps the disease from infiltrating our Groups and service committees. These Principles are our soldiers on a battle field keeping the enemy from conquering and destroying us. Our Traditions protect us from ourselves and outside forces. Our Higher Power is our only Ultimate Authority. This Good Orderly Direction and adherence to these Principles will keep us alert and assure our survival. 8  
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*In the moment; We keep our Spirits Awake and Vigilant by the application of the Principles of Narcotics Anonymous.* 17  
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1           **"We may tire mentally in repeating our new ideas and tire phys-**  
2           **ically in our new activities, yet we know that if we fail to repeat**  
3           **them we will surely take up our old practices."**  
4           **grey book page 118; from the italicized header (no line number)**

5 These words can be among the oldest and most valuable that our experience has pro-  
6 duced. We will all experience "the old bugaboos" at some point in our recovery. This lets  
7 us now we do not have to act on these feelings.

8 But the truth is, we are human. Many of us will, at some point in our recovery, slack off  
9 on those daily activities that keep us clean. At some point many of us do take up our old  
10 practices. Thankfully, taking up our old practices is about behavior. Whether that behavior  
11 is trying to control and taking on too many service commitments, or hiding out and doing  
12 nothing we begin to behave in old ways long before we lose our clean time. We don't  
13 have to get to the final stages of relapse (using) to correct our behaviors. In fact, we will  
14 not "think" our way out of these lulls in our recovery. Only the surrender and actions that  
15 got us clean in the first place will help us maintain and grow our recovery. This is what  
16 we mean when we say, "we can't think our way to better living, we have to live our way to  
17 better thinking.

18 So, what do we do? We simply do. We put one foot in front of the other and trust the  
19 process that has given us so much thus far. Maybe that means we pick up our Step work  
20 again. Maybe it means we start attending meetings more regularly. Maybe we have not  
21 been praying. Maybe we call our sponsor. Maybe we even start writing those meditations  
22 for a literature project we promised we would contribute to all those months back.

23 The grey book and our basic text both go on to tell us that these times can be the peri-  
24 ods of greatest growth in our recovery. Whether they spell our growth or our destruction  
25 depends entirely on our behavior - will we surrender or take our will and our lives back?

26 *In the moment: I will put one foot in front of the other. I will live the Steps and Traditions to*  
27 *the best of my ability. I will share my pain with my sponsor and my experience, strength*  
28 *and hope with the still suffering addict. I will remember the program that got me clean is*  
29 *the program that will keep me clean.*

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**"Slow down and live life."  
-grey book page 130; line 30**

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In active addiction, we ran from life. We medicated life. We tried to convince ourselves we celebrated life. We definitely manipulated life. Sometimes we even tried to keep up with life. Eventually we hid from life. We were unable to enjoy life without the use of drugs. Even then, what we thought was enjoying life was really just another lie. What started out as "getting high", eventually became "getting loaded", and finally turned into "getting by".

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It is little wonder that when we come into recovery we do things differently. "we become acceptable, responsible, productive members of...society". Many of us take on new responsibilities both in and out of N.A. We learn how to be a spouse, significant other, parent, sibling, friend, daughter or son. In the course of actually "living life" we can very easily forget to slow down. Sometimes we can get so caught up in "doing life" that we forget to "live life".

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Sometimes we find many of the same problems or defects of character haunting us in our clean time that brought us to our knees when we were using. We can get divorced, lose custody of children, destroy relationships and lose jobs as a direct result of our behavior, even while clean. At some point we realize some of the labels we may have been proudly wearing, like "work-addiction " or "service junkie" may not have been as healthy as we first thought. We come to realize that maybe being a "junkie" or addict was the problem, not just the drugs. We continue our restoration to sanity as we realize the disease of addiction is about our behaviors, not just the substances that were the most glaring symptoms.

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When we apply the Steps and Traditions were being able to slow down and see what is really important. We are able to let family members have responsibilities and let other addicts do some service. We no longer need to be in control and run the entire show. At some point, as we live the Narcotics Anonymous program, we are able to "slow down and live life".

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*In the moment: I will give myself a break. I will not just do life; I will live it. Through the Steps and Traditions of N.A. I will enjoy the life I have been given.*

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**“There are no musts in N.A.”** 1  
**-grey book, various locations** 2

Are there really no musts in na? Doesn't our literature constantly tell us we must do x if we 3  
want y? Aren't our Traditions non-negotiable? 4

All of these statements are, in fact, true. No one is going to make us do anything in N.A. 5  
Our Steps are strongly suggested as a program of recovery because most of us know we 6  
would not stay clean without them. When we apply the Steps in our life we find a way to 7  
be happy, joyous and free. 8

As we read our literature we are reminded that if we want what others have we must be 9  
willing to do what others have done. No one is going to force you to live clean, be happy, 10  
or follow spiritual principles these are things that are found on your own. 11

We have tried it all and found that this is the only path that will lead to freedom. If you 12  
made it this far, you too have spent a lifetime searching for an answer. We are merely 13  
offering you our solution. 14

There truly are no “musts” in N.A. – only the hard-won lessons we learn when we fail to 15  
live by the spiritual principles found within our Steps and Traditions. The lessons learned 16  
from the consequences of our actions are not imposed by a punishing God. They are the 17  
result of a loving Higher Power who grants us total creative freedom and allows us to feel 18  
and learn from the natural results of our choices – good or bad. This is the way in which 19  
we grow spiritually, mentally, and emotionally in Narcotics Anonymous. 20

*In the moment: the good news is we don't have to suffer. When we say we must do “this” 21  
to attain “that” it is merely that we may accept or reject any suggestion intended to help 22  
us avoid the pain of repeating our previous mistakes. 23*

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1                   **“We want to get free of our fear, but we don't wish to do so at the**  
2                   **price of anyone. It is very important that we take guidance from**  
3                   **our sponsors or spiritual advisors in this matter.”**  
4                   **-grey book, page 52, line 25**

5 In relation to the 9th Step and has been said by our fellow-addicts, "the Steps are in order  
6 for a reason". Many of us have rushed into amends, only to make the same mistakes  
7 again or even done further damage in what we thought was the amends process.

8 If we have worked the Steps that precede Step Nine and applied those principles in our  
9 lives, in most cases, our amends will be fairly obvious.

10 When things are not so clear we need the guidance of our sponsor the most. We seek  
11 the guidance of our sponsor to help us identify those times when we are simply avoid-  
12 ing making tough amends or seeking to relieve our own guilt at the expense of others. A  
13 sponsor can help us see situations clearly in which direct amends could be harmful. We  
14 may then identify ways in which we can make amends indirectly. When we cannot relieve  
15 the burden of guilt through direct amends, it does not

16 Mean we have to risk relapse by failing to take some sort of action. Even if we cannot  
17 completely relieve ourselves of the guilt we feel from past actions, we can begin the pro-  
18 cess of alleviating it. We do not need to be prisoners to our past actions.

19 We began the process of freeing ourselves of shame through Steps four and five. In Step  
20 Nine we can be relieved of true guilt and genuine remorse by taking action which does  
21 not create more wreckage.

22 *In the moment: I will use my sponsor. I will seek spiritual direction before deciding which*  
23 *amends should or should not be made directly*

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**“Something inside us said, 'no more.' we had begun to have** 1  
**silent thoughts that maybe the dope was killing us.”** 2  
**-grey book page 3, line 30** 3

Many of us used for years and did not realize we had a problem. Even when we became 4  
aware that something was wrong, most of us could not accept we were addicts. Just as 5  
recovery is a process, and not a single event, so too was this realization. Seeds began to 6  
germinate and this allowed recovery to become possible. 7

We may have realized drugs were shortening our lives, but we had no desire to stop 8  
using. Perhaps some of us thought that one day we would have an epiphany, get religion, 9  
or just grow up and make a decision to change. Deep down, we may have already known 10  
we lacked the power to do so, even if we hadn't quite admitted it to ourselves on a con- 11  
scious level. 12

Many of us continued using long after we realized we had lost control, or that we were 13  
slowly dying or risking overdose. Some of us were fully aware that we were addicts and 14  
still continued to use. 15

The reasons we continued to use may be as varied as each individual addict. Some of 16  
us knew we were addicts but saw our lives as manageable, only vaguely aware that our 17  
using might be the cause of our problems. Others knew their lives lacked even a passing 18  
resemblance to manageability. Some of us knew our drug use was only a symptom of a 19  
larger problem. We were unaware that the cause of our symptoms was a disease called 20  
addiction. 21

No matter what, the process was that opened our minds to recovery we all came to the 22  
same realization, we lacked the capability to stay clean. This realization actually made our 23  
recovery possible. 24

*In the moment: through N.A., I have a choice. Having admitted that the drugs were killing* 25  
*me, I can finally surrender to the N.A. Program. When I follow it to the best of my ability, I* 26  
*can finally begin living!* 27

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1                   **“Grey book “not from preaching nor from judgement, but from**  
2                   **sharing our experience, strength and hope do we recover.”**  
3                   **Grey book, chapter five, page 83, lines 4-6quote”**

4 Meditation....when we did hear others share, we usually heard about their struggles, their  
5 mistakes, and what they did to find a new way to live, free from guilt, shame, and active  
6 addiction. When we got to Step Three, we were further relieved to learn that no one was  
7 going to force their religion on us. In fact, the God of our own understanding did not  
8 mean the God we grew up with, or the conception of God many of us had when we first  
9 came in. And what a relief! Not too many of us came in with a very healthy conception of  
10 a Higher Power, if we had one at all. As we progressed through Steps four and five our  
11 sense of relief only increased as we learned we not only got to figure out our own sexual-  
12 ity and our own moral code, but that no one was going to prescribe it for us. As long as  
13 we were not hurting other people, it seemed we could be comfortable with who we were  
14 and confident in who we were becoming as we formed our values and realized what they  
15 were. Some of us made decisions to give up old behaviors, while others realized things  
16 they had judged themselves mercilessly for in the past were the result of shame, and  
17 having someone else's moral code forced on us. We may have had both experiences, or  
18 even run the gamut on a single issue as our recovery progressed and evolved. What an  
19 undeniable feeling of freedom to realize that, maybe for the first time in our lives, we were  
20 becoming capable of making adult decisions and defining who we were, with the help of  
21 a loving Higher Power.

22 *In the moment: I will not preach the N.A. Program, nor will I judge other people or moral-*  
23 *ize with my fellow addicts. I will share my own personal struggles and what I did to find a*  
24 *new way to live in happiness...clean! I will be grateful for the gift of choice and, through*  
25 *sharing my experience, strength and hope, make this same gift available to others.*

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**“As we become more closely involved with others we will learn to share our pain and it will lessen.”** 1  
**-grey book, chapter four, Step Twelve, page 68, lines 33-34** 2  
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Many of us come to N.A. very guarded. In our old way of life vulnerability equated to weakness, and weakness, to our sick way of thinking, equated to death. Many of our fears were well founded. After all, in our active addiction, being vulnerable opened us up to the predatory behaviors of others in active addiction. The few times we allowed ourselves to open up, we got burned. Whether our dealer was a respectable doctor prescribing us our drugs-of-no-choice or we literally lived on the street, many of us lived by the code of the street: we must show no weakness in order to survive. 4  
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In reality, nothing could be further from the truth. Our inability to be vulnerable was keeping us sick. Refusing to admit our weakness was, in fact, killing us. 11  
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In recovery we learn to open ourselves up to those who truly want to help us. We learn, first hand, that "the therapeutic value of one addict helping another is without parallel". We learn to trust, and we learn to be trusted. We may even learn that people in N.A. are sick; just like we are. On the rare occasions someone 13  
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Violates that trust, we learn it is not fatal. We may even feel a certain sense of empathy toward the offender, for we know too well what it is like to be in that sick state of mind. We can even be grateful in such situations for the opportunity to practice the principles of our Traditions. 17  
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*In the moment: I will have faith in someone in N.A. who believes in me and wants to help me in my recovery. My thoughts will be on people who are not using and who have found a new way to live. I will share my pain and my recovery with these new associations. I will embrace the gift of vulnerability, realizing I truly have nothing to fear.* 21  
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1           **“At the end of our using, we were consumed with terror and**  
2           **despair. We knew for sure that we were dying and many of our**  
3           **friends were already dead. No one can explain the incredible**  
4           **fact that addicts, hopeless in their addiction, can reach for and**  
5           **receive help in Narcotics Anonymous.”**  
6           **Grey book pg. 136 lines 21-26**

7 It's a little talked about part of our addiction. We who knew it all, and could do anything  
8 in our own insane thinking, were reduced to a level of existence that was little more than  
9 just surviving. We were so good at masking what was really happening, by convincing  
10 ourselves that we were still in control. Deep down though, we did in fact know that we  
11 were killing ourselves, but would hide this from ourselves, by consuming more drugs,  
12 and diving even deeper into the despair. It's a cycle that cannot be broken by will power  
13 alone. How many times had we tried to change early on, by telling ourselves, that after  
14 this time thing would be different, or that's it, I'm finished, no more? Only to repeat the  
15 same actions and drug use that brought us to that point in the first place. It does seem  
16 an impossible task after many years of repeating these same failures over and over. After  
17 a while, we succumb to the fact that we are forever doomed. Dying from our addiction  
18 becomes a stark reality that many of us welcome after years and years of suffering. This  
19 is a reminder to us that we are truly blessed to be alive today. The miracle happens for a  
20 sick and suffering addict when they reach out to the N.A. Program for help, and for the  
21 first time are able to break the vicious cycle of addiction, that would surely lead to death.  
22 N.A. offers us life instead.

23 *In the moment: we will be a part of living instead of dying. We will be, to the best of our*  
24 *ability, participants in the blessing of this new life, by keeping on the right path. We will*  
25 *be available to other addicts needing help, and remind them, that they do have a choice*  
26 *today, if they reach out for help, they can choose to live.*

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**"As long as the ties that bind us together are stronger than those  
that would tear us apart, all will be well."  
Gray book pg 87 header 2nd paragraph**

Addiction makes us one of a kind, fortunately there are a lot of us. The disease of addiction is what draw us together, but it's recovery in Narcotics Anonymous that keeps us together. The principles in N.A. Is the glue that forms this bond, our common purpose is what brings us together, it makes unity possible. The disease of addiction is what will tear us apart, a recovering addict by themselves is bad company. We keep what we have by sharing it with other suffering addicts, this is our primary purpose. Unity of purpose is what creates unity in action. Addicts individually working the Steps, Traditions, and having a relationship with the God of their own understanding is what keeps the disease from tearing those ties apart. That's why unity is a must, if we are to survive. No individual is more important than the group, and no group is more important than Narcotics Anonymous. Anonymity in the First Tradition makes it impossible for personalities to come before principles. That means that the needs of the group comes before our individual needs, or fears. What's good for the group is usually good for the individual. The meetings is where recovery happens for us, we are drawn together from all walks of life. The Traditions are the safeguards to keep us feeling safe and where we feel like we fit in. That unity depends on how well we follow our Traditions. We practice these principles in dealing with each other and with society at large. This prevents internal and external forces from disuniting us. This makes our recovery possible and the primary purpose to stay primary.

*In the moment: we will not put our individual fears and needs ahead of the group, we need the group to survive.*

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1           **“We are able to love the unlovable, and discover self-acceptance.**  
2           **We are not likely to create problems in our daily living. We finally**  
3           **realize that we have a choice in the matter of our lives.”gray**  
4           **book pg. 21 lines 21-25**

5 Let's face it, we are not the most loveable people at the end of our addiction. We get  
6 clean, and start the process of going to meetings, and being around other addicts like  
7 ourselves. We are hopefully, coming out of the lifestyle that kills many of us, and our frac-  
8 tured personalities haven't even begun to heal. To be accepted in the rooms is one of the  
9 most important part of keeping us coming back. How many times in our lives, did we try  
10 and fit in, only to be rejected?

11 Most of us have developed this pattern since grade school, or as soon as we started to  
12 mingle with other kids our age. We would rebel against the idea of needing anyone, as  
13 we self-medicated to hide the pain we felt when we were not accepted. We eventually  
14 would hide behind the drugs., yet disguising that desire through the lie that told us that  
15 we didn't want or need anyone's help, approval, love, or acceptance. One of the free-  
16 doms we experience from living a life without drugs, is the comfort of being accepted in  
17 our families, and society as a whole, if we choose to participate constructively. Another  
18 freedom we gain from N.A. is being able to make that choice today. Only through the love  
19 and acceptance that we get from the Fellowship do we gain the necessary foundation to  
20 move through other areas of our life without the fear of making the same mistakes that got  
21 us here in the first place.

22 *In the moment: we will love the addict coming in the door. We will put aside our differ-*  
23 *ences, and welcome them into the program that has given us back our lives'*

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1           **"If the word God bothers you, as it did many of us in the begin-**  
2           **ning, substitute recovery, good, love, N.A. , peace or anything**  
3           **positive, just as long as you mean it."**  
4           **Gray book pg 38 lines 7-9**

5 As using addicts many of us cried out to God through fox hole prayers, we called out  
6 to God when we were running out of drugs, or caught by the police. Some of us never  
7 believed in God at all. When some of us came to Narcotics Anonymous we had trouble  
8 accepting God as an entity.

9 Some of us suffered guilt from the things we did in active addiction, that the mention of  
10 God frightened or shamed us, so we rejected God. Some of us had God shoved down  
11 our throats as children so we were closed minded at first. The First Step assures us that  
12 we're not God, and to stay clean and recover we would need a power greater than our-  
13 selves, and it wasn't us, for recovery to work. This power that we needed to tap into, in our  
14 Second Step, removed our obsession to use drugs, and helped us with our thinking. This  
15 power didn't have to be God as religion understood it. We used the group collectively,  
16 we chose to follow the principles of Narcotics Anonymous. We chose whatever power we  
17 wanted, as long as it was loving, caring, forgiving, and outside ourselves. The Second  
18 Step reminded us that the process of coming to believe, is what restores us to sanity. So,  
19 it's the actions we do is what restores us. Going to meetings, doing service in a group,  
20 reading literature, and taking suggestions from our sponsors. These actions are a power  
21 greater than ourselves and can relieve our obsession to use drugs and helps us with our  
22 thinking. We have to be honest with our belief for it to work.

23 G-ood, o-rderly, d-irection seems to work for some us. For others it was the G-ift, o-f, d-es-  
24 peration. Whatever it is we have to mean it.

25 *In the moment: we will choose a God of our own understanding, we will be honest with*  
26 *that belief, by doing the action.*

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1           **"In working the Steps, we need to come to depend on a power**  
2           **greater than ourselves. We continue this relationship and utilize it**  
3           **for our group purposes."**  
4           **Gray book pg 93 lines 14-16**

5 We needed a power greater than ourselves to get clean and stay clean. We continued to  
6 develop a relationship with this power that restored us to sanity and removed our obses-  
7 sion to use. We turned our thinking and living over to the care of our Higher Power to con-  
8 tinue in this process we call recovery. This process happens, or should happen to every  
9 addict seeking recovery and working the N.A. Program. This conscious contact becomes  
10 our God consciousness, which we developed to show us how to live and guided us in  
11 our recovery. We continued this relationship and utilized it for our group purposes. This  
12 ultimate authority manifests itself through each one of us, and a decision is made through  
13 the group's collective God conscience. True group conscience is depended on each  
14 individual having a conscious contact with the God of their understanding. If the majority  
15 of the group members lack this relationship with their Higher Power, then what you have is  
16 group opinion. Decisions based on individual opinions are not for the greater good of the  
17 group and/or N.A. Drives us away from our primary purpose. When we divert from our pri-  
18 mary purpose, addicts die, and some will never find this life saving message of Narcotics  
19 Anonymous. Anonymity in our Second Tradition reminds us that no one member is more  
20 important than the group. Our group decisions should come in front of the needs of any-  
21 one individual. This decision is guided by a loving God as it expresseses itself through  
22 our group conscience. Our trusted servants do not govern.

23 *In the moment: we will continue to rely on the God of our understanding in all our deci-*  
24 *sions, including our part in the group conscience.*

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**"An addict who does not want to stop using will not stop using.  
They can be...beaten, locked up or whatever; but they won't stop  
using until they want to."  
Gray book pg 97 lines 18-22**

Our Third Tradition tells us that desire is the basis of our recovery. Without the desire to stop using we are doomed. When we first arrived to Narcotics Anonymous we just wanted to stop hurting, most of us were sick and tired of being tired and sick. Some of us came in through the direction of the law enforcement, and some of us were directed by our families, or jobs. Either way, after a while, if we weren't here for ourselves we didn't stay. The pain for us had to reach a point, that we're willing to surrender, first to the disease, that means we had to accept we had a disease, and then we had to surrender to the solution, Narcotics Anonymous. In the past addicts were put in jail hoping they would stop using, it didn't work, as soon as the addict was released, they returned to using again. Addicts were given medication in hope that the addict would lose the desire to use drugs. Some addicts were told to try religion, in hope they would find God, and stop using drugs. None of these methods worked for us. What worked for us was an honest desire, originating in our hearts not our minds to stop using. Our hopelessness is what brings us to Narcotics Anonymous. Hope is what keeps us here. Narcotics Anonymous was the last house on the block. That desire had to turn to desperation for us to first come here, and then to stay. We had to be completely beaten by our own spirits, for us to submit. When we finally surrendered, we were willing to try a different way. Finally, we found a new way to live, a life we never ever could had conceived of. Welcome to Narcotics Anonymous.

*In the moment: we will keep our doors open, jft we will fan the flames of desire for the suffering addict coming in.*

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1           **"All too many times, doctors who meant well, but did not know of**  
2           **our disease, enabled our addictions"**  
3           **Gray book pg 10 lines 13-14**

4 Some say that the most dangerous place for an addict to be in, is not in the club or the  
5 bar. The most dangerous place for an addict to be in, is in a doctor's office. Ironic as that  
6 sounds, it's been proven over and over that a number of our members returned to active  
7 addiction after receiving medication from doctors. Addiction is a physical, mental, spiri-  
8 tual and emotional disease. Trained professionals learned about medicine and diseases,  
9 but addiction is mostly a spiritual disease that affects us physically and mentally. Today's  
10 doctor's still have very little knowledge about addiction, a ten hour course cannot make  
11 anyone an expert. We in Narcotics Anonymous who have recovered from this state of  
12 hopelessness, are experts in our recovery. We spent years and years in active addiction,  
13 so we have plenty of experience in the disease also. Our experience shows that a spiri-  
14 tual malady needs a spiritual solution. We can't treat a spiritual disease with chemicals.  
15 Although doctors mean well, they actually contribute more to the problem than the solu-  
16 tion. Related facilities and treatment centers often treat only the symptom of the disease,  
17 which is the use of drugs. Their cure is abstinence, and more recently partial abstinence.  
18 We can't use drugs to get off drugs, and we can't treat our spirits if our bodies and minds  
19 are still clouded with drugs. Narcotics Anonymous has been proving itself for decades, as  
20 the best treatment for the disease of addiction. Our program offers more than just absti-  
21 nence, it offers a spiritual awakening with every Step. The relationship with others and our  
22 Higher Power proves to be our greatest blessings.

23 *In the moment: we respect and trust the medical field with our health issues, but our dis-*  
24 *ease of addiction we trust the Narcotics Anonymous program.*

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**"Through our inability to accept personal responsibilities we  
were actually creating our own problems"** 1  
2  
**Gray book pg. 23 header first paragraph** 3

First we used drugs, then drugs use us. What started out as fun, we thought, and recre- 4  
ation ended up being all we thought about. As our disease progressed, it became a pri- 5  
ority in our lives. Getting drugs and using drugs came before our families, it came before 6  
our jobs, and soon enough it came before us. Our whole life was centered in drugs. As 7  
we used to live and live to use, our personal responsibilities were neglected. Our unman- 8  
ageability was apparent to those around us, it seems that we were the last ones to know 9  
that we could have a problem. Our days consisted of constant squabbles with our love 10  
ones, some of us became unemployed, and some of us were incarcerated. Using drugs 11  
isolated us from our families, friends, our jobs, and finally ourselves. Drugs that was once 12  
our solution, became a problem for us. The drugs stop working. What once filled our void 13  
in our souls, was actually making our void even bigger. We thought if we could just stop 14  
using drugs, our lives would get better. We replaced our void with new jobs, new lovers, 15  
religion and other drugs. We moved to different areas thinking that our feelings and emo- 16  
tions would change. Our inner unmanageability became more and more apparent, noth- 17  
ing we tried worked. Sooner or later we returned to the only thing that once worked for us, 18  
our drugs. Beaten into submission we found Narcotics Anonymous, here we met folks just 19  
like us. The people we met in Narcotics Anonymous like us, suffered the horrors of addic- 20  
tion. They seemed to be happy, joyous and free, they seemed to have the answer from 21  
freedom from active addiction. They shared with us, that if we weren't the problem there 22  
would be no solution. We started feel hope that we also can recover. 23

*In the moment: we know that although we're not responsible for our disease, we are* 24  
*responsible to recover.* 25

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1           **"We must use what we learn or we will lose it and probably**  
2           **relapse, no matter how long we have been clean"**  
3           **Gray book pg. 123 lines 14-15**

4 In Narcotics Anonymous we're granted a daily reprieve, and that's contingent on our  
5 spiritual maintenance. The spiritual principles are written so simply that we can practice  
6 them in our daily lives, the best thing about them is that they work, our literature tells us.  
7 After arriving in Narcotics Anonymous we put down the drugs, then we are given a set of  
8 tools that replaces our drug use. These spiritual principles contained in the Steps, have  
9 to be applied in our daily living for them to work. Since there's no cure for this progres-  
10 sive disease, our recovery has to be ongoing. We learn to surrender daily; we show this  
11 surrender with our meeting attendance. Attending meetings is just our physical surrender  
12 in Step One. Since our disease is also mental, spiritual and emotional, we must do more.  
13 Hope without action turns to despair, so we must work the rest of the Steps. Tapping into  
14 our Higher Power to relieve our obsessions, grants us serenity, and supplies the power to  
15 move on. We develop a relationship with the God of our understanding. With the help of  
16 our sponsors and other members we move into action. Our gray book says, "this gives us  
17 experience in applying spiritual principles. The experience gained with time insures our  
18 ongoing recovery". So then the opposite must be true, if we don't use what we learned we  
19 lose it in a relapse process. Spirituality is one of the last things we gain in our program,  
20 but, it's the first thing that starts to go in the relapse process. Our ongoing recovery is  
21 depended on our actions today. If we don't lose use it, we'll lose it. Yesterday's shower  
22 can't keep us clean today, we recover just for today.

23 *In the moment: we will assure our recovery by applying what we've learned. As we con-*  
24 *tinue to practice our principles daily, our recovery becomes on going.*

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**"We continued to take personal inventory, and when we were  
wrong promptly admitted it"** 1  
**Gray book pg. 54 Step Ten heading** 2  
3

Recovery is a continuing process, recycling through the Steps we discover new revela- 4  
tions about ourselves and others. No two days are exactly the same, and we seem to be 5  
different each day also. Sometimes we grow, sometimes we stay the same and some- 6  
times we regress. Narcotics Anonymous is a twenty-four program, it's a just for today 7  
program. Each day we are granted a daily reprieve from active addiction. This reprieve 8  
depends on our daily maintenance of our spirit. The recovery process is not automatic 9  
like the relapse process, it requires our efforts and work. Working the Steps with our spon- 10  
sors and Higher Powers, provide us with the ability to change, the Steps make this possi- 11  
ble. All of our Steps are inventory Steps, because they allow us to look at ourselves. The 12  
Steps transforms us, if we live them, practical application is what unlocks their fruits. 13

Step Ten reminds us of this process. A check up from the neck up, let's us not forget that 14  
we'll always be recovering. Step Ten is actually practicing Steps 1 through 9. Daily inven- 15  
tory allows us to see if we were wrong, as addicts we actually have to work this Step, 16  
to find out if we've been wrong. The preventive part of this Step is what makes us grow, 17  
as we practice the principles our defects lessened. We learn to pause before reacting, 18  
inn that pause we see that others also are going through their own growing process. 19  
Reflecting on our own assets and liabilities we are able to practice patience, tolerance 20  
and forgiveness, for others and sometimes for ourselves. Taking inventory has to be a 21  
constant to be effective. It's the most loving thing we can do for us and others. 22

*In the moment: we will continue this loving process of growth, we will share these princi- 23  
ples with others as they affect our lives.* 24

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1           **"The Eight Step is a mighty stride away from a lie dominated by**  
2           **guilt and remorse"**  
3           **Gray book pg. 51 lines 14-16**

4 If God forgives us in the Seventh Step, then we have to forgive ourselves, because we're  
5 not greater than God. The Eight Step provides this process, looking at our Fourth Step  
6 list is a start. At this point our list usually doubles, because after doing a personal inven-  
7 tory we saw our exact nature of our wrongs and patterns. We were no longer victims; our  
8 Eight Step reveals that we put ourselves in a position to be harmed by others. Defending  
9 ourselves we harmed others, we were still at fault for being there. The lifestyles we lived  
10 in active addiction affected us at a deep level, we warped our personalities. No matter  
11 how much damage we caused others, we hurt ourselves the most at a deep level. The  
12 guilt and remorse caused self-hatred, so we used more drugs not to feel. The Eight Step  
13 provides a way out, but we must change our old ways. Steps 4, 5, and 6 forced us to look  
14 at ourselves, the results were, that we gained self- acceptance. Where before we didn't  
15 have a choice, we have one now. Our spirits awoke as a result of the prior Steps, we were  
16 given the tools to negotiate the next Step. In Step Seven our hearts began to recover and  
17 we received courage from our Higher Power along with spiritual tools. God had forgiven  
18 us, so we had to forgive ourselves and others. This was a giant Step from the way we use  
19 to live.

20 We developed compassion as a result, we were able to finally see our part and sought to  
21 correct it. We made the list and became willing, we now are actually preparing to be will-  
22 ing to look for the people we had harmed. This is a mighty stride from the way we use to  
23 live., and we can't do it alone. We need our sponsor's guidance and support and God's  
24 power and spirit.

25 *In the moment: we begin the process of forgiveness by God forgiving us, we are forgiving*  
26 *us, and us forgiving people when they don't forgive us.*

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**"We do, however, remember that God, not us, is responsible for our change. The line between where God does or does not help us is absolutely irrelevant."  
Gray book pg. 56 lines 17-19**

Ego tells us that ego doesn't exist, easing God out leaves us with ourselves alone with our disease. The disease speaks to us in a voice that we don't talk back to, our own. Sometimes we don't know who's talking, sometimes we don't know that we don't know. Anonymity also means that we don't take credit for our recovery. Our gray book says, "all glory to God as we understand him is our attitude here."

This state of humility is what we need to interact with others. It is our actions not our feelings that define our recovery. Our Step Ten helps us keep this balance, we take inventory throughout the day to avoid some of our pitfalls. We engage our brains before our mouths, or any other form of communicating with others.

We run down our check list. Are we hungry, angry, lonely, tired, are we taking ourselves too serious, we can count to ten, wait ten seconds, or dismiss the first ten thoughts that come to mind, before we interact. We take time to allow the privilege of thinking before acting or reacting. These tools prevent us from having

To apply the corrective part of Step Ten. We recall our 6th and 7th Step and see where the God of our understanding had forgiven us. We reaffirm our divine partnership with our Higher Power, humility sets in, we become more tolerant and patient with others. Our Steps are designed to keep us from slipping back to our old behaviors and attitudes. It prevents us from creating and recreating more wreckage in our lives. The more we apply the spiritual principles the less we practice our defects. We stop justifying, rationalizing, and analyzing. We replace compliance with reliance and let our loving God guide us.

*In the moment: we'll remember that sometimes we don't see the fine line between God's will and ours's. We'll practice surrender.*

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***“Through the freedom in our new lives we are finally able to see  
the special qualities that we possess as individuals...”*** 1  
***Gray Book pg 161 Lines 2-4*** 2  
3

In Narcotics Anonymous one of the people we will meet, will be ourselves. After hitting our 4  
bottoms, we weren't too happy to see what we have become. Now Abstinent, we feel all 5  
our feelings, and most were guilt, shame, and remorse. Most of us didn't like ourselves, 6  
and now we get to face it. Living with ourselves without the use of drugs was even more 7  
painful, we no longer had the drugs to numb us. N.A. does not only offer Abstinence from 8  
drugs, it also offers Freedom from the obsession to use, and it offers a New Way to Live 9  
through the Spiritual Awakening we experience from Living each Step. This Awakening of 10  
the Spirit allows us to nurture the person we were meant to be all along. This Process is 11  
over time and not overnight, and at times our pain requires Total Surrender. 12

There's Freedom contained in each Spiritual Principle. Freedom from active addiction, 13  
Freedom from self, Freedom from others, and Freedom from the world at large. We no 14  
longer need the masks, we no longer had to be the people others wanted us to be. We 15  
finally could be ourselves and be okay with that. We're a work in Progress. We're still not 16  
the person God knows we could be. We're still not the person we want to be. We're the 17  
person we are supposed to be right here, right now. With the Help of the God Of Our 18  
Understanding, our Sponsors, the Steps, and the Fellowship of N.A. this transformation is 19  
possible, Just For Today. We see ourselves realistically, with our liabilities and our Assets. 20  
We Surrender to this Process and receive Self-Acceptance, and Acceptance of others. 21  
We learn to Live in our own skins, we get glimpses of the people we could one day be. 22  
Today there's Hope. 23

*In the moment; We don't only have Self-Acceptance, but we also Accept what we are 24  
lacking, we also develop Compassion for ourselves and others.* 25

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1                   **“Being self-supporting is an important part of our new way of**  
2                   **life. For the individual, this is usually quite a change.” Grey book**  
3                   **pg. 106 lines 14-16**

4 Many years of finding ways and means to get more leads us down many different paths  
5 when we were using. For some of us who may have been fortunate enough to have  
6 enough money to continue a habit uninterrupted by the stumbling; that doing without has  
7 brought so many of us. We are used to getting what we want, when we want it. This is  
8 the cornerstone of a drug addict. The instant gratification that we found with our drugs  
9 is a direct result of living life by this philosophy. Of course, being an addict means that  
10 this behavior will take precedence over all other aspects of life. We eventually don't care  
11 about family, loved ones, jobs, friends, children, or society. We are only concerned with  
12 getting what we want, and in our case, was more drugs. This usually leaves most of us  
13 in a state that makes us feel entitled. This means that if we cannot possibly support this  
14 type of lifestyle, then we will find others who will help facilitate this life for us. Whether it's  
15 our parents, or a spouse, we look for people that will help contribute to our destruction a  
16 bag at a time, or a pill at a time. After all, if someone close to us tries to get in our way, we  
17 generally don't want that person around us. Life already makes it very difficult to continue  
18 in the manner of an active addict, and we certainly wouldn't want to add to the dilemma  
19 by placing ourselves around people that will also make it difficult for us to use. Being self-  
20 supporting in recovery is only brought about by a complete turnaround in our attitudes  
21 and our thinking. We no longer feel entitled to, and we no longer feel that the world owes  
22 us. This new way of life encourages us to take an active part in life today. And now that  
23 we have the tools and the support of addicts in the program, we can carry on without  
24 looking to the world to carry us instead.

25 *In the moment: we can be reassured that as long as we continue in the N.A. way of life,*  
26 *that we never have to be a burden to our loved ones and society as a whole:*

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**“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.”gray book pg. 31 lines 30-32**

Part of learning how to live free from addiction means that we must learn to face ourselves, and be content and accepting of who we truly are. Without the drugs to mask our feelings anymore, facing life, and being alone with ourselves is a reality that we cannot afford to take lightly. Step One is a big help in learning how to accept ourselves for who we are.

Learning to apply the spiritual principle of surrender can only be brought about by regular contact with ourselves through sharing with other addicts, and writing. This enables us to keep a vigilant watch on what’s really going on with us. We are making our first steps towards this when we can admit that we are powerless over addiction, but learning what this means in a practical sense also means that we must learn to overcome the habits that we lived with for so long that were a direct result of not admitting being powerless over much at all. We hardly would ever consider being powerless as even an option to try and change the dilemma that addiction has brought us to. Today we are learning to accept that it is ok to be powerless, as long as we are willing to do what it takes to continue in the Steps to find the Greater Power for good that helps addicts like us to obtain a new life free from addiction. As we do the footwork in this new direction, we are able to be who we are without excuses. We can be proud to be an addict in recovery.

*In the moment: we will admit that we are powerless over our addiction. We can learn to do the next right thing, so that regardless of what life has in store for us today, we can accept and face who we are without having to hide from ourselves, and others.*

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1                   **“The line between where God does or does not help us is abso-**  
2                   **lutely irrelevant”**  
3                   **gray book pg. 56 lines 18-19**

4 We as practicing recovering addicts are faced with many choices that we must make in  
5 order to continue to grow, and get better. Putting down the drugs and staying clean is for  
6 most of us a miracle, that we never were able to do on our own, in the past. So how is it  
7 that we can stay abstinent from drugs over days, weeks, months, or years? Learning from  
8 those that came before us reaffirms the “coincidences” in our own journey. We can feel  
9 Gods love for us the first time that we realize that we haven’t done this on our own this  
10 time either. Surely, it must have been God who helped us to clean up and get to the rooms  
11 of N.A., because the simple fact that not only were we unable to stay clean on our own,  
12 almost all addicts that we talk to in the rooms of N.A. will also have a very similar story. So,  
13 what does this mean for us now? Are we to just “let go and let God” do all our work for us?  
14 The lines between the effort that we put into our recovery, and the help that God grants  
15 us is invisible, and cannot be graphed. However, we must not fall into the trap of thinking  
16 that we are now going to be taken care of without doing our footwork that is suggested in  
17 the program. Most of us will find that as long as we do the things that are suggested here  
18 from our sponsors, the Steps, and other recovering addicts who care for us, then Gods  
19 help and presence will be evident in our lives.

20 *In the moment: we will do our part for our own recovery today. We will put the direction*  
21 *of the program into action, and give 100 percent of ourselves for our own recovery, and*  
22 *leave the rest to God.*

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**" Success was scary and unfamiliar" 1**  
**gray book pg. 25 line 2 2**

As our usage progressed our focus was in finding ways and the means to keep using. 3  
Our families took a back seat, we failed in our jobs and our ambitions, if any, dwindled. 4  
Our dreams and aspirations gave way to our drugs and that lifestyle. We kept using 5  
despite the wreckage, our denial grew and we accept our demise. We had no success 6  
in life and the drugs turned against us, so we couldn't even use successfully. We sought 7  
help or were mandated for help in the areas of jails, psychiatry, religion and medication. 8  
All these methods failed for us, ours was a spiritual problem, not a medical our moral 9  
one. Arriving to Narcotics Anonymous we were told that each day we didn't use was a 10  
success. Finally, with the help of N.A. And the Fellowship, we felt that we also can have a 11  
successful day. Our fears were still dominating our thoughts and feelings; we were wait- 12  
ing for the other shoe to drop off. Our doomsday feelings slowly changed as we found 13  
a power greater than ourselves in the Second Step. We had a choice, we didn't have to 14  
use, if we turned our wills and lives over to the care of this Higher Power in the Third Step. 15  
With each Step our spirit awakened, we were participating in our own lives. We got better 16  
with the things around us, and we started to grow. We changed from hopeless people to 17  
hopeful members of N.A. And society as a whole. With each day that comes our hope is 18  
renewed, success for us, means that we don't have to use just for today, it means that we 19  
have a relationship with our me found friends in N.A. We're grateful that we could have 20  
a loving relationship with our friends, families. We no longer view the world as a hostile 21  
environment. We become employable and/or self-supporting. We start to care for others. 22  
We do recover and surrender to the God of our understanding. 23

*In the moment: we are a success in our own right. Each day that we don't use, we are a 24*  
*success. 25*

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**"When we take the action indicated in the Steps, the result is  
healing of our distorted personalities"  
Gray book pg. 142 lines 16-18**

For lots of us, drugs were the solution, we used drugs to masks our feelings. The drugs helped us to survive our emotions. As we progressed in our addiction, we no longer were using drugs, the drugs were using us. The more we used, the more we had to use, it was no longer a choice, the drugs were in control. We lost our relationship with reality, our spirits went to sleep with each use. We had to use at all cost, despite the evidence of the wreckage we were creating. We failed to see the harm we were causing to others, more than that we failed to see the harm that we were causing ourselves. Our literature says that we caused people great harm, but most of all we harmed ourselves. Our character defects that were needed to keep using, was actually causing harm to us at a deep level. We're no longer the people we set out to be, the drugs and lifestyle twisted our emotions and personalities at a deep level. The disease gained more and more territory, and who we really were began to disappear. Arriving at the door Step of Narcotics Anonymous we met a special group of people who like us visited the horrors of addiction. Today they were free, they shared with us a solution that was spiritual in nature. Through their freedom we gained hope, we felt if they can do it, we could do it. First there needs to be a demotion process, out with the old, in with the new. We no longer needed those old survival skills, we found they were useless in this new way of life. Working with a sponsor, and a power greater than ourselves, we use the Steps to for this transformation. Each and every Step resulted in the awakening of our spirits. We do recover from a hopeless state, together we build our new personalities with the spiritual principles of N.A.

*In the moment: we can heal from the inside out, we surrender to many possibilities. We are free.*

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1           **"Whenever a situation arises for us to admit our powerlessness,**  
2           **we first look for ways to exert power against it. Exhausting these**  
3           **ways, we begin sharing with others and find hope"**  
4           **Gray book pg. 128 lines 12-15**

5 Our literature says that, "we have never seen a person relapse who lives the Narcotics  
6 Anonymous program". However, our greatest stumbling blocks come from ourselves.  
7 When we admit our powerlessness over our addiction in the First Step, we have to take  
8 into account that others around us, may not have.

9 Expectations of ourselves and others could have a bearing on our serenity. We will try  
10 countless times to exert control over others, or the outcomes of certain situations. After  
11 beating our heads against a wall we surrender. The reality is that, though, we in Narcotics  
12 Anonymous, suffer from the same disease, we suffer at different levels of the disease and  
13 recovery. The people outside the program may not be aware of any principles at all, them-  
14 selves. In this matter we are powerless, but our Higher Power does have the power, if we  
15 ask. We ask for patience, tolerance, and compassion, for ourselves as well as others. We  
16 share

17 Our expectations and disappointments, and yes in that order, with others. We find that we  
18 might have been unrealistic in our thinking. We strive for adequacy and not perfection.  
19 Being wrong keeps us humble, because we have to ask for help. We are reminded that  
20 we are not really doing this by ourselves. Anonymity means that we don't take credit for  
21 our recovery. We are on this journey with the God of our understanding, and others in and  
22 out of the Fellowship. We find hope when others share with us, their experience. Once  
23 again we confirm that we're not unique, and we're not alone. We once again feel whole,  
24 and part of a whole. The "s" in h.a.l.t.s., don't take yourself too seriously becomes a reality.

25 *In the moment: we will try surrender first, we do God's will for us, then we turn it over for*  
26 *the results*

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***“Medicine, religion and psychiatry seemed to have no answers  
for us that we could use. All these methods having failed for us,  
in desperation, we sought help from each other in Narcotics  
Anonymous.”*** 1  
2  
3  
4  
***Grey book pg. 23 from “why are we here”*** 5

Many of us have been down the road of medication, religion or psychiatry. It is only fitting 6  
that such a desperate state of existence would warrant looking for a way out of our pre- 7  
dicament. How easy is it for an addict to go to a doctor and get medication, since we are 8  
spiritually, mentally, and physically bankrupt, we really don't have to “fake” being insane? 9  
Doctors have proven time and again to be more than willing to give the prescriptions that 10  
we seek, in order to treat the symptom instead of the underlying problem of addiction. We 11  
are prone to try anything in order to get that quick fix to our dilemma, and any road that 12  
promises little or no work, or pain on our part is what we are after. Addicts seek rewards 13  
without the labor. Religion may promise us a “miracle” cure for our disease, and we may 14  
even go down that road only to find disappointment and despair. God must not work we 15  
think, or at least he doesn't work the way we want him to because that “miracle cure” 16  
seems to elude us, and leave us worse off than when we started. If we find ourselves on 17  
the prescriptions from the doctor, we have already found that the psychiatrist may have 18  
some good ideas in theory, but again, we seem to be the exception to the textbook expla- 19  
nations. Where does this leave a sick and suffering addict? Usually, by this time this will 20  
leave us at that point of desperation, where we have nothing else to lose but to try another 21  
way. Hopefully, we find N.A. and surrender that our way, and the ways that the world have 22  
to cure us just simply didn't work. 23

*In the moment: we will be grateful that we have made it here in the rooms of N.A., and we 24  
can carry this message to other sick and suffering addicts, that we have the answer to 25  
addiction.* 26

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***“It will not make better persons to judge the faults of another. The thing that will make us better is to clean up our lives by relieving ourselves of guilt.”*** 1  
2  
3  
***Gray Book, p. 51 Lines 12-14 Step Eight*** 4

By the time we reach the Eight Step, we should have put away our blame throwers. In 5  
our addiction, we put ourselves in situations to be hurt by others. We also, through our 6  
defects, have managed to bring out the worst in people, our families, and employers. 7  
We were told that although we are not responsible for our disease, we are accountable 8  
for our Recovery. In our Seventh Step, we learned that God has Forgiven us, and since 9  
we’re not greater than God, we learn to Forgive ourselves. This will also enable us to 10  
become Willing to Forgive others, especially if we’re not Forgiven by them. In this Step we 11  
achieve Freedom from the past guilt that trapped us. We become Willing to make a list of 12  
people, places and things that we brought harm to. Almost anything or anyone we came 13  
in contact with, during our addiction, was a victim. Our Literature says that we also hurt 14  
ourselves in the process. The harms we caused others could’ve been minor or major. The 15  
harms were physical, mental, Spiritual and emotional. 16

We began to look at our side of the street. As we wrote, our anger and resentments 17  
seemed to melt away. We began to build Awareness and gain new Perspectives about 18  
ourselves and others. We experience a deeper level of the Promise of Freedom. We Share 19  
our Amends list with our Sponsor. They will show us except where to do so, would injure 20  
them or others. 21

*In the moment; We will clean up our side of the street. We will also, in time, learn to 22  
Forgive those that we think, real or imagined, harmed us. 23*

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**"We have found that trying to help another addict is good for us  
whether the addict we try to help uses what we have to offer or  
not"  
Gray book pg. 19 lines 27-29**

Our Step Twelve and our Fifth Tradition, tells us that we carry the message to the addict who still suffers. An addict that is still using, most of the time, is not going to want what we have to offer. Our basic text tells us that that they can be reasoned with, prayed over, threatened, beaten, or locked up, but they will not stop until they want to. What we do is carry the message that saved our lives, and hopefully that will fan the flames of desire for that suffering addict. Carrying our message and helping others, reinforces our program, and we get to stay clean another day. We don't get to choose who we carry the message to, we carry the message and God delivers it. We are seed planters jimmy k use to say. We don't know the season that the seed will grow. We carry the message without any rewards or expectations. Sometimes God will put people in our lives without our choosing or permission, we may not even want to work with that person, but they keep calling us and want something from us. It is not always convenient, or even pleasurable for us to work with certain people. Guess what, maybe it was God's will for them, for us to be there. It's not about us, it's about God's will for us, or God's will for that person. We are strictly instruments and vessels that the Higher Power uses to help others, that's our main purpose, to stay clean and carry the N.A. message of recovery.

Working with others seems to work also as an anecdote to disease thinking. With each Spiritual awakening, we keep the disease from claiming footage in our lives. It's a we program.

*In the moment: we carry the message and God delivers it, we don't choose who we deliver it to, we just deliver.*

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1           **"We examine in depth our relationships with people, places and**  
2           **situations asking ourselves what we have demanded of these**  
3           **relationships"**  
4           **Gray book pg. 42 lines 26-28**

5 Most of the time when we think about the Fourth Step, we think of our relationships with  
6 people.

7 People are definitely, if not the majority part of our Fourth Step. We also have to inventory  
8 our relationship with places, and things. Some of the places we might want to include  
9 are, churches, schools, military, hospitals, and any other community structures and ser-  
10 vices. Have we acted out toward these places? Did we forge paper work to get services  
11 we didn't need, or qualify for? Have we stolen property from anyone of these places, or  
12 cause structural or any other kind of damage? Things that we might owe amends to can  
13 also be in forms of ideas. Have we created resentments with religious beliefs? Have we  
14 rebelled against society and therefore became a menace? Although some of these harms  
15 seem invisible to the eyes of those things, it did have an effect on our thinking, attitudes,  
16 and behaviors. Our literature tells us that most of all we harmed ourselves. In our active  
17 addiction, we demanded to be served or catered to, by services that are really a privi-  
18 lege, rather than s right to have. Having the privilege to obtain a driver's license seems to  
19 be a common example of this right to entitlement, when it's really a privilege. Resenting  
20 places because we were not hired or got fired by the establishment. Many of us held  
21 resentments against colleges and the military, and spoke against these places, when ask  
22 what we thought about them. One of our greatest resentments seems to be with God, this  
23 affected us the most. We need a Higher Power to recover, and if we don't establish a rela-  
24 tionship with one, we are surely doomed. We must go deep in our search, because that's  
25 where the problem lays.

26 *In the moment: we will with the help of our sponsors, N.A. And God, will go in depth in our*  
27 *inventories.*

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**"The Fellowship, after a meeting, is a good opportunity to share  
things we didn't get to discuss at the meeting"  
Gray book pg. 148 lines 14-15**

"Come early, stay late" was one of the slogans we first heard. It was suggested that we join the 20/20 club. That meant to come twenty minutes before the meeting starts, and stay twenty minutes after the meeting ends. How about those late night meetings at the diner, till the wee hours in the morning? As we think back to our beginnings, we can recall, that they were some of the most revealing moments in our recovery. We got to discuss some of the high points of the meeting, sometimes we asked questions about things we didn't understand. Some of us even got the opportunity to choose a sponsor, as we saw how some members interacted in public. Some of us were embarrassed, because another member offered to buy us food. We didn't want to admit we didn't have money. We shared jokes and were able to laugh at ourselves. Sometimes there were functions and N.A. Events that forced us to socialize with one another, without the safety and structure of the meeting. These were opportunities for us to get out of isolation, and learn how to interact with each other, without the use of drugs. We were accepted by those who like us, experienced the same thing, when they were new. We felt welcome, we felt, perhaps, for the first time, unconditional love. The members that have been around before us, didn't want anything from us, and that felt strange. We began to feel the we of the program, the Fellowship part. Our walls began to fall, we began to feel accepted, we began to feel loved. In Narcotics Anonymous we'll love you, until you learn to love yourself. Our diversity gives us the opportunity to come in contact with people, that we wouldn't necessarily had got high with. For the first time in a long time, we don't feel alone.

*In the moment: we will attend the meeting before and after the meeting, and become part of the whole*

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1           **"We take the Fourth Step to gain the necessary strength and**  
2           **insight to enable us to grow in this new way of life"**  
3           **Gray book pgs. 40-41 lines 29-1**

4   *For many us taking the Fourth Step was frightening, we feared what we might find*  
5   *out about ourselves. This Step mentions a fearless inventory, not fearful one. That was*  
6   *the purpose of the first three Steps, to gain faith that our Higher Power we met in those*  
7   *Steps would be with us now, and guide us in this endeavor. The word moral confused*  
8   *many of us, we thought surely there'll be nothing moral about our characters in our using*  
9   *past. This is not a question of us being good or bad, it's a question of behavior patterns*  
10 *that no longer are useful in this way of life, they have served their purpose in our past.*  
11 *There are also qualities of us that we wish to enhance, because no one of us is all good,*  
12 *or all bad. Like the grocer our literature mentions, separating the rotten fruit from the good*  
13 *fruit, and throwing out the bad fruit. Our bad fruits were the result of unspiritual principles*  
14 *we needed for active addiction. They were our survival skills, and many of them saved*  
15 *our lives, for that moment. In Narcotics Anonymous we are doing more than existing and*  
16 *surviving. We are finally living a life beyond our wildest dreams. Part of this process is us*  
17 *looking at ourselves with a recovery mirror. We look at ourselves with compassion and*  
18 *understanding. We learn how to separate ourselves from our diseased self. We start to*  
19 *become accountable in this Step, we look at our side of the street and pick up the broom.*  
20 *We write our resentments, our fears and misconduct. We write how these defects affected*  
21 *us and those around us. We write about the time before we used drugs, and about the*  
22 *people we were and would've become, if it weren't for the progression of the disease. We*  
23 *start to awaken to a life filled with new possibilities.*

24 *In the moment: we will view the Fourth Step as an act of love, not an act of fear.*

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**"It is not shameful to relapse. The real shame is in not coming back" gray book pg. 130 Lines 32-33** 1  
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Relapse is not part of recovery, it's a lack of it. Our literature tells us that relapse is never 3  
an accident, but it is a reality, and it does happen. Relapse is a result of not working our 4  
program, or being complacent after long periods of abstinence. Our basic text says, if we 5  
remain complacent for long, the recovery process ceases. By not working the program, 6  
we are actually reserving a place for the relapse process to begin. At any given day we 7  
are walking toward a drug or away from it. It's our actions that determines whether we 8  
are arresting our disease, or arresting our recovery. We suffer from a fatal, progressive 9  
disease, from which there is no known cure. Our literature also says that, "we have never 10  
seen a person relapse who lives the Narcotics Anonymous program. The last thing we 11  
do in the relapse process is use drugs. We can actually safeguard against the relapse 12  
process by recognizing its beginning. Spiritually we stop asking our Higher Power for 13  
guidance and strength. We stop praying and meditating as much. We begin to dislike the 14  
humans around us. We begin to lose patience and tolerance in our everyday activities. 15  
We then start reacting instead of acting, meanwhile our meeting attendance lessens. We 16  
start disliking ourselves and operate on our own self-will, our hope starts to leave us, and 17  
we question our powerlessness. The point is, we start using without realizing how we got 18  
there again. Some of us are lucky to return, some of us die in active addiction. Our liter- 19  
ature says that we should return as soon as possible, otherwise we can be gone beyond 20  
recall. Our egos tell us we should be ashamed and we would be criticized or judged if we 21  
come back. Those of us that are lucky enough to come back, show a courage that's not 22  
of own. 23

*In the moment: we will continue in the recovery process, we will stay, so we don't have to* 24  
*come back.* 25

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1           **"Our experience is that those who begin sharing innermost**  
2           **feelings, emotions and thoughts with other recovering addicts,**  
3           **rather than giving a drug history, tend to make more rapid**  
4           **growth"**  
5           **Gray book pg. 68 Lines 18-21**

6 Learn to listen, listen to learn, that was a slogan that we use to hear, when we first came  
7 in. That basically meant to stay quiet and listen, or we heard, to take the cotton out of your  
8 ears, and put it in your mouth, that was another way of saying to stay quiet and listen. It  
9 was suggested to identify and not compare with people's stories. Narcotics Anonymous  
10 is a recovery program, not a drug program, our main problem is the disease of addiction.  
11 Drugs were just the symptom; it was just ten percent of the real problem. The tip of the  
12 iceberg as some would say. So our solution has to be a deep resolution, take away the  
13 drugs and you still have untreated addiction. We share our innermost selves about our  
14 feelings, emotions and thoughts, fears and our hopes. This allows the process of iden-  
15 tification and empathy to begin with others. This is of therapeutic value, we see the the  
16 up and down nods of other members, and it's not the drugs, lol. This approval is a form  
17 of acceptance; we feel at home. For the first time in a long time we are part of something  
18 whole. Our spirits are moved and we begin to awake, this happens at a subconscious  
19 level. We tap into a power greater than ourselves and our obsessions about using are  
20 removed, or at least subside. Either way we lose the desire to use, and find a new way of  
21 life without the use of drugs. We experience our message, and this is what we share. We  
22 share the message not the mess. That's one of the strange paradoxes in our program, we  
23 have to give what was freely given to us, to keep it. We now know that our pain is used as  
24 a Stepping stone to our spirituality.

25 *In the moment: we share the ten percent for identification purposes, we share the hope*  
26 *for recovery purposes.*

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**"We had no trouble admitting that addiction had become a  
destructive power greater than ourselves"  
Gray book pg. 35 lines 34-35**

By the time most of us arrived at Narcotics Anonymous, we were helpless and hopeless, there was very little that we believed in. And what we believed in, only caused us more hopelessness. We had little trouble believing that some force of destruction was in control of our lives. Clearing up a little, we saw the trail of wreckage we were leaving behind, while using drugs. Deep down inside we suspected we weren't the people we once were, or taught to be by our parents or guardians. We finally saw the ugly side of addiction, and we wanted out. The first thing we had to do was stop using drugs. At this point we were left with the pain of living without drugs. Our Second Step tells us that this pain forces us to seek a power greater than ourselves, to help us with our pain. Some of us knew, that if there was a destructive power, there had to be a constructive one. With an open mind, we were willing to do whatever it took to seek this relief. It was the process of coming to believe, that restored us to sanity from the obsession to use drugs. It was the actions we took, making meetings, talking to other members after the meeting. We read the literature, and joined a home group, we asked someone to guide us with the Steps. We took a commitment in the form of service. This process leads us to tap into this power greater than ourselves. This is the process we use to fill the void the drugs left behind. We will need this power, to start on this road of recovery. We can call on this power for strength and hope. Our actions produce faith, and faith becomes the turning point in our lives.

*In the moment: we will remain open to a loving, caring and constructive power, that make our recovery possible.*

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**"In our addictions, we were dependent on people, places and things. We looked to them to support us and to supply the things we found lacking in ourselves"** 1  
**Gray book pg. 106 lines 16-18** 2  
3  
4

As using addicts most of us were very selfish and self-centered, we looked for ways to 5  
continue our usage. We weren't self-supporting when we used, we stole from others to 6  
support our habits, we robbed people of their time and needs. Some things were irre- 7  
placeable. We did many people great harms; we were always looking for handouts. Even 8  
though we were isolated, the disease affected those around us. In Narcotics Anonymous 9  
we learn to stand on our own two feet, first as a group, as a fellowship, and finally on our 10  
own. Our Steps and Traditions teach us to contribute and help others, in turn we help our- 11  
selves. As a fellowship, we are no longer a strain on society. As individuals, we become 12  
productive members of that society. We become givers and not takers, our actions are 13  
our amends. We not only resolute and restore our past transgressions, we also resolve 14  
them. We live a different way today, we regard others first, then we regard ourselves. We 15  
are finally self-supporting through our own contributions. As a fellowship being self- sup- 16  
porting means, we are no longer using people, places and things. We are under no one's 17  
and other's control, because we're not asking for anything from them. Our motives stem 18  
from love and compassion. We are part of something whole, our apathy becomes empa- 19  
thy as we identify with others. We become part of the solution in all matters. We give of 20  
our selves without reward or recognition. Most importantly we don't take credit for it. Our 21  
spiritual foundation of anonymity becomes our goal and way of life. We now give of what 22  
we have in order to keep it. Addiction is a contradiction to living. Recovery in Narcotics 23  
Anonymous we practice to live and let live. 24

*In the moment: we will depend on our Higher Power to supply us with everything we* 25  
*need.* 26

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**"All too many times, doctors who meant well, but did not know of  
our disease, enabled our addictions"** 1  
**Gray book pg. 10 lines 13-14** 2  
3

Step One reminds us that we've tried countless other remedies-psychiatrists, hospitals, 4  
recovery houses...everything we tried, failed. Ours's is a spiritual disease, since you can't 5  
treat a spiritual disease with medicine, doctors can't help us with our recovery. In fact, 6  
one of the most dangerous places for us to visit, is a doctor's office. Today's doctors take 7  
a ten-hour course in the disease of addiction. We on the other hand have years of experi- 8  
ence in the disease, and now we also have years of experience in the solution. We are 9  
experts in our own recovery. Since addiction is a spiritual problem, our solution must be 10  
of a spiritual nature. The twelve Steps of Narcotics Anonymous are spiritually based, they 11  
are our solution to the torturous existence in active addiction. For some us, Narcotics 12  
Anonymous was the last thing we tried, and the first thing that worked. This was the last 13  
house on the block for most of us. Abstinence from all drugs in order to recover is the 14  
cornerstone of our program, it's part of our message. Clean time is what we celebrate in 15  
our N.A. Anniversaries, recovery can't be easily measured. We arrest the disease and 16  
recovery is then possible. Ours is a daily reprieve, and that depends on our spiritual 17  
maintenance. Our literature tells us that we must abstain from all drugs in order to recover. 18  
We cannot recover if our minds and bodies are clouded with drugs. Substituting one 19  
drug for another, releases our addiction all over again. Our recovery is our responsibility 20  
not our doctors. Although we have no opinions on outside issues, clean time in Narcotics 21  
Anonymous is an inside issue. We respect professionals and what they do, and our 22  
Traditions protect us in what we do. 23

*In the moment: we're responsible for our own recovery, we leave medicine to the doctors 24  
and recovery to Narcotics Anonymous.* 25

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**"Step Four helps us see exactly what our problems are and shows us our strengths"** 1  
**Gray book pg. 40 lines 12-13** 2  
3

We addicts are negative by nature, this is a result of our self-destructive wills in action. 4  
We lived in the disease, our actions were a high-risk act, with no safety net. When we fell, 5  
we fell hard. Living in this insanity leaves no hope for solutions. We became alienated and 6  
demoralized. When we took the Fourth Step, we were asked to take a fearless and moral 7  
inventory. Many of us thought, "there's nothing moral about my inventory"! We reviewed 8  
our first three Steps with our sponsors, we prayed and meditated to our Higher Power. 9  
The results were that our faith helped us separate ourselves from the disease. We did 10  
have morals and values that were instilled in us, when we were children. We were born 11  
with the purity of spirit; our quest now is to see how and why our spirits closed and even- 12  
tually went to sleep. We face, trace, erase, replace and embrace in our recovery process. 13  
The self-appraisal in the Fourth Step is the erase process. Step One we face it, Step 14  
Two and three we trace it. Step Four erase, Steps five through seven we replace it. Nine 15  
through twelve we embrace it. Each Step cannot work without the other, and none cannot 16  
work without the God of our understanding and the Fellowship of Narcotics Anonymous. 17  
The defects were our survival skills in active addiction, they are no longer effective in our 18  
new way of life. Pretty much like that grocer who separates the rotten fruit from the good 19  
fruit, we to separate what's useless in our new lives. Step Four shows us our assets, so 20  
we can develop them and use them to improve the quality of our relationships with God, 21  
ourselves and others. Remove and replace is our task. We gain this courage and faith 22  
from the previous Steps. The Fourth Step is the most loving thing we can do for ourselves. 23

*In the moment: we will look at the fruits of this Step, then we will apply the tools to get the* 24  
*fruit.* 25

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1           **"We became very dependent on people to carry us emotionally**  
2           **though life. We were always left disappointed and hurt when they**  
3           **had other interest, other friends and loved ones".**  
4           **Gray book pg. 2 lines 12-15**

5 Most addicts cannot hit bottom as long as the enablers keep enabling the addict to use.  
6 Just like the pirate who carefully and patiently builds the model of a ship inside a bottle,  
7 we addict carefully and overtime build our lives inside addiction. At the end of the road,  
8 we were stuck, we couldn't get out. Our greatest enablers, families, employers, friends  
9 and landlords, began to be affected by our addiction. Our families loved us, but began to  
10 show tough love. Many of us were disowned and fired by our enablers. The people closes  
11 to us can no longer bear to watch our demise. Our romantic partners wanted some-  
12 one different as a partner, so they left us. Jobs that we were so loyal to, throughout our  
13 employment, were now finding other employees to replace us. We couldn't help feeling  
14 betrayed, especially at our greatest time of need. We were emotionally and spiritually  
15 bankrupt and our denial was so thick, that we couldn't understand why they were doing  
16 this to us. We didn't realize that we were sick and we were doing this to ourselves. We  
17 became hopeless and in desperation we sought help from Narcotics Anonymous. After  
18 arriving to N.A. We were told that we suffered from a disease and not a moral dilemma.  
19 We were told that although we weren't responsible for having this disease, we were  
20 accountable for our actions, and responsible for our recovery. Learning to live through  
21 spiritual principles we can now see the damage and wreckage we caused while we were  
22 using. Our resentments against our enablers, turned to gratitude, we saw the value in  
23 their actions. Working the Steps, we are transformed to different people. We start to build  
24 our ships outside our addiction.

25 *In the moment: we will be grateful for the people who didn't enable us, and make*  
26 *amends.*

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<b><i>“We should never misrepresent what we offer even if by doing so</i></b>	1
<b><i>we might be able to get a few more addicts to attend our meet-</i></b>	2
<b><i>ings”</i></b>	3
<b><i>Gray book pg. 114 lines 7-9</i></b>	4

Narcotics Anonymous offers but one promise freedom from active addiction. The key	5
word here is "offers", we have to do the work for that promise to be fulfilled. We have	6
faith in our message just the way it is. We don't have to make false promises to promote	7
Narcotics Anonymous. N.A. Is not for everyone, and our message is clear. An addict, any	8
addict can stop using drugs, any drug. Lose the obsession to use drugs, without the use	9
of drugs as a replacement, and find a new way of life through the 12 spiritual based Steps	10
and Traditions of Narcotics Anonymous. Though working the Steps and Traditions, we find	11
a power greater than ourselves that makes our recovery possible. What makes all this	12
possible is our cleanliness. Abstinence is the cornerstone of our program, it is our free-	13
dom. If N.A. Offered that we get our families back, our jobs back, if it offered these things	14
in the first place, our members would leave as soon as they achieve these things. In fact,	15
we have to keep coming back to keep what we were freely given. Our gifts are spiritual	16
in nature, but manifest themselves throughout our lives. Our attraction is a drug free life	17
style, compounded with living by spiritual principles. Our program of recovery leaves the	18
sick person in a better condition than they were, before they got sick. Our message is	19
hope and the promise of freedom.	20

<i>In the moment: we will not be distracted from our primary purpose, by offering anything</i>	21
<i>other than our message</i>	22

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1                   **"The idea of a spiritual awakening takes many different forms in**  
2                   **the many different personalities we find in the Fellowship"**  
3                   **Gray book pg. 59 lines 1-3**

4 Active addiction smothered the spirit we were born with, using drugs time after time  
5 forced our spirits to go to sleep. What we needed was an awakening of the spirit. Our  
6 Step Twelve in Narcotics Anonymous states that this awakening happens as a result these  
7 Steps. The first thing we needed to do was to stop putting drugs in our bodies and minds.  
8 The pain of living without drugs, forces us to seek a power greater than ourselves, than  
9 can relieve our obsession to use. This was the first introduction of spirituality to our spirits,  
10 it was our first shake, to our sleeping spirits. It was the beginning of our spiritual awak-  
11 ening. This process starts from the First Step on, we don't have to wait till Step Twelve  
12 for this experience. We awaken a little more every time we take another Step. It can be  
13 different for each one of us. For some us, freedom from active addiction is an awakening  
14 in of its self. For some of us, our awakening began when our obsession to use drugs was  
15 lifted. Some of us had a spiritual experience when we tapped into a power greater than  
16 ourselves for the first time. Some of began to notice the end of isolation and felt this was  
17 an awakening also. Some members started to get their basic needs met, for the first time  
18 in a long time. We started to regain the trust from those we know, including our families or  
19 employers. Whatever the form of this awakening, the common theme is that, " life takes  
20 on a new meaning, a new joy, and a quality of being and feeling worthwhile. We become  
21 spiritually refreshed and are glad to be alive". A spiritual awakening can be progressive,  
22 but we have to keep moving forward. Without being an active member in N.A. Our spirits  
23 can go back to sleep.

24 *In the moment: we will be grateful for each awakening we receive from each Step, and*  
25 *share this gift with others.*

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**"This program has given us a belief in a loving God that works  
through people"** 1  
**Gray book pg. 18 lines 1-2** 2  
3

When we first walked into Narcotics Anonymous most of us were greeted with a hug, 4  
we were welcome and were told to keep coming back. It's been a long time since any- 5  
one had told us to keep coming back, especially toward the end of our using. As we 6  
heard members share their stories, we couldn't help but feeling that we weren't alone. 7  
They were actually telling our stories. Our hearts started to feel the principle of empathy, 8  
that wordless language of identification. We kept coming back and we started to feel at 9  
home. Members were genuinely concerned about us, we felt the love we haven't felt in 10  
a long time, or for some of us ever. What we didn't know st that time is that we were feel- 11  
ing God's presence manifesting itself through each member. We took suggestions and 12  
followed directions, we got a commitment, joined a home group, and got a sponsor, we 13  
were well on our way. We soon found out that it was a we program, and that we needed 14  
each other on this journey. As we worked Steps with our sponsors we started to develop 15  
a relationship with the God of our understanding. We began to feel concerned for others. 16  
We greeted newcomers at the door and treated them exactly the way we were treated 17  
when we first came in. We were beginning to see the power of we of the program. More 18  
importantly we knew the source of this power. We know now that God works through peo- 19  
ple. We had become vessels where this power can manifest itself to help others. 20

*In the moment: we will keep tapping into this power, so we can continue being a vessel to 21  
help others.* 22

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1                   **“Being self-supporting is an important part of our new way of**  
2                   **life. For the individual, this is usually quite a change.”**  
3                   **Grey book pg. 106 lines 14-16**

4 Many years of finding ways and means to get more leads us down many different paths  
5 when we were using. For some of us who may have been fortunate enough to have  
6 enough money to continue a habit uninterrupted by the stumbling that doing without has  
7 brought so many of us. We are used to getting what we want, when we want it. This is  
8 the cornerstone of a drug addict. The instant gratification that we found with our drugs  
9 is a direct result of living life by this philosophy. Of course, being an addict means that  
10 this behavior will take precedence over all other aspects of life. We eventually don't care  
11 about family, loved ones, jobs, friends, children, or society. We are only concerned with  
12 getting what we want, and in our case was more drugs. This usually leaves most of us  
13 in a state that makes us feel entitled. This means that if we cannot possibly support this  
14 type of lifestyle, then we will find others who will help facilitate this life for us. Whether it's  
15 our parents, or a spouse, we look for people that will help contribute to our destruction a  
16 bag at a time, or a pill at a time. After all, if someone close to us tries to get in our way, we  
17 generally don't want that person around us. Life already makes it very difficult to continue  
18 in the manner of an active addict, and we certainly wouldn't want to add to the dilemma  
19 by placing ourselves around people that will also make it difficult for us to use. Being  
20 self-supporting in recovery is only brought about by a complete turnaround in our atti-  
21 tudes and our thinking. We no longer feel entitled to, and we no longer feel that the world  
22 owes us. This new way of life encourages us to take an active part in life today. And now  
23 that we have the tools and the support of addicts in the program, we can carry on without  
24 looking to the world to carry us instead.

25 *In the moment: we can be reassured that as long as we continue in the N.A. way of life,*  
26 *that we never have to be a burden to our loved ones and society as a whole:*

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**“We tried limiting our usage to “social” amounts, but our success  
with this was short- lived or non-existent.”** 1  
**Grey book pg. 24 lines 23-24** 2  
3

The amount of time we spent trying to control our using as active addicts should be a 4  
constant reminder of just how powerless we are over this disease. We may have started 5  
as “social” users, but usually, this was at a very young age for many of us. The term 6  
“social user” is in and of itself a contradiction of terms, because how can someone be 7  
successful socially by partaking in an anti-social activity such as taking drugs. We know 8  
too well that any part we may play in partaking in the fabric of society could not be more 9  
than just a surface person, with no real deep feelings or emotions. Today, being aware 10  
of how futile our attempts at controlling our using reaffirms our surrender to the N.A. 11  
Program, and gives powerlessness meaning. After our early stages progressed, we were 12  
slowly being taken over by the disease, and the act of using and finding ways and means 13  
to get more would also take over more and more of our time. Eventually, this would lead to 14  
the final progression of the disease, which found us at the brink of existence, with the sole 15  
purpose in life no longer aligned with human wants or needs. We lived to use, and used 16  
to live. 17

*In the moment: we will remember that any attempt to control our using was futile, and 18  
short lived. We can admit, and accept our powerlessness based on our past memories of 19  
how this disease progressed in our lives in spite of our best efforts.* 20

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1                   ***“It wasn’t until after we came to N.A. that we found out that we***  
2                   ***had a disease and that recovery was possible for us.”***  
3                   ***Grey book pg. 98 lines 15- 17***

4 Many of us that get to the rooms of N.A. are here for the simple reason that we cannot  
5 continue living the way we were. We can call this our bottom, or maybe it was a part of  
6 existing that way, that made us seek out something different. Whatever the reason, we  
7 come here with many strange ideas of what we are, what are problem is, and what form  
8 help should take for us. How many times did we think that we could eventually think our  
9 way out of our dilemma, or that somehow someone could give us that intangible expla-  
10 nation, and solution to our problem. The “miracle” cure that of course required no real  
11 work, or sacrifice on our part is what we were after. As many times as we thought we had  
12 the answers, is as many times as we found ourselves going deeper down the spiral of  
13 addiction. Once here, we are relieved to hear other people, and our literature describe  
14 our lives to us. A measure of understanding that we have never experienced before, and  
15 a knowledge of this disease that was never divulged to us. We find the meaning of being  
16 an addict, and even better we find the proven path to recovery. This is the miracle that  
17 addicts speak about here in the rooms of N.A.

18 *In the moment: we can learn to live with a chronic disease of addiction, by taking respon-*  
19 *sibility for our recovery. We can be grateful that we have found each other, and support*  
20 *one another in our recovery.*

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**“The most obvious change is the simple fact that we are staying  
clean.”** 1  
**Grey book pg. 63 lines 20-23** 2  
3

Sometimes we can forget that in spite of our own negative thinking, and loss of gratitude 4  
in our daily lives, that we are usually doing better than we are feeling. When we remain 5  
abstinent for another day from drugs, we are that miracle that the literature reminds us of. 6  
When we are involved with the hustle and bustle of a busy life, we must remain grounded 7  
in the program, and also, we must not forget that we have plenty to be grateful for if we 8  
aren't using. Remembering where we came from, or "keeping it green", is a good way to 9  
be happy with the simple things in life today. After all, we aren't living to use and use to 10  
live anymore. Almost anything that life can throw at us today doesn't compare to living 11  
that life of addiction that we came from. Today with the tools of the program, we can look 12  
at life's challenges as a way to improve ourselves, and our relationships. When we com- 13  
plicate things, we tend to forget that keeping it simple starts with staying clean and being 14  
grateful for another day. 15

*In the moment: today we will show our gratitude for being clean by looking forward to life's 16  
challenges, and not run away from them.* 17

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**"The program of Narcotics Anonymous provided an opportunity  
for us to relieve our pain by applying the spiritual principles"  
Gray book pg 150 lines 6-8**

Pain is what brought many of us to Narcotics Anonymous Physical, mental, spiritual, and we can add emotional pain, forced us to seek relief. Many of us tried other solutions through religion, medicine, other people and other institutions. After all these methods failed for us, we ended up in Narcotics Anonymous. For most of us it was the last thing we tried, but it was the first thing that worked. "the last house on the block", you could say. After years of self-inflicted pain, as a result of addiction, we finally sought help. We heard that we didn't have to hurt ourselves or others anymore. The pain leads us to surrender, first to the disease of addiction, then to the spiritual principles of N.A. Our 2nd Step tells us that the pain of living without drugs or anything to replace them forces us to seek a power greater than ourselves, that can relieve our obsession to use. Withdrawal is pain that also is relieved by this power. The pain we experience as a result of addiction cannot be treated with more drugs. Ours is a spiritual problem, not a medical one. Living by spiritual principles as we work the Steps with a N.A. Sponsor, relieves us from our self-imposed pain. Living the program helps us to live life to the fullest without needing to escape. Living clean and by spiritual principles prevents us from causing more pain to ourselves and others. We progress to healthy living, physically, mentally, spirituality and emotionally. And yes, in that order. Recovery in N.A. Is an uphill journey. We are granted a daily reprieve, and that's continual, depending on our spiritual maintenance.

*In the moment; we will seek spiritual relief from life on life's terms. We know that there's no chemical solution to a spiritual problem.*

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1                   ***“The mental part of our addiction comes with our inability to deal***  
2                   ***with life on its own terms?”***  
3                   ***Grey book pg. 5 lines 31-33***

4 The mental part of our addiction is only a part of this disease. We suffer mentally, physi-  
5 cally, spiritually, and emotionally from the disease of addiction, and need recovery in all  
6 these areas if we are to achieve a true recovery. In order to keep ourselves on track to  
7 achieving this, we must relearn all that we thought we knew in the past. If we take a good  
8 look at ourselves, and our inventory in our Step process, we will notice that even though  
9 we thought we knew how to deal with the ordeal of life, we really didn't. We suffered from  
10 a disease that keeps us from being able to meaningfully interact with others and take part  
11 in life. We were more interested during our active addiction in surviving and getting more  
12 drugs. Unfortunately, this doesn't change with just abstinence alone. We must slowly  
13 learn, one day at a time, how to deal with others, and life on life's terms. This means that  
14 we need to surrender to the Steps, and look for a Higher Power's help, along with others  
15 in the program. We strive for the mental recovery from the insanity that the disease has  
16 put us in, and with a little faith in the program of N.A., and the help of others we meet who  
17 are recovering as well, we can be restored to a sane way of thought.

18 *In the moment: today we will look to strengthen our faith in the program, and trust that this*  
19 *process work, in order to achieve a restoration of sanity, one day at a time.*

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1 ***“The fact that those of us who have become addicted come***  
2 ***from all levels of society is no guarantee that we will not end our***  
3 ***addiction in jail or the graveyard”***  
4 ***Grey book pg. 6 lines 25-28***

5 Addiction has no prejudices. It will affect anyone, from any race, color, creed, or class  
6 of human. We find many different people when we get to N.A., from all walks of life.  
7 From doctors, to lawyers, to street junkies, we all have one common problem, addiction.  
8 Although, we may think that if we had a good job, like being a doctor or lawyer we would  
9 be immune to the effects of this disease. The fact that there are just as many addicted  
10 professionals in jails, institutions, and the graveyard as the less affluent addicts proves  
11 that this disease is just as devastating to anyone’s life, no matter where we fit in on the  
12 social ladder. It has one goal, to bring us down to the bottom, whether that is through  
13 institutionalizing us for the rest of our lives, or simply killing us. Although, some of us end  
14 up with more “things”, and material goods when we get here, it is the mental and spiri-  
15 tual bankruptcy that ultimately puts us in the same state of despair. We cannot escape  
16 the effects of addiction simply because we have more stuff. The flip side of this is also  
17 true. No matter who we are when we get here, the program of N.A. will help us to bring  
18 ourselves out of the pits of despair that the addiction leaves us in. This program works for  
19 anyone regardless of age, race, sex, color, or creed, and saves us from the guaranteed  
20 ends of addiction, jails, institutions, or death.

21 *In the moment: today we will remember the still suffering addicts from all walks of life and*  
22 *be grateful that we made it to N.A. regardless of our social stature.*

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***“Working with others is one of our most powerful tools. The therapeutic value of one addict helping another is unparalleled.” Grey book pg. 102 lines 27-29*** 1  
2  
3

The we part of the N.A. Program is the most important part for both the newcomer, and the addict who has some time clean. We can defeat addiction together one addict helping another. The empathy that only another addict can feel for another suffering addict is why this works. We share with each other our struggles, and our solutions to living life with this disease, and show each other how to live clean. Our meetings, and fellowship are where a newcomer is first introduced to this tool, and by regularly participating at our meetings, we can begin the process of learning to trust another human being again. For so long we lived our lives with the notion that we didn't need anybody's help, and more importantly, we didn't want it. Now that we have surrendered to the fact that we are powerless alone, we come to the realization that we cannot do it alone and need to ask others for help and support. Our Twelfth Step reminds us of the importance of helping another addict, and it is how we freely share what was given to us. The ability to work together for the common goal of staying clean and learning to live a productive life in society together is achievable for every addict that follows this path, and learns to become part of the we of this program. 4  
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*In the moment: today we can be a part of other addict's recovery, and offer help to the suffering addict* 19  
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1 **“We can die from untreated addiction, but before we die the dis-**  
 2 **ease takes from us our pride, our self-esteem, our families, and**  
 3 **loved ones?” Grey book pg. 14 lines 19-21**

4 How much do we have to lose before we realize that we are on the path to destruction?  
 5 Many addicts take many years and lose everything before they will look for another way.  
 6 Jails, institutions, and death is what is promised to the addict that continues to live the life  
 7 of addiction. N.A. offers a promise of hope and freedom from this disease, but it takes the  
 8 sobering experience of slowly losing everything to bring us here willing to do something  
 9 different. Suffering through active addiction, can bring the deep despair and hopeless-  
 10 ness that our literature talks about. We put our using ahead of all other people, and things  
 11 in our lives, and we in turn lose all those people, and things. We become isolated from  
 12 society, and it leaves us mentally, spiritually, and physically bankrupt. Many addicts that  
 13 never make it to a seat in N.A. die from this disease, and many more suffer a fate of life  
 14 in prison or institutionalized for life. Either way, we are doomed without getting help, and  
 15 the N.A. Program is a proven way to arrest this disease and learn to recover through our  
 16 program. We can and do slowly gain back some of our family members, and loved ones,  
 17 but we must keep our recovery first, one day at a time.

18 *In the moment; today we make sure to not forget where we come from, and how much we*  
 19 *have to be grateful for today, that we are free from addiction, and free to live.*

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**“There is nothing that compares to a new person freely talking 1  
about the pain and endless hustle that goes on out there?” 2  
Grey book pg. 1 lines 26-28 3**

Listening to others at our meetings is one of the tools we learn to develop when we get to 4  
N.A. The importance of truly listening, to hear what someone is sharing is important for us 5  
to achieve that empathy that we have for each other. It also helps to hear the pain of an 6  
addict that has just made it here. A brand newcomer may not know much about recovery 7  
from addiction, but they do have a message of pain and misery that they come from, and 8  
this will help to remind us of where we were when we got here. This is an important piece 9  
of our own recovery, because it simply reminds us that we never want to go back to that 10  
life of active addiction. We listen to the newcomers, and then we can talk with them after 11  
the meeting, exchange phone numbers, and offer help so that they can stay here and 12  
receive the benefits of this program as we did. The endless circle of recovery begins with 13  
the newcomer and playing our role in the helping of others is how it continues. Relapse 14  
is not a requirement here, and if we stay attentive and learn to hear others as we listen, 15  
this will help assure that we never have to relapse ourselves. When we can truly feel the 16  
newcomers pain, we are the only ones in position to truly help that person. 17

*In the moment: today we will practice helping a newcomer, and sharing our experience 18  
strength, and hope with them 19*

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1           ***“Many of us cling to our fears, doubts, and self-loathing or hatred***  
2           ***of others, because there is a certain distorted security in familiar***  
3           ***pain. It seems safer to hold on to the old familiar pain than to let***  
4           ***go of it for the unknown.”***  
5           ***Gray Book pg 46 Lines 22-26***

6 Some members describe Step Six as a grieving process. Character defects were the  
7 tools for the disease. Like drugs, they were our solution for a long time. Toward the end  
8 of our bottoms, they turned against us. The drugs and defects that went hand in hand  
9 with our active addiction, were no longer needed in this New Way Of Life. We had to  
10 say goodbye to those old survival skills. Since that’s all we were familiar with, it was diffi-  
11 cult and painful to let go. But like our Gray Book states, “Letting go of character defects  
12 should be done with love. Fear and hate cannot give us new lives. We should approach  
13 old defects with patience and understanding, for they have served us well in days past.”  
14 We must be careful not to take ourselves so serious in this process. The Spiritual Principle  
15 of Willingness prepares us here. We have to let the God Of Our Own Understanding  
16 remove these defects or at least minimize them. God only removes what we really want  
17 Him to remove. This is why letting go of these defects must be done with our permission.  
18 We decide the ones that are causing us and others the most pain. Those are the ones  
19 we must become entirely ready to have them removed. We can start with our selfish-  
20 ness. Our Basic Text tells us that this defect has to be intolerable to us. It goes on to say  
21 that it becomes a destructive chain that ties us to our bad habits. As we practice these  
22 Spiritual Principles, we begin to replace the old with the new. These old tools don’t work in  
23 this New Way To Live. We start to see glimpses of the people we could become, without  
24 some of these defects. Our fear of the unknown is lessened if not dissipated. Our Faith  
25 increases the more we Practice these Spiritual Principles.

26 *In the moment; For a long time our vision of our New Life gives us Hope. This Hope*  
27 *increases our Willingness.*

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***“The first way in which we carry the message is by staying clean  
with the help of God and the Fellowship.” Grey book pg. 59 lines  
26-28*** 1  
2  
3

How many addicts want to get clean, and then run out and help as many addicts as they 4  
can. We are great at trying to keep the focus off ourselves, and sometimes, in early recov- 5  
ery, we would rather keep the focus on anything outside of ourselves, and that includes 6  
another addict. Unfortunately, many of us get lost in this, and lose the main ingredient 7  
of a recovering addict helping another, our own personal recovery. We must never lose 8  
sight that without our own clean time intact, we are of no real help to another addict. This 9  
means we always keep the focus on ourselves first, and then helping others. When we 10  
are attending meetings, we will have many opportunities to help others, but the first rea- 11  
son we are there is to get the help we need in order to keep our own recovery first. Clean 12  
time speaks for itself, and whatever we put in front of our recovery will be the first thing 13  
we lose, and that includes helping others. Over time, we learn to find a healthy balance, 14  
of being selfish for our own recovery, and giving back in the selfless way that the N.A. 15  
Program teaches us. 16

*In the moment: today we can find the help we need by helping others the N.A. way.* 17

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1 **“Our personal experiences while using differed from member to**  
 2 **member. However, as a group we found many common themes in**  
 3 **our addiction”**  
 4 **Grey book pg. 91 lines 13-15**

5 Hearing our literature for the first time or attending one of our N.A. meetings for the  
 6 first time can be an eye-opening experience. This is when we get to hear our story told  
 7 through others. All our lives we probably thought that we were the only ones that felt that,  
 8 did that, said that or experienced that. We were alone. Once we get to N.A., we realize  
 9 that we are not alone, but we share a common disease, that isolates us all individually,  
 10 and keeps us that way if we keep using. The lie that we are different begins to melt away  
 11 when we listen to others share at our meetings, and we can for the first time begin to feel  
 12 like we are a part of the human race again. It is important to keep focused on our simi-  
 13 larities, not our differences so that we can experience this change. This is all part of the  
 14 recovery from addiction process, and somehow God sees fit to bring us together in order  
 15 to help each other. A group of people that alone are powerless and isolated, yet together  
 16 are able to do together what individually we could not. Keeping this in mind as we attend  
 17 our meetings, and fellowship with others in N.A. will give us a perspective on the power of  
 18 this program, and the divine intervention that God grants us together.

19 *In the moment: today we will be a part of the Fellowship of N.A. by being a part of others*  
 20 *life and staying connected with others seeking recovery from addiction.*

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**“One of the most important parts of our new way of life is being** 1  
**part of a group of addicts also seeking recovery.”** 2  
**Grey book pg. 90 lines 9-11** 3

A very important lesson that we learn when we are in N.A., is that we can’t do this alone. 4  
 When we were using, we felt that we didn’t need people around. The benefits of a “social” 5  
 life seemed pale in comparison to our drug of choice, and we put using ahead of being 6  
 part of anything. We didn’t feel that we needed people. When we stop our using, and 7  
 begin to find recovery, we find just the opposite is true. Not only do we need each other 8  
 to stay clean, and to grow, we also need the emotional stability that being around, and 9  
 part of others’ lives brings. God often works through others, and we are shutting ourselves 10  
 out from that help if we are not actively participating in others’ lives. Today, we seek out a 11  
 productive, and social life, and that includes other people. This is an important part of our 12  
 recovery. When we can admit that we need others help, and be open to others criticism of 13  
 us, we are practicing humility, and acceptance, two key N.A. principles. The “we” part of 14  
 the N.A. Program is how we stay clean, and it is also how we learn to integrate into soci- 15  
 ety as a whole. 16

*In the moment: we will ask God to guide us in our relationships with others, and to help us* 17  
*better ourselves, so that we can be a better part of others’ lives today.* 18

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1 **"We may suffer from the fear of insanity and feel we have no**  
 2 **escape from using other than an insane and depressed exist-**  
 3 **ence?"**  
 4 **Grey book pg. 81 lines 16-18**

5 How many of us end up being institutionalized for life as a result of active addiction? We  
 6 hear the ends of addiction bring us jails, institutions, and death, and most certainly view  
 7 death as the worst of these ends. But many of us have a greater fear of ending up in an  
 8 institution and labeled criminally insane. Once we are put in these places, it is nearly  
 9 impossible to get out. We can become nothing more than a state funded paycheck, that  
 10 gets lost in the system. This is just one of the stark realities that addicts face when we are  
 11 in our active addiction. Along with all the other destruction that this disease can bring, it  
 12 also can bring a fate worse than death. If we were lucky enough to get to the rooms of  
 13 N.A., we are offered a solution. A different path that saves us from the fate that addiction  
 14 has planned for us. We need to be grateful for not having to live with the fear hanging  
 15 over our heads that we are at the mercy of a disease that unlike our Higher Power, is not  
 16 loving and caring, and wants nothing more than to have us suffer a miserable existence.  
 17 Today we share this hope with others who come into the rooms, and offer them a choice  
 18 at life, and an escape from the fear, and insanity that keeps them chained.

19 *In the moment: today we show our gratitude for our recovery, by sharing the message of*  
 20 *hope and promise of freedom with other suffering addicts.*

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**“Each day we stay clean by practicing the Steps in our lives, our chances of relapse decrease.”** 1  
**Grey book pg. 122 lines 19-21** 2  
 3

Learning how to live without using drugs takes more than simple abstinence. We slowly 4  
 begin to learn new habits as part of the N.A. Program. Making meetings regularly, mak- 5  
 ing phone calls, working with a sponsor, and others in the program all help us to begin to 6  
 see a new outlook on life. For many of us, it will be the first time in our lives that we can 7  
 view life and others without the negative doom and gloom lenses of the disease. As our 8  
 mannerisms begin to change and we notice that we look forward to doing things that 9  
 don't include using, we are pointed to spiritual principles in our 12 Steps. By working the 10  
 N.A. Steps with a sponsor, we can identify spiritual principles that are helping us make 11  
 these changes, as we practice incorporating them in our daily living situations. This is a 12  
 journey that begins with that first admission of powerlessness and continues for as long 13  
 as we don't pick up. If we continually focus on the solutions, and keep our recovery first 14  
 in our lives, we are taking an active part in preventing the disease from pulling us back in. 15  
 Relapse does not need to be a part of our new lives, as long as we stay clean, and follow 16  
 the N.A. way. 17

*In the moment: today we will assure ourselves another day clean by making a meeting 18  
 and practicing these principles in all our affairs.* 19

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1 **“We all have to pull together, and in pulling together we learn that**  
2 **we really are a part of something greater than ourselves.”**  
3 **Grey book pg. 107 lines 26-28**

4 When a group of addicts get together for the purpose of recovery from addiction, we are  
5 practicing one of the greatest tools we have in defense of the disease. We no longer are  
6 alone and have become a part of a greater fellowship through the N.A. Program. Meeting  
7 others at meetings, and fellowshiping with them gives us a mutual solution, to a mutual  
8 problem of addiction. We all suffered from this disease in one form or another and have  
9 found each other because of the N.A. Program. As we begin to stop being that angry  
10 frightened loner, and allow others into our lives, we begin to feel the benefits of living an  
11 honest, clean life. This can be frightening for an addict who never wanted to be honest  
12 with anyone, and practiced deception, and isolation. The greatest defense against the  
13 disease is honest sharing with others, and allowing the healing power of empathy to do  
14 for us what we are unable to do for ourselves. A group of recovering addicts have a great  
15 power when we work together for a common cause of recovering from the disease of  
16 addiction, and helping a newcomer. We can put our personalities, and personal agendas  
17 aside, and allow the healing power of God to work through us. Passing along what we  
18 have been given through N.A., to the still suffering addict is one of the greatest gifts, and  
19 assures that we will not only keep what we have, but that we will gain the spiritual benefits  
20 that we so desperately need in order for us to grow.

21 *In the moment: today we can practice putting our own selfish motives aside for the*  
22 *greater good of helping another suffering addict.*

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***“We tried to cover up our inner pain with outside appearances.*** 1  
***Any hope of being anything different disappeared”*** 2  
***Grey book pg. 25 lines 25-27*** 3

Getting honest with ourselves about how we are feeling is a difficult task for addicts, and 4  
it takes quite a bit of practice when we first get to the N.A. Program. We learn at our first 5  
N.A. meetings that the more we can open up honestly to others, the more relief we will 6  
experience from ourselves. We tend to hide, and cover up our feelings, as an automatic 7  
mechanism so that we can portray being a human being that is just “fine”. Underneath 8  
the facade is really that shaky insecure person that our literature tells us about. We can 9  
only hide the pain from others and ourselves for so long though, and the more we avoid 10  
our true feelings, the longer we stay sick in the disease, and eventually will lose hope. We 11  
cannot falter in our programs, and practicing a life of continuing honesty is always the 12  
first step in growth for addicts. We cannot afford to be “different” then others today, where 13  
once we felt that we were so very different from every other human being, today we cele- 14  
brate the identification, and empathy we share with other addicts that are just like we are. 15

*In the moment: today we will not hide our feelings from others, by getting to a meeting* 16  
*and sharing honestly about where we are, and how we feel.* 17

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1                   **“Being self supporting is an important part of our new way of**  
2                   **life. For the individual, this is usually quite a change.”**  
3                   **Grey book pg. 106 lines 14-16**

4 Many years of finding ways and means to get more leads us down many different paths  
5 when we were using. For some of us who may have been fortunate enough to have  
6 enough money to continue a habit uninterrupted by the stumbling that doing without has  
7 brought so many of us. We are used to getting what we want, when we want it. This is  
8 the cornerstone of a drug addict. The instant gratification that we found with our drugs  
9 is a direct result of living life by this philosophy. Of course, being an addict means that  
10 this behavior will take precedence over all other aspects of life. We eventually don't care  
11 about family, loved ones, jobs, friends, children, or society. We are only concerned with  
12 getting what we want, and in our case, was more drugs. This usually leaves most of us  
13 in a state that makes us feel entitled. This means that if we cannot possibly support this  
14 type of lifestyle, then we will find others who will help facilitate this life for us. Whether it's  
15 our parents, or a spouse, we look for people that will help contribute to our destruction a  
16 bag at a time, or a pill at a time. After all, if someone close to us tries to get in our way, we  
17 generally don't want that person around us. Life already makes it very difficult to continue  
18 in the manner of an active addict, and we certainly wouldn't want to add to the dilemma  
19 by placing ourselves around people that will also make it difficult for us to use. Being  
20 self-supporting in recovery is only brought about by a complete turnaround in our atti-  
21 tudes and our thinking. We no longer feel entitled to, and we no longer feel that the world  
22 owes us. This new way of life encourages us to take an active part in life today. And now  
23 that we have the tools and the support of addicts in the program, we can carry on without  
24 looking to the world to carry us instead.

25 *In the moment: we can be reassured that as long as we continue in the N.A. way of life,*  
26 *that we never have to be a burden to our loved ones and society as a whole:*

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***“If we really believe that a person is wrong, we have no business  
letting that person have control of our emotions”  
Grey book pg. 76 lines 28-30*** 1  
2  
3

Having surrendered to program of N.A. means that we do not have to fight anymore. We 4  
no longer need to fight this addiction on our own, and we have admitted powerlessness 5  
in order to get here. We must now learn to deal with life, and others without using drugs 6  
as an escape from others, and ourselves. In other words, we must learn to function as 7  
healthy human beings capable of participating in our own life, and the lives of others. 8  
How do we do this? If we continue to run away from our own problems, and defects, then 9  
chances are we are continuing to fight with others. Continually needing to prove ourselves 10  
right is just another way of feeding our own ego’s, and to feed the narrative that we are 11  
just fine, while others are not. We all know where this behavior got us in the past, using 12  
drugs. Today, although we may not be using anymore we are still prone to these same 13  
egos feeding behaviors, and making ourselves feel better at the expense of others is sure 14  
to lead to some of the same pain and misery that using has. We may find ourselves alone, 15  
or constantly being avoided, which works in contradiction to what we really need, being 16  
around others, and being able to connect with others. Our literature tells us to “give our- 17  
selves a break”. This means not only from using drugs, but from the constant fighting with 18  
life in general. Today we are in good hands through being connected to the N.A. Program 19  
and God. 20

*In the moment: today we will surrender, and not fight with others over “petty” stuff, and not 21  
allow others to take control of our own emotions. 22*

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1 ***“By following these principles in our dealings with others in N.A.***  
2 ***and society at large, we avoid many problems?”***  
3 ***Grey book pg. 89 lines 25-27***

4 In order to become the productive member of society again, as our literature promises us,  
5 we need to continually follow the path of spiritual principles. By keeping our recovery first  
6 in our lives, over time, we are able to carry what we learn here in N.A. out into the outside  
7 world. As we share in meetings, and listen to others share, we can hear the solutions  
8 as well as the problems that addicts have as we slowly integrate back into society in a  
9 healthy way. We can learn through our meetings what to do in certain situations, also what  
10 not to do. If we follow the positive messages that we hear, we will learn that they all share  
11 one common denominator. They all follow spiritual principles. The obvious ones such as  
12 honesty, open mindedness, and willingness, but also the ones such as giving, kindness,  
13 and empathy for others. We learn that these principles keep our own egos in check, also  
14 help to guide us through any difficult situation that may arise in our life. The moment we  
15 abandon these principles laid out in the N.A. Program is when we find ourselves in trou-  
16 ble, and it's usually our own doing. Our ability to make decisions with the help of others in  
17 N.A. will help us to avoid some of these problems, but we also develop the ability to learn  
18 from our mistakes today. We are no longer doomed to repeat the same mistakes over and  
19 over as we were while we were using. Problems we encounter today, are only temporary  
20 setbacks as long as we utilize the tools we are given, and continually ask for guidance  
21 from God and others.

22 *In the moment: today we can move past a problem by admitting to another addict that we*  
23 *need help and guidance. Today we don't have all the answers, but we can find the solu-*  
24 *tions.*

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**“Freedom from our destructiveness, covering up the wreckage of  
the past has been the main stumbling block in relating to others”** 1  
**Grey book pg. 79 lines 20-22** 2  
 3

We all come to this program with people issues. We as addicts just don't know how to 4  
 effectively relate to others. There are many reasons for this, but through our active addic- 5  
 tion, we continually compounded this problem by using. While using we are not facing, 6  
 and in touch with our own true selves. In fact, the opposite, we are running further and 7  
 further away from ourselves by using. This continuous act repeated for weeks, months, 8  
 and years will leave us in a dark place that has no real attachment to another human 9  
 being. Our literature tells us we are left completely isolated from the rest of the world, and 10  
 any addict who has made it to N.A. can relate to that first hand. Now that we are clean, 11  
 we need to face all of our past, and first recognize how we were not in touch with our- 12  
 selves, or our own defects. To first face ourselves, and our defects of character is the first 13  
 step in being able to relate to others. We need to be free from our own past limitations in 14  
 order to move forward in a positive way, for our own life, and for being able to participate 15  
 with the lives of others. 16

*In the moment: today we will face our own fears by sharing them with another recovering 17  
 addict, and admitting we need help 18*

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1 ***“It will not make us better persons to judge the faults of another”***  
2 ***Grey book pg. 51 lines 12-14***

3 Many of us come into the program blaming everything, and everybody for our situation.  
4 We never were able to take a look at our drug use, or ourselves as the problem that  
5 caused all of our suffering. Putting down the drugs, and getting to a meeting doesn't  
6 change the finger pointing that we find with newcomers. We still want to blame the world  
7 and everybody in it for what happened to us. As we begin working on ourselves, and dive  
8 into our 12-Step work, we begin to point that finger inward, and identify the real problem,  
9 ourselves. However, we still have a tendency to want to “escape” from where the real work  
10 lies, and start taking other people's inventories instead. When we find ourselves being  
11 too judgmental, or constantly pointing out the faults of others, it usually is because we are  
12 avoiding our own defects, and the work that is required to deal with them. Understanding,  
13 and identifying our own faults brings us to a fork in the road. Do we deal with them and  
14 ask a loving God, and others in the program for the help and guidance we need, or do we  
15 run away from them? Having an honest desire to better ourselves, and to better our lives  
16 leaves us with only one answer, and focusing on others is not part of the solutions that we  
17 are after.

18 *In the moment: today we will keep the focus on ourselves, and face our own problems*  
19 *head on. We won't procrastinate in our recovery program by judging others.*

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***“To know and come to understand that there is a power greater than ourselves desiring to have a relationship with us, in spite of our faults, comforts us all”*** 1  
***Grey book pg. 127 lines 13-16*** 2  
 3  
 4

One of the many roadblocks that keeps an addict from developing a relationship with a Higher Power, or God, is our complete self-centeredness, and lack of ability to see past our own wants and needs. We as addicts love to take credit for things when they are going our way, but when life deals us a difficult hand, we tend to blame God. We seem to be limited to seeing only a short-sighted outlook on life, that first gets filtered through our past failures, and mishaps. When we are living a spiritually based life, we find that it is a direct result of not allowing our past interpretations of a God, or Higher Power to interfere with the relationship that this power desires to have with us today. As with any other good, positive, or beneficial thing that tries to bestow itself on an addict, we tend to get in the way of it without fail. Understanding and learning to trust the power greater then ourselves that we find in the rooms of N.A., takes practice, and trust. We can begin to feel the benefits of trusting this power as we take on the task of cleaning our own house in the Steps. As we grow in our recovery, we find that leaning on and trusting this power is our greatest strength. We are no longer spiritually bankrupt, and we look forward to building trust in this power that has brought us this far in our recovery, and as long as we continue to trust the God of our understanding, we will continue to develop in a spiritually rewarding life.

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*In the moment: today we will look to strengthen our relationship with the God of our understanding, by taking a leap of faith, and practice letting go of self.* 21  
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1                   **“Our way got us here. Recovery was done through the help of**  
2                   **others, the tools they shared with us, and a Higher Power”**  
3                   **Grey book pg. 67 lines 10-12**

4 When we look back on our journey through our active addiction, and recovery from this  
5 disease, we find that the time that we began to turn around from our past life, was when  
6 we were beaten enough to start to rely on the help of others. If we were lucky enough to  
7 find N.A., and have been demoralized enough to let go of the steering wheel for a while,  
8 we can see that this is the point that things began to change for us. Allowing others to  
9 help us at our most vulnerable time, and seeing positive changes in our lives, gives us  
10 a chance to see that our way of thinking isn't all we thought it was cracked up to be. In  
11 fact, we can safely see that our dilemma in life is a direct result of our thinking. We are  
12 then built up in our meetings by feeling accepted in spite of all our faults, and problems.  
13 We look to others to show us what has worked for them, and we find that simple tools of  
14 the program can make the difference between us staying clean, or returning to a life of  
15 misery. If we pick up the tools of writing, fellowshiping, meetings, praying, and reading  
16 N.A. literature, we find that we are able to do something that we never were able to do  
17 before, get out of our own way, and begins to grow as a human being again. We develop  
18 together, and learn that we need each other in order to keep our recovery going. Today  
19 we continue working the tools of N.A., so we never have to go back to living that old way  
20 of life, and end up where addiction wants us, jails, institutions, and death.

21 *In the moment: today, we will strengthen our recovery, by working the tools we learned*  
22 *here in the rooms of N.A.*

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**“Another stumbling block we should safeguard against is comparing ourselves to others who seem to have gone farther down the road of addiction?”** 1  
**Grey book pg. 128 lines 19-22** 2  
**Grey book pg. 128 lines 19-22** 3  
**Grey book pg. 128 lines 19-22** 4

How many times have we said or thought, “i never did that”., or “i would never get that bad”. Only to find that we did end up doing that, and we did get that bad. Comparing ourselves to others is dangerous in recovery as well. We cannot find ourselves looking at what others do or “get away with”, and go to our sponsors and say, “so and so does it all the time”. We must learn early on that we are our own person, with our own needs for a personal recovery, and that is where our focus must lie. When we find ourselves looking outward, at others, it is usually because we are neglecting to take that serious look at our own issues, that maybe we are not ready to change yet. Instead of seeking the help and guidance on our issues, we are more than happy to point out the faults of others. Our literature tells us that it does not make us better by pointing out the faults of others. When we are at the point when we seem to be judging and taking other’s inventories, we need to go back to some simple tools that have worked for many of us. Taking time to take a daily inventory in writing helps, and writing down all the positive messages we heard at a meeting is another simple tool. We are here for no one but ourselves. We are not in competition with each other, but are here to use what we learn through our own journeys to reach out and help others. 5  
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*In the moment: today we will keep the focus on ourselves, and our own recovery so that we can carry a clear message of recovery through experience, strength and hope.* 21  
*In the moment: today we will keep the focus on ourselves, and our own recovery so that we can carry a clear message of recovery through experience, strength and hope.* 22

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1                   ***“It is difficult to get rid of the notion that we must be great or do***  
2                   ***great to be o.k.”***  
3                   **Grey book pg. 83 lines 25-26**

4 We are often doing a lot better than we are feeling. Often addicts tend to get over emo-  
5 tional, when our feelings get out of wack. We always strive to achieve an emotional bal-  
6 ance, and get off the roller coaster ride that a lot of us experience in early recovery. Our  
7 emotions and feelings can often still throw us for a loop every once in a while, and that’s  
8 when we need to put our program into action. Not acting out based on our feelings is  
9 something we work on our entire lives, and although we all fall short sometimes, we use  
10 our shortcomings as a learning tool today, instead of spiraling deeper into an emotional  
11 pit of bad decisions, and actions. Feelings come and go, it’s what we do with them when  
12 they are here that matters. Not picking up, and not acting out are the first step to a bet-  
13 ter way. Learning to let go, and sometimes just allow ourselves the time to think things  
14 through also gives us an advantage over our addict thinking. Being ok today means that  
15 we are not using, and that we are striving for a better life. It also means that we aren’t  
16 allowing the disease to creep back into our thinking, and behaviors. We all have dreams  
17 and aspirations for ourselves, but focusing on our recovery allows us the ability to put  
18 things into a perspective that we otherwise would miss. The program of N.A. offers us a  
19 life free from addiction, and the ability to enjoy living a life clean, and this give us hope for  
20 our future.

21 *In the moment: today we will not act out on feelings and emotions, but accept where we*  
22 *are today, and strive for a better tomorrow.*

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***“We came in sick people who knew very little about how to be  
happy and enjoy life”*** 1  
***Grey book pg. 65 lines 35-36*** 2  
3

Although we always seemed to think that we knew what was best for us, and for our lives, 4  
in spite all evidence to the contrary, it isn't until we are clean for a while that we see how 5  
untrue that was. We as addicts are hard headed, and it takes us following our own think- 6  
ing until we think ourselves into jails, institutions or dead until we realize that maybe we 7  
don't know everything. Understanding and accepting that our best thinking is what got 8  
us to the program in the first place is usually only followed after we have hit bottom, and 9  
become willing to try something different. Our idea of living was really an idea of dying a 10  
slow and torturous life until we find ourselves in jails, institutions, or dead. Once we are 11  
lucky enough to have another chance in N.A., we are ready to take suggestions, and 12  
follow direction from those who came before us. We find a whole new outlook on life, and 13  
begin to enjoy the simple things, such as being clean, and having the ability to participate 14  
instead of hiding away and isolating. Being a part of the N.A. fellowship, and staying on 15  
this path of recovery leads to a happiness that we never thought possible before. Today 16  
we have a choice to live instead of being controlled by the disease which leads to certain 17  
death. 18

*In the moment: today we will look for the positive in our lives, and find gratitude for the 19  
second chance at life that N.A. offers us.* 20

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1           ***“As using addicts, we lived under a regime of fear. In attaining***  
2           ***our new life, we want it free of unreasonable fear.”***  
3           ***Gray Book, p. 42 Lines 20-21 Step Four***

4 A fearless moral inventory of ourselves, it sounds easy right? As addicts, our Lives were  
5 dominated by fear. Self-centered fear was at the root of all our problems. We acted out  
6 on our defects as a means to cover up what we were really feeling. These defects served  
7 us well for a while in our active addiction. Our lack of self-esteem made us create false  
8 images of ourselves, for others to see. We didn't like ourselves, and we were sure if others  
9 got to know us, we would be rejected. Our Literature tells us that the masks have to go.  
10 Fear was our default mode; it motivated us to act and react. We were always covering  
11 who we really were. Putting pen on paper and revealing ourselves to ourselves was our  
12 Solution. We need a Loving God to Guide us, and give us the Courage to go through this  
13 fear and expose the real from the imagined. Writing our Inventory unlocks certain parts  
14 of our subconscious that just talking about it won't. Our Healing is in the writing in this  
15 Step. As our Faith increases with every stroke of the pen, our fears are lessened. We have  
16 to remember that the Higher Power that got us Clean in the first few Steps is still with us  
17 during this Process. Listing our Assets and liabilities Helps us with our Self-Acceptance.  
18 One of the results from this Step is that we peel another layer of the onion. Our Goal in  
19 Recovery is to get to the Core, because that's where our Spirituality resides.

20 *In the moment; God will help remove these thorns from our sides. We have to be thorough*  
21 *and write through our fears*

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***“It is difficult to get rid of the notion that we must be great or do  
great to be o.k.”*** 1  
 2  
**Grey book pg. 83 lines 25-26** 3

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 tional, when our feelings get out of wack. We always strive to achieve an emotional bal- 5  
 ance, and get off the roller coaster ride that a lot of us experience in early recovery. Our 6  
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 our future. 20

*In the moment: today we will not act out on feelings and emotions, but accept where we* 21  
*are today, and strive for a better tomorrow.* 22

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1                   **“We came in sick people who knew very little about how to be**  
2                   **happy and enjoy life”**  
3                   **Grey book pg. 65 lines 35-36**

4 Although we always seemed to think that we knew what was best for us, and for our lives,  
5 in spite all evidence to the contrary, it isn't until we are clean for a while that we see how  
6 untrue that was. We as addicts are hard headed, and it takes us following our own think-  
7 ing until we think ourselves into jails, institutions or dead until we realize that maybe we  
8 don't know everything. Understanding and accepting that our best thinking is what got  
9 us to the program in the first place is usually only followed after we have hit bottom, and  
10 become willing to try something different. Our idea of living was really an idea of dying a  
11 slow and torturous life until we find ourselves in jails, institutions, or dead. Once we are  
12 lucky enough to have another chance in N.A., we are ready to take suggestions, and  
13 follow direction from those who came before us. We find a whole new outlook on life, and  
14 begin to enjoy the simple things, such as being clean, and having the ability to participate  
15 instead of hiding away and isolating. Being a part of the N.A. fellowship, and staying on  
16 this path of recovery leads to a happiness that we never thought possible before. Today  
17 we have a choice to live instead of being controlled by the disease which leads to certain  
18 death.

19 *In the moment: today we will look for the positive in our lives, and find gratitude for the*  
20 *second chance at life that N.A. offers us.*

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***“What we have in common is what we have all felt: the loneliness, the self- centeredness, the misery, the despair, the pain within, and the empty numbness that sets us apart from others”*** 1  
***Grey Book pg. 134 lines 13-16*** 4

The empathy that one addict has for another is the greatest healing tool that we have for 5  
each other. When we are around other addicts who have “been there” , we are around 6  
the people that can help us the most. The understanding of the pain and isolation that 7  
we have all felt gives us all the common thread that enables us to help each other, under- 8  
stand each other, and to feel like we belong. This is why the program of N.A. is a “we” 9  
program. We together can do what each addict cannot do individually. It also gives us 10  
the unique ability to help a newcomer like no one else can. The initial excuse a newcomer 11  
gives, that “you don’t know what it’s like”, or “you don’t understand” doesn’t work anymore 12  
when that newcomer finds himself around other recovering addicts. Any person who has 13  
overcome the total despair that an addict must overcome, along with escaping the jails, 14  
institution, or death that addiction had in mind for us, we now have the ability to use the 15  
failures of our past to strengthen the ties that bind us together. Our addictive natures will 16  
always try and separate us from each other, and we have noticed that an addict that sep- 17  
arates himself from those who can help him the most is a sign of relapse. The strength we 18  
have together means we must stay together. 19

*In the moment: today we will participate in the “we” of the program by reaching out and* 20  
*communicating with other recovering addicts.* 21

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1           ***“There is the inventory we can pause and make when we run***  
2           ***into trouble during the course of the day. Stopping, thinking and***  
3           ***remembering that by the grace of God we are clean is a basic.”***  
4           ***Grey book pg. 56 lines10-12***

5 Each day brings a new set of problems. We as addicts must remember first and foremost  
6 that we are powerless over our addictions, and we no longer live with the illusion that we  
7 are in control of life on life’s terms. This means we must learn to utilize some of the same  
8 tools that have helped us to stay clean, to get through tough times. First and foremost, we  
9 are grateful for being clean today. Finding gratitude for the graces that God grants us on  
10 a daily basis sets up an attitude of finding a solution for whatever problem life has thrown  
11 at us. After all, if we can overcome the obsession and compulsion of addiction, then we  
12 certainly, with the help of the program and God, can relearn how to move through the  
13 adversities of life without reacting negatively or using. This also takes practice though,  
14 and as we develop new living skills through the program, we practice applying what we  
15 learn in our meetings to everyday life. The applying of the spiritual principles in all our  
16 affairs is our goal, and we achieve this one Step at a time. Today we are not alone. Inviting  
17 other recovering addicts into our lives gives us an edge over the disease, which wants  
18 us to back into a corner we can’t get out of clean when life throws us a curve ball. We put  
19 together a successful life by putting together one successful day clean at a time.

20 *In the moment: today we will take time out of our day to give thanks to God for giving us a*  
21 *new chance at life, and to express gratitude daily.*

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***“Each day we stay clean by practicing the Steps in our lives, our chances of relapse decrease.”*** 1  
***Grey book pg. 122 lines 19-21*** 2  
 3

As addicts we mustn't forget that we are only one drug away from a painful active addic- 4  
 tion. We are living a new life based on honesty and are grateful for having another chance 5  
 at life. Today our living problems are temporary setbacks, that we can learn from and 6  
 move forward in the solutions. This was unheard of in our addictions, we would be bound 7  
 to our bad habits without hope of escaping on our own power. Relapse is a choice today, 8  
 and for any addict who has had enough pain, we choose life instead. As we look inwards 9  
 in our Step work we find an ability to face problems instead of running away from them. 10  
 Together we share our experience, strength and hope with each other so that we can 11  
 continue to enjoy a life free of addiction. Daily practice of the twelve Steps helps us to 12  
 change. We eventually overcome all the odds each and every day that we don't pick up 13  
 a drug. Working a daily program is what ensures our success, and gives us the ability to 14  
 become the productive members of society. Relapse is not a requirement. 15

*In the moment: today we can continue to have a choice to live by practicing the principles* 16  
*of N.A. in our life today* 17

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1           **“Peace of mind was non-existent. The only relief was a compara-**  
2           **tively short lived “high”**  
3           **Grey book pg. 5 lines 16-18**

4 Achieving balance for addicts is a result of many years of working on ourselves. We were  
5 living life based on high highs, and the lowest lows. We didn't experience a lot of middle  
6 ground on almost anything in life, and we really never sought after this. We as addicts  
7 come into the program this way too. As our bodies detox from the drugs, we experience  
8 even more emotional roller coaster rides emotionally. This is a critical time for newcom-  
9 ers, and utilizing the meetings, sharing, and fellowshipping with other recovering people  
10 is crucial to help stable our thoughts. We often acted on feelings in a negative way, and  
11 always found ourselves in trouble as a result of this. Today we benefit by sitting on our  
12 hands and allowing the feelings to pass without acting on them. This is the beginning of  
13 finding a balance for the recovering addict. When we sit and listen at a meeting, make  
14 some phone calls to other addicts, and do some writing, instead of acting out we find  
15 ourselves at the other side of trouble, and somehow this time we avoided it. Pointing the  
16 finger inwards instead of blaming others for our situations is another way that we learn to  
17 keep the focus on ourselves. By practicing these simple tools in our new life, slowly we  
18 can and do achieve a new balance that is comforting in comparison to seeking the highs  
19 and lows.

20 *In the moment: today we will seek to have a balance in our lives by inviting God through*  
21 *prayer and meditation into our lives*

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**“We are able to love the unlovable and discover self-acceptance. 1  
We are not likely to create problems in our daily living. We finally 2  
realize that we have a choice in the matter of our lives.” 3  
Grey book pg. 21 lines 21-25 4**

Let’s face it, we are not the most loveable people at the end of our addiction. We get 5  
clean, and start the process of going to meetings, and being around other addicts like 6  
ourselves. We are hopefully, coming out of the lifestyle that kills many of us, and our frac- 7  
tured personalities haven’t even begun to heal. To be accepted in the rooms is one of the 8  
most important part of keeping us coming back. How many times in our lives, did we try 9  
and fit in, only to be rejected. Most of us have developed this pattern since grade school, 10  
or as soon as we started to mingle with other kids our age. We would rebel against the 11  
idea of needing anyone, as we self-medicated to hide the pain we felt when we were 12  
not accepted. We eventually would hide behind the drugs. , yet disguising that desire 13  
through the lie that told us that we didn’t want or need anyone’s help, approval, love, or 14  
acceptance. One of the freedoms we experience from living a life without drugs, is the 15  
comfort of being accepted in our families, and society as a whole, if we choose to partici- 16  
pate constructively. Another freedom we gain from N.A. is being able to make that choice 17  
today. Only through the love and acceptance that we get from the Fellowship do we gain 18  
the necessary foundation to move through other areas of our life without the fear of mak- 19  
ing the same mistakes that got us here in the first place. 20

*In the moment: we will love the addict coming in the door. We will put aside our differ- 21  
ences, and welcome them into the program that has given us back our lives’ 22*

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1           **“There are certain situations that demand more than we have**  
2           **to give. We should avoid these or seek help if we find ourselves**  
3           **already in such a situation”**  
4           **Grey book page 70 lines 21-23**

5 Keeping ourselves honest in our daily lives is how we can accurately assess exactly  
6 where we are, and what we are able to handle. If we are not living clean, and not being  
7 as honest as we can with ourselves and others, then we may find ourselves in situations  
8 that we are just unable to deal with. Honestly sharing our fears, and concerns with other  
9 recovering addicts will help to get us back in the right direction. We have a tendency  
10 to want to either take on more than we can handle, or just the opposite and hide from  
11 responsibility. Living with a balance is a new and rewarding idea that requires practice  
12 on our part. This is true throughout our recovery process. As newcomers we are told that  
13 we should not make major decisions without first talking with our sponsors, and others in  
14 the program. The old ideas that we can handle the ordeal of life on our own will haunt us  
15 throughout our recovery. This is especially dangerous for us when we are new here. The  
16 acting out on such thoughts as a newcomer is almost a guaranteed relapse. Later on, in  
17 our journey, we may still become overly confident, and find ourselves getting into situa-  
18 tions, that will require help from others, along with some humility, or humiliation to get out  
19 of. Keeping an honest daily inventory helps to keep us grounded enough to avoid such  
20 situations and can also help us to strengthen our own relationship with ourselves.

21 *In the moment: today we can take an inventory of our daily activities, and seek help and*  
22 *guidance from others in order to keep us out of harm's way*

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***“If we allow ourselves to stagnate and cling to our old ways of desperation and fear, our chances of real and lasting recovery decrease.”*** 1  
***Grey book pg. 84 lines 8- 10*** 4

Now that we are clean in the program of N.A. our common effort now is ongoing recovery. We develop new living skills, and a new set of daily patterns to ensure that we continue on this path. This includes a continuing participation in the program of Narcotics Anonymous, and an ongoing inventory of our own behavior patterns. When we listen to those who have struggled with any ongoing recovery, we tend to hear the same things. They almost always stop going to meetings and stop doing one or more of the things that got them to this point in the first place. We must remember that if we do not have this new way of life, all we are left with is our old living patterns. Desperation, and fear were the motivating factors in almost all our thoughts and actions when we were using, and they can easily creep back into our lives today, clean, if we do not keep a vigilante program of recovery first in our lives today. We learn to share with others, when we feel stagnate, and feel that we need a little encouragement to get back on track. Once we get back to actively practicing the program of N.A., we feel the fear and desperation lesson, and a fresh new outlook on life emerges.

*In the moment: today, we will continue on in this quest for recovery, and continually work to improve our lives, and the lives of those around us.* 19  
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1           ***“It seems that being powerless is a huge stumbling block.***  
2           ***Whenever a situation arises for us to admit our powerlessness,***  
3           ***we first look for ways to exert power against it.”***  
4           ***Grey book pg. 128 lines 11-14***

5 Fighting against the disease of addiction has taken up most of our lives. We were on the  
6 path of destruction, at the hands of a spiritual disease that had full control over us. Just  
7 breaking that grip of despair is a miracle in and of itself. That took some divine interven-  
8 tion from a loving God. This doesn't mean that we are cured however, and the sooner we  
9 accept and believe that we are truly powerless over the disease of addiction, the sooner  
10 we can begin to feel the benefits of the program of N.A. When we are bombarded by  
11 life's challenges we too can have a hard time. Situations, and problems of either our own  
12 making, or of circumstances beyond us will occur. When we face life's challenges today,  
13 we must first keep our ego's in check, by reminding ourselves that we are addicts, and  
14 we don't control everything. We learn to take a Step back and meditate on this before we  
15 take actions today. Finding out what we do have the ability to change today about our-  
16 selves, and our situations is what we pray for in our serenity prayer. Knowing when to ask  
17 for help is one of our greatest tools, and we do these things before we take action. Our  
18 first instinct as addicts is to look for the easy way out of problems. We don't like to do the  
19 work and we don't like change. Over time, we experience enough setbacks, and pain to  
20 tell us that our way just doesn't work, and is almost guaranteed to bring us more pain, and  
21 misery. When we feel that we've wasted too much of our precious life and want to show  
22 gratitude for being alive and free today, we try something different and welcome these  
23 positive changes.

24 *In the moment: today we will stop looking for the easy way out, and instead take the nec-*  
25 *essary Steps towards the solution using the principles we learn from the N.A. Program.*

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**“Our addiction developed in us an emotional instability. We became very sluggish or glum w/out drugs”  
Grey book pg. 12 lines 19-21**

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Whatever our living situation was before we started using, it most certainly became worse after. This too is true for our own emotional state. Although addiction doesn’t discriminate against race, creed, religion, or sex it most certainly will affect everyone no matter where they begin emotionally, mentally, physically, and spiritually, the same. It brings all of us that are in its grips down a slippery path with destructive ends. If we had troubles dealing with life before we used, then we have certainly not made that better by putting years of drug induced highs between us and ourselves. After we get clean, we are left with a fractured personality as a result of this, and an emotional mess. On top of our already damaged lives, it becomes evident that we have a lot of work to do in order to get back in touch with ourselves so that we can take inventory and make corrective changes. The miracles we experience here is the newly found joy we experience clean.

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*In the moment: today we can enjoy learning to live clean one day at a time, just for the moment at times.*

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1                   **“we are encouraged to work the 12 Steps, practice the 12**  
2                   **Traditions, go to meetings, get a sponsor, find a home group and**  
3                   **ask for help”**  
4                   **Grey book pg. 150 lines 13-15**

5 One of the many benefits of our program is that we pass on freely what was given to us.  
6 The tools we need to recover. What addict makes it here with a few hours, or days clean  
7 and knows what do? If we don't have some direction from other addicts who want to help  
8 us, we are doomed to repeat our old insanity. If we want to participate in our own recovery,  
9 and find a new way to live, we must utilize the tools of the program. After practicing  
10 these simple tools, over time we come to realize that they are what stands between us  
11 and relapse. Our literature reminds us that there are no musts in N.A., however, if we truly  
12 want to change and become that productive member of society we will only achieve this  
13 by doing some work on our fractured personalities. We have an incurable disease and yet  
14 we continually put a day at a time, clean and free, from the disease of addiction.

15 *In the moment: today we will practice our recovery program, so we never need be*  
16 *returned to the insanity of addiction, as long as we practice the 12 Steps daily*

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**“We want constantly to remind the newcomer and ourselves that  
there are plenty of people ready and able to help”** 1  
**Grey book pg. 153 lines 21-23** 2  
3

Once we realize that we cannot stay clean on our own, we are forced to look to others in 4  
the program for help. We must learn to trust others, as difficult as this may be for some, 5  
it’s a matter of life and death for the addict. This requires a new-found surrender, and 6  
acceptance first of our own powerlessness over this disease. If we cannot admit power- 7  
lessness we will be unable to accept help from others. As a newcomer it is important to 8  
cling to those who came before us in this program. This enables us to look for guidance 9  
through the program. Eventually, we find that little by little we are more able to have an 10  
open mind for new ideas. Surrounding ourselves with other recovering addicts gives us 11  
all the ability to do together what we cannot do alone. We must develop new healthy hab- 12  
its if we hope to stay clean and learning from others is the best way to get the right guid- 13  
ance on how to achieve this. We learn to open up in our meetings and invite others into 14  
our lives, so we can be available to accept the help. Little by little, we are learning a new 15  
set of living skills, that will help us through all of life’s situations, and save our life. 16

*In the moment: today we will be available to help others and accept help from people in* 17  
*the program who care for our recovery* 18

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1           **“Humility is a part of staying clean, as food and water are to stay-**  
2           **ing alive”**  
3           **Grey book pg. 48 lines22-23**

4   Understanding the humility talked about in our Seventh Step means that we must first  
5   understand our need to keep God above our own wants and desires. When we begin to  
6   find ourselves getting angry at God for life not going our way we can usually take a look  
7   at our own egos and find the answers there. This disease will continually try and work its  
8   way back into our thinking and edging God out is the first way it has in order to achieve  
9   this. When we begin blaming God for our own shortcomings instead of humbly asking him  
10   to remove them, then we have edged God out and have reversed roles. We need to take  
11   our own inventory at this point, and re - evaluate our belief in God. As addicts we tend  
12   to forget sometimes that God doesn't work for us. We can feel anger, or resentments at  
13   life, and God sometimes also, but these feelings can be worked through in our meetings  
14   and talking with other addicts. When we begin to work through some of these destructive  
15   aspects of our personalities, we can then begin to work on humility. Of course, this, like  
16   all other spiritual principles are not a “once and done” fix. We must continually maintain  
17   our spiritual condition on a daily basis in order to ward off the old insanities from creep-  
18   ing back into our thinking. We take comfort today in knowing that we do not have to do it  
19   alone today. We have others in the program, and a loving and caring God to help us each  
20   day to stay clean, and to work through life on life's terms.

21   *In the moment: today we will humbly ask him to remove our shortcomings and share our*  
22   *struggles with another addict instead of acting out on them.*

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***”Belief is the beginning. It is helpful to stop at this point to*** 1  
***review our thinking in this respect. We should not take the*** 2  
***chance that our understanding of a power greater than ourselves*** 3  
***is sufficient.”*** 4  
***Grey book pg. 35 lines 8-11*** 5

Understanding God, or a Higher Power in the program of Narcotics Anonymous is what 6  
 we work towards when we begin our Step work. What beliefs and understandings we 7  
 come into the program obviously didn’t work for us, or we wouldn’t be here. The great part 8  
 of the program of N.A. is that it is not a religious program. It deals specifically with the 9  
 building and rebuilding of a relationship between our own individual God and ourselves. 10  
 We can learn from the group, and we can utilize the group as a Higher Power to lead us 11  
 to this understanding, but eventually we need to take that Step out on the ledge of a spir- 12  
 itual journey ourselves. Our book tells us that we should feel comfortable with our Higher 13  
 Power and make sure that this power is loving and caring. Many addicts make the mis- 14  
 take of clinging to old beliefs or jumping into new religious practices only to be carried out 15  
 the door. We mustn’t forget that we are addicts first, and it is the program of N.A. that has 16  
 opened the door for this relationship with God to begin with. Without it, we are lost back in 17  
 addiction seeking nothing more than instant gratification in one form or another and trying 18  
 to fill the “God box” with anything but God. We want to take heed to our literature and give 19  
 ourselves the ability to grow spiritually, and this means we must honestly seek our own 20  
 recovery, so we are better able to have a meaningful relationship with our Higher Power. 21

*In the moment: today we will seek a better understanding of our Higher Power through* 22  
*prayer and meditation. We will humbly ask for help today* 23

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1           ***“Modern drug technology and media attention have made a***  
2           ***social anti-hero of the addict. Since many of us were street***  
3           ***addicts, we dealt in illicit drugs and lived criminally”***  
4           ***Grey book pg. 6 lines 20-23***

5 Our literature reminds us that the most natural thing for an addict to do is to use. Each  
6 day that we stay clean another miracle happens. After living a life of hiding from the  
7 world, and the law, we are labeled by society as criminals, and beyond help. Many of  
8 us end up in jails, institutions, or dead. When we first get clean, and stay clean for a  
9 while, many of us can feel the miracle happening in our own lives for the first time. This  
10 doesn't mean that society or others around us, such as family members will change the  
11 way they look at us. We are here for ourselves, and we don't change what we do based  
12 on the views or opinions of people outside the program. This is a life or death situation  
13 for us, and unless we want to be returned to all the negative things that outsiders think  
14 or say about us, we don't concern ourselves with them. Eventually, if we stay clean long  
15 enough, and continue to work the program so that we can become productive members  
16 of society, we can function in the world and become part of society again. As our recov-  
17 ery progresses it becomes less important what others think of us, and as long as we find  
18 ourselves honest with ourselves, and the God of our understanding, we know that we are  
19 right where we belong. No longer are we running from ourselves, society or God.

20 *In the moment: today we will be part of another miracle when we stay clean, and recover*  
21 *from the disease of addiction*

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***“Eventually, when we sincerely use this program of action in our daily lives, we will be able to face our Higher Power, ourselves, our loved ones, and even the “cold, cruel world”:  
Grey book pg. 73 lines 21-24***

This program is one of attraction, and the way in which we make our own recovery attractive to other addicts is by living these principles in our daily lives. Besides helping us to stay clean, and to deal with all the adversity of life, it also will give us the ability to help other addicts, by attracting them to be a part of our lives. As we continue to work this program we will notice that the world changes before our eyes to give us a new, fresh outlook on life, with a new enthusiasm for living. This cannot be achieved without first learning to face ourselves, in spite of some of the darkest secrets we may have avoided for many years. Once we work through the 12 Steps of the program we learn that facing these “demons” within, is what gives us the most freedom. Once we learn that we don’t need to be first anymore, we can Step out of our own way and begin to do what’s best for ourselves. We no longer need to live irresponsible, and self-serving lives that leave us alone, and with a feeling of emptiness inside. Today, clean, we work towards spiritual rewards, that will ensure our continued success in life.

*In the moment: today we can look the world in the eye and know that we can get through anything with the help of our Higher Power, and the Fellowship of N.A.*

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1           ***“We remember our part in the divine partnership with God and***  
2           ***we are more tolerant and patient with other people.”***  
3           ***Grey book pg. 56 lines 28-30***

4 When a group of addicts get together for the purpose of recovery from addiction, we are  
5 practicing one of the greatest tools we have in defense of the disease. We no longer are  
6 alone and have become a part of a greater fellowship through the N.A. Program. Meeting  
7 others at meetings and learning to fellowship with them gives us a mutual solution, to  
8 a mutual problem of addiction. We all suffered from this disease in one form or another  
9 and have found each other because of the N.A. Program. As we begin to stop being that  
10 angry frightened loner, and allow others into our lives, we begin to feel the benefits of  
11 living an honest, clean life. This can be frightening for an addict who never wanted to be  
12 honest with anyone, and practiced deception, and isolation. We also, as we stay clean  
13 learn that we are responsible for our part in our recovery. Working a daily maintenance  
14 program, and putting in the footwork to do the work, however, we are not responsible for  
15 the results. God takes care of the rest; our literature reminds us. We learn over time, that  
16 if we take one Step towards God in our recovery, he takes 2 Steps towards us, and we  
17 see doors opening in our life, that would otherwise never reveal themselves. The greatest  
18 defense against the disease is honest sharing with others and allowing the healing power  
19 of empathy to do for us what we are unable to do for ourselves. A group of recovering  
20 addicts have a great power when we work together for a common cause of recovering  
21 from the disease of addiction and helping a newcomer. We can put our personalities, and  
22 personal agendas aside, and allow the healing power of God to work through us. Passing  
23 along what we have been given through N.A., to the still suffering addict is one of the  
24 greatest gifts and assures that we will not only keep what we have, but that we will gain  
25 the spiritual benefits that we so desperately need in order to grow.

26 *In the moment: today we remember to do our part in our own recovery and look to the*  
27 *God of our understanding and others in the program to help us.*

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**"Life with these defects may cause perpetual frustration, tension, and relapse."** 1  
**Grey book pg. 48 lines 3-5** 2  
3

For all addicts we struggle with those old feelings, and emotions that we lived with for so long during our addictions. We for so long have lived life full of negativity, and destruction. Our inability to cope with life forced us into a dark existence of hopelessness. After living this kind of life, it is not as easy as just getting clean. How many times did we try and pick up the pieces on our own, get our life in order, only to somehow end up in the same place we came from. We only have to look at our track record to believe it. We will see that over and over we failed because of our inability to deal with the disease. We must learn to deal with the feelings that have plagued us and dictated our lives for years, and only fueled our obsessive and compulsive use of drugs. Once we stay here a while, we come to realize that although we cannot rid ourselves of all the affects that the addiction has done to us, but we can however learn to overcome these feelings and fears through constant work on ourselves and working on our defects of character, through the Steps. We learn a new experience of living life free from these effects of addiction. The freedom comes from learning that we don't have to continue to allow the fear and our defects dictate our life today.

*In the moment: today we can look to the program of N.A. and God to help us deal with the frustrations we may feel dealing with life on life's terms.* 19  
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1           **“Every clean member of N.A. Could have been rejected by some**  
2           **kind of membership requirement or another. Many of us would**  
3           **not be alive today if we hadn’t found a program which accepted**  
4           **us when we wanted help”**  
5           **Grey book pg. 98 lines 5-8**

6 Many newcomers of confused at first, as to what our program has to offer them. We  
7 encourage addicts to always stay and accept them into our program, as to not give them  
8 any excuses to run out the door. We are here for the addict who wants help with their drug  
9 problem and is looking for a new way of life. Any addict who has a desire to stop using  
10 can become a member of N.A. We don’t discriminate here, just as the disease doesn’t  
11 discriminate against age, race, sex, or religion. Most addicts have experienced a life full  
12 of rejection and have felt that they just didn’t fit in to society as a whole. This is part of  
13 the disease that isolates us based on all the things we can use to feel different. When we  
14 come to the program of N.A., it takes us a while to accept that we are not different, but all  
15 share a common disease, and a common cause, the recovery from addiction. When we  
16 finally give ourselves a break, and stop using, we can begin to see that we had a dis-  
17 ease, and that recovery is then possible for us. When the member decides that they have  
18 a desire to stop using, and stay clean, we can also then make the decision to become a  
19 member of N.A. This decision rests with the individual, and it is not automatic. We learn to  
20 work together for the common cause of staying clean together.

21 *In the moment: today we can make the decision to be a member of N.A., by staying clean*  
22 *and working towards our recovery from addiction.*

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***“Our way of living speaks for itself better than our words ever  
could. People see us on the street and remember us as furtive,  
frightened loners. They notice the grayness and fear leaving our  
faces. They see us gradually come alive”  
Grey book pg. 59 lines 28-31***

When we first get clean, we will find that our family and friends, and those around us may be skeptical at first of our new-found recovery. After many years of “messing up” our lives, and destroying our relationships, this is normal. We must remember that we are here for ourselves first and cannot get clean for anyone else but ourselves. If we continue to focus our energy, and actions on our own lives, and recovering from the disease of addiction, we eventually adopt a new attitude on life and are better able to have meaningful relationships with others. Our new attitudes, and actions speak for themselves over time. We are here for the purpose of recovery, and to help the newcomer. The principles we learn here not only helps to equip us better to carry the message to the still suffering addict, but it also helps us to repair our broken lives. We are a living example of the program of N.A. The literature tells us that our actions speak louder than our words when it comes to helping a newcomer. We mustn’t forget how we all have a unique ability to pick out all the negative and look for the excuses to leave. Preaching doesn’t work on the newcomer. We keep to sharing our experience, strength, and hope, and apply these principles in all our affairs, to be an attractive to new members of the program, and to our family and loved ones. We have come a long way from that “frightened loner” that we were when we first got here. Today as our spirits awaken we find a new place in the world, and society.

*In the moment: today we are grateful for the new life that the N.A. Program has given us, and make ourselves available for the newcomer to give away what was freely given to us*

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1                   **"We no longer have to be isolated, and in time can feel free to go**  
2                   **anywhere, and do almost anything except use?"**  
3                   **Grey book pg. 9 lines 32-34**

4 Listening to others at our meetings will show us that we are no longer alone. The impor-  
5 tance of truly listening, to hear what someone is sharing is important for us to achieve that  
6 empathy that we have for each other, and to become a part of the na Fellowship. It also  
7 helps to hear the pain of an addict that has just made it here. A brand newcomer may  
8 not know much about recovery from addiction, but they do have a message of pain and  
9 misery that they come from, and this will help to remind us of where we were when we got  
10 here. This is an important piece of our own recovery, because it simply reminds us that  
11 we never want to go back to that life of active addiction. Now that we are clean, and feel  
12 accepted in the N.A. fellowship, we must be vigilante to stay away from play places, play  
13 things, play toys and playmates, we often see addicts fall into the trap of overconfidence.  
14 When we feel we have the ability to ignore the warnings of others and the literature, we  
15 can find ourselves flirting with disaster. The endless circle of recovery begins with the  
16 newcomer and playing our role in the helping of others is how it continues. Relapse is not  
17 a requirement here, and if we stay attentive to our own recovery, and consistently allow  
18 others into our lives we can avoid many of the pitfalls that will help assure that we never  
19 have to relapse ourselves.

20 *In the moment: today we will not become overconfident with ourselves and keep our egos*  
21 *in check by talking honestly with other recovering addicts and asking for help and guid-*  
22 *ance.*

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**“Incarceration and institutionalization sometimes led us to the realization that the drugs were letting us down?”** 1  
**Grey book pg. 12 lines 36-37** 2  
3

It’s amazing how many times an addict must be put in a rehab, or a jail before we can figure out that we may have a drug problem. Often, we will blame society, family, the police, or the “system” for our problems, and it takes a miracle before we can see that we are the problem. Unfortunately, many addicts don’t make it here. They’re stubbornness, and unwillingness to face the truth leads them to death at the hands of this disease. Being in jail or a rehab for an active addict will give many of us, the must needed break from our day to day routine of finding ways and means to get more, and sometimes we will have moments of clarity in these situations to see that maybe we should look for another way. We must first overcome the hurdles of the doctors associated with these institutions. Almost immediately, they want to put us on medication, through misdiagnosing us, and not understanding the true nature of addiction. The drug replacement that happens in these places, leads many addicts down a different path of addiction, that just adds to the problem, and keeps us from facing and dealing with ourselves. If we are lucky enough to make it to our first N.A. meeting after being released from jail, or rehab, and we are still clean from all mind and mood changing chemicals, then we are in the best position to succeed, and get what this program has to offer us. It only takes a little bit of time clean, and some good things to start happening for us to want more of this way of life, and to look back at our old way as not an option anymore. We now have a choice to live.

*In the moment: today we will be grateful for the choice to live that this program that has given to us through a Greater Power than ourselves* 22  
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1           ***“Many of us felt that our lives, due to petty frustrations, minor set-***  
2           ***backs and losses, were not getting any better.”***  
3           ***Grey book pg. 26 lines 18-20***

4 We as addicts are easily discouraged when things seem to not be going our way. We  
5 tend to always want the answers, and results that we are looking for without the wait, or  
6 without putting in the footwork. As we stay clean and start to learn how to deal with life  
7 clean, and drug free, we quickly realize that this is not how things work. Anything worth  
8 working for, is worth the wait. After years of using drugs, to achieve that instant gratifica-  
9 tion that the drugs gave us, this is a totally new idea for most of us. We are given another  
10 chance through the N.A. Program, which means through the Steps, we are given the  
11 ability to put the necessary work in and allow God to do the rest. We are rewarded each  
12 day with another day clean, and another chance to live. Unfortunately, many of us get  
13 impatient with life. We see many addicts get bitter and angry still when things don't go  
14 their way. This is a result of a lack of surrender, and the inability to let go of the reigns. We  
15 do not control the outcome in life, and we don't control others. The sooner we can admit  
16 this and surrender our control, the sooner we are able to obtain the relief that so many of  
17 us experience. We find ourselves looking for solutions for our problems today, and when  
18 we feel frustrated, and angry, we usually need to take an inventory, and take a look at our-  
19 selves, rather than blaming others. Overall, we can feel good about being clean, and as  
20 our literature tells us, we are generally doing better than we feel. Through N.A., we learn  
21 acceptance, and patience, and are able to live through any setback life may throw at us  
22 without using.

23 *In the moment: today we will work through our daily problems, and setbacks through the*  
24 *tools the N.A. Program offers us, and with the help of others.*

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***“When we could not stand our old ways no longer, we began to change. All that was required is that we try”*** 1  
***Grey book pg. 32 lines 27-29*** 2  
3

How many years of pain and suffering addicts go through before they will start to look for 4  
another way. Many of us find ourselves spending more time looking for a way to success- 5  
fully use, without all the problems that using has brought us in the past. Unfortunately, this 6  
doesn't work. After making every change that we could try, which includes changing geo- 7  
graphical locations, friends, spouses, drugs, and so on, we realize that the same problem 8  
exists. When we realize that we are the problem, we can begin to work on the solution. If 9  
we are lucky enough to make it to N.A., all we need to do is look around at all the other 10  
addicts there who are clean to realize that there is a solution to our dilemma. If we have 11  
had enough pain and suffering, and find ourselves in an N.A. meeting, then we are in the 12  
best position to succeed. Even after we stay clean for a while, we are still left with all the 13  
issues that we have carried around with us for years, but stuffed them deep down inside 14  
through constant denial, and drug use. Once the onion peels of denial begin to be pulled 15  
away, we realize how much work there is to do. The pain and confusion that our “old 16  
ways” of living cause us, gives us the motivation to do the necessary work on ourselves. 17  
Through working with others, and a sponsor in N.A., we are able to work through these 18  
problems together. If we honestly try, and are consistent in our seeking of recovery, we 19  
will notice a change for the better in our actions, and reactions to life. Recovery puts us in 20  
a position in life to continually get better and improve ourselves. Today we welcome any 21  
change that helps us to keep moving forward in life, and to keep moving away from our 22  
past ways. 23

*In the moment: today we want to keep moving forward in our recovery, and will do this* 24  
*through daily work on ourselves, and keeping our recovery first in our lives* 25

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1 **"Recovery is a beautiful chance that many addicts thought had**  
2 **passed them by until they found the Fellowship of N.A. It's the**  
3 **chance to live again!"**  
4 **Grey book pg. 27 lines 18-20**

5 Once we have been in our active addictions for many years, it becomes evident to us  
6 that we are farther and farther away from our lives before we started using, and also  
7 farther away from any chance at a "normal" life. We may have needed help and guidance  
8 before we started using on how to be productive, and successful in life, but we become  
9 almost beyond any help by the time we reach the end of our using. This is where the N.A.  
10 Program comes in to rescue us from our insanity. We not only have a way out through  
11 N.A., but it seems to be the only answer that works for us. There is no other remedy or  
12 doctor's prescription, or psychiatrist's analysis that has any proven, long term success.  
13 Jails and institutions have failed us for many years, and continue to label us as emotion-  
14 ally unbalanced, and as a result prescribe more drugs. None of these methods gives us  
15 as addicts a chance to live a life drug free, and they most certainly don't offer any rem-  
16 edy to fix the problems that have plagued us since childhood. Together, in N.A. we can  
17 continue to partake in this new life, and we can continue to offer this program to the still  
18 suffering addict. If we are part of the N.A. fellowship today, we will always have the sup-  
19 port we need to continue on a life free from drugs, and to pursue continued growth and  
20 happiness.

21 *In the moment: today we will be grateful for this new gift of life that the N.A. fellowship has*  
22 *given us and continue to improve ourselves through the N.A. Program.*

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***“We find freedom from drugs and the obsession to use them: and  
in time a bit of freedom from that part of ourselves that has been  
destroyed”*** 1  
***Grey book pg. 88 lines 14-16 “*** 2  
 3  
 4

One of the first freedoms we experience as recovering addicts is the freedom from the 5  
obsession to use. The length of time may vary from addict to addict, but there is one defi- 6  
nite promise that is always fulfilled if we stay here and do the work. That is the relief from 7  
that overbearing obsession, and compulsion that had controlled our lives for as long as 8  
we can remember. This also gives us the first glimpse at the power of the N.A. Program, 9  
and the God that we come to know here. We can believe this at first because we had tried 10  
for so many years unsuccessfully to run away from that obsession in one way or another, 11  
only to find that we were powerless to stop it on our own. If we build on this belief, and 12  
continue through the 12 Steps, and continue on the path of recovery, we slowly are able 13  
to let those parts of ourselves go that have helped to destroy us. We find that the real 14  
problem has always been us, and unless we face ourselves, and the world around us 15  
we will never achieve that happy, joyous promise that the program also always delivers 16  
to those who continue in this path and continue to work the program to the best of their 17  
ability. We continually seek improvements today so that we are not limited to our old ways, 18  
and as time goes on we find that we can continually credit new awakenings and growth to 19  
the N.A. Program. 20

*In the moment: today we can reflect on all the many blessings this program has given us,* 21  
*and we choose to build ourselves up through N.A. instead of destroying ourselves.* 22

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1                   **“We help newcomers, whether they are detoxing or just begin-**  
2                   **ning to learn the principles of N.A. ”**  
3                   **Grey book pg. 61 lines 6-8**

4 When a newcomer shows up at our meeting, we must keep in mind that this may be  
5 the last time this person needs to use. We have a responsibility to talk with that per-  
6 son and listen to their experience so that we can then share our experience with them,  
7 making sure to get their phone number, and get them to meetings. Recovery is a gift of  
8 God’s grace that was freely given to us, and we learn to share that gift freely with others.  
9 Newcomers are always looking for excuses to run back to the drugs. This is the nature of  
10 the disease of addiction, and we take great care as to not provide them with any excuse.  
11 We must be careful not to put too many expectations on someone new to our program as  
12 well, but at the same time we work with them to help eliminate the hurdles that they will  
13 continually put in their own path to recovery. Learning to balance helping others without  
14 becoming overbearing is an art that we learn here in N.A. It takes an understanding that  
15 we acquire over time, by working with others, and seeing others recover. This is also very  
16 important for a newcomer. If we reach out to them and offer our experience to help them,  
17 get them to meetings, and call them regularly, we can become part of that person’s solu-  
18 tion to staying here long enough for the miracle to happen. We keep living just for today  
19 so that we can relieve the burden of our past and alleviate the fear of the future and help-  
20 ing another suffering addict can be a great way to get out of our own way.

21 *In the moment: today we will reach out to a newcomer, and share with them our experi-*  
22 *ence, strength, and hope so we can offer them a better way of life, through N.A. and the*  
23 *12 Steps of recovery*

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**“To live is to use the necessities to attain life. To use is to die”** 1  
**Grey book pg. 129 lines 14-15** 2

Taking our recovery too lightly can lead to all sorts of stumbling blocks for addicts. When 3  
we fail to fully surrender and accept the N.A. Program and our powerlessness to this 4  
disease, we have seen time and time again addicts fall back to the horrors of addiction. 5  
Keeping in the “solution” of living life today means that we must first accept our power- 6  
lessness fully, and also accept and participate in the new way of life outlined in the N.A. 7  
Program. Relapse is not must for us, and to safeguard against it, we use the tools of the 8  
program and the Fellowship of the others. The short lived “high” that we obtained while 9  
using is no longer what we as recovering addicts are after. Today, we are looking to incor- 10  
porate basic principles set down in the Steps and learn to apply them in our daily lives. 11  
This gives our lives more meaning and fulfillment then any short lived high ever could. We 12  
become a part of the greater fellowship of addicts all seeking one common goal. We must 13  
learn to shatter our illusions of reality or we risk isolation, and the loneliness that is almost 14  
always followed by the drugs. We no longer have to “run” the show today, we learn to rely 15  
on the program, and a loving God to guide us through life today. Acceptance becomes a 16  
way of life, and a Stepping stone to all spiritual growth. 17

*In the moment: today we are keeping our recovery ahead of the pitfalls that life may bring,* 18  
*and we choose to rely on the program to lead us through the good times and difficult* 19  
*times* 20

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1           **"Modern drug technology and media attention have made a**  
2           **social anti-hero of the addict. Since many of us were street**  
3           **addicts, we dealt in illicit drugs and lived criminally?"**  
4           **Grey book pg. 6 lines 20-22**

5   The newcomers are the most important persons at our meetings. This is a reminder of  
6   where we were when we walked through the door, and also, this gives us the opportu-  
7   nity to put our gratitude into action by giving away what was freely given to us, the gift of  
8   recovery. It is important for us to remember that society has deemed the addict as dere-  
9   lict, and not part of. We are criminalized, jailed, and put in institutions only to find the doc-  
10  tors there trying to medicate our disease away. As many of us have found out, this doesn't  
11  work. Being totally abstinent from all drugs is a blessing today that we must be grateful  
12  for. Remembering all the thousands of addicts that are caught in the system, before they  
13  reach N.A. and then medicated with new drug, that will only make the disease grow.  
14  There are many blessings of recovery that we can be grateful for and being clean is only  
15  the beginning. Keeping in mind not to chase newcomers back out into the society that  
16  offers no real help for them is a must. How many addicts are serving life sentences in jail  
17  due to their addictions. This is part of the miracle of the N.A. Program, that any addict no  
18  matter what society has said about them, or labeled us as, can stay clean, and become  
19  productive members of the human race again.

20 *In the moment: today, we give away what was freely given to us. We have been given a*  
21 *reprieve from the horrors of addiction and have the ability to lend the hand of N.A. to the*  
22 *still suffering addict who is willing to accept it.*

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**"Being honest is not a natural thing for us to do. We don't expect to practice total honesty in all things overnight. It is a gradual process in our daily living?"** 1  
**Grey book pg. 65 lines 16-19** 4

Many addicts would rather swim the length of the atlantic ocean rather than tell the truth. 5  
The fact that we as addicts can believe wholeheartedly that we are really not the cause of 6  
our problems is an example of how cunning and baffling this disease is, and how dishon- 7  
est we have been with ourselves through our addiction. We have convinced ourselves, 8  
through our own rationalizations for so long, that when we get here, and finally get clean, 9  
we still don't really believe that we are the cause. We still want to point outward, and look 10  
to lay blame on others, family, God, society, and just the world in general. Part of the 11  
recovery process is learning to get honest with ourselves and others, and to take respon- 12  
sibility for our own actions, but this takes time. We must first be able to identify ourselves 13  
as having a real disease, that has hijacked us spiritually, and mentally. To be able to iden- 14  
tify and accept is all part of our First Step process. Getting to know ourselves, and prac- 15  
ticing honesty through regular meeting attendance, and working on getting honest with 16  
others is really the practice we need in order to start identifying who we are, and what our 17  
real problems are. This is half the battle, and once we can, we can then begin to fix some 18  
of the things that are wrong and begin to see honesty as the beginning of all recovery. It 19  
must all start with ourselves. 20

*In the moment: today we can identify our problem, and through acceptance, and a reli- 21  
ance on a loving God, we can be honest about our feelings, thoughts, and actions. This 22  
will help put us on the road to healing, and recovery 23*

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1 **"Because of our physical sensitivity to drugs we are completely**  
 2 **in the grip of a destructive power stronger than ourselves"**  
 3 **Grey book pg. 132 lines 16-18**

4 Once we realize that we have been in the grips of a destructive power that we cannot  
 5 defeat we are on our way to recovery. We can no longer kid ourselves into thinking that  
 6 we can do this on our own. Getting to listen to the stories of other recovering addicts  
 7 helps us with acceptance of this. When we hear the same story over and over told by  
 8 many different addicts from all walks of life, we will find a common theme in their sto-  
 9 ries. That they were unable to defeat this disease of addiction, until they sought help in  
 10 the program of N.A. This is also a pre cursor to our First Step as well. Unless we fully  
 11 accept this fact, we are doomed to fail. When we are out of the grip of the disease, and  
 12 the compulsion and obsession have been lifted, is when we can look back and see just  
 13 how doomed we were. Recovery is a change of our reactions, thoughts, and attitudes,  
 14 and when we begin to understand and accept who we really are. Our literature tells us  
 15 that no addict has ever failed to recover who has surrendered completely to our program.  
 16 The proven lives of countless addicts who have remained clean and recovering from the  
 17 disease of addiction is a powerful tool for newcomers. We are highly sensitive to all mood  
 18 changing and mind-altering chemicals and must take extra care to inform doctors of our  
 19 condition, as our bodies don't know the difference between street drugs and prescribed  
 20 drugs. We are not cured here, in N.A. we get a daily reprieve from the horrors of our past  
 21 lives.

22 *In the moment: today we will accept who we are, and be grateful that we have been given*  
 23 *another day free from the grips of addiction*

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***“Obsession is the fixed idea that takes us back to a particular  
drug, trying to regain the ease and comfort we once knew”*** 1  
***Grey book pg. 81 lines 21-23*** 2  
3

We will hear addicts sharing about keeping it green in our meetings, and this is with good 4  
cause. If we forget where we have come from, we are doomed to repeat past mistakes. 5  
What keeps us alive and free today is a constant awareness of our disease and the gift 6  
of recovery that we have been given. We sometimes we can forget that in spite of our 7  
own negative thinking, and loss of gratitude in our daily lives, that we are usually doing 8  
better than we are feeling. When we remain abstinent for another day from drugs, we 9  
are that miracle that the literature reminds us of. When we are involved with others’ lives 10  
today who are also recovering from this disease, we will find it easier to remember who 11  
we are., we must remain grounded in the program, and also, we must not forget that we 12  
have plenty to be grateful for if we aren’t using. Remembering where we came from, or 13  
“keeping it green”, is a good way to be happy with the simple things in life today. The 14  
obsession to use drugs has been lifted today, and that is the greatest proof of a Greater 15  
Power working to do for us what we could not do for ourselves. Today with the tools of the 16  
program, we can look at life’s challenges as a way to improve ourselves, and our rela- 17  
tionships. When we complicate things, we tend to forget that keeping it simple starts with 18  
staying clean and being grateful for another day. 19

*In the moment: today we will take advantage of the benefits of living clean, by being 20  
grateful for our recovery, and recognizing that our recovery was a gift granted to us from 21  
God.* 22

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1           ***”Continuing to take personal inventory means that we form a***  
2           ***habit of looking at ourselves, our actions, our attitudes, and our***  
3           ***relationships on a regular basis.”***  
4           ***Grey book pg. 57 lines 14-17***

5 Keeping a personal inventory of our daily actions, motivations, and feelings is one tool  
6 that we as addicts utilize to keep the addiction at bay. Since the addiction has made  
7 its way into every area of our lives, it takes quite a bit of change, and time to be able to  
8 weed it out of all our behaviors. We start off our changing by tackling the obvious things,  
9 like using, stealing, and other things that may have ended us up in jails or institutions.  
10 This only brings the problem of addiction to the surface and puts us in a position where  
11 we need to either change or die. We are people of advantages, and disadvantages. We  
12 have each other as our eyes and ears, because we have a real difficult time seeing the  
13 things about ourselves that need changing, and even when we do, we have a tendency  
14 to rationalize, and justify instead of accepting them. The “we” part of the N.A. Program  
15 has many benefits and helping each other to make real change in our lives is only one of  
16 them. Since we are never truly “cured” of this disease, we will find ourselves struggling  
17 with some of the old character traits, such as selfishness and ego. We mustn’t lose faith  
18 at these times, as our literature tells us. We are only human, and mustn’t put those per-  
19 fect expectations on ourselves, or we are only setting ourselves up for failure. Keeping  
20 in constant contact with other recovering addicts and building on our relationships in the  
21 Fellowship is a great asset to any addict seeking recovery. Recovery is a journey out of  
22 the pits of despair, and as any worthwhile journey it will have its pitfalls, and struggles. By  
23 staying clean, we choose to live, and continue on that journey instead of falling back into  
24 the chains of addiction.

25 *In the moment: today we can keep taking a daily inventory of our actions and reactions.*  
26 *We ask God to help us to have the courage to change the things we can today*

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***”Although our heads told us we would never make it, the people  
in the Fellowship gave us hope by insisting we could”:*** 1  
***Grey book pg. 25 lines 29-31*** 2  
3

One of the things we will hear when we get here is to not think too much. When we start 4  
spending time alone in our heads we are giving the disease a forum to attack us. An 5  
addict alone is in bad company. Addicts need to be around other addicts in order to feel 6  
part of but also to help us to fend off the “stinking thinking”. Hearing our literature for the 7  
first time or attending one of our N.A. meetings for the first time can be an eye-opening 8  
experience. All our lives we probably thought that we were the only ones that felt the way 9  
we do, we felt that. We were alone. Once we get to N.A., we realize that we are not alone, 10  
but we share a common disease, that isolates us all individually, and keeps us that way 11  
as long as we keep using. The lie that we are different is shattered over time, when we 12  
listen to others share at our meetings, and we can for the first time begin to feel like we 13  
are a part of the human race again. It is important to keep focused on our similarities, 14  
not our differences so that we can experience this change. The proof we get from seeing 15  
other addicts that have stayed clean and recovering for lengths of time is sometimes all 16  
we need to help us through another day. The hope that this gives us is what we hold onto. 17  
This is all part of the recovery from addiction process, and somehow God sees fit to bring 18  
us together in order to help each other. A group of people that alone are powerless and 19  
isolated, yet together are able to do together what individually we could not. Keeping this 20  
in mind as we attend our meetings, and fellowship with others in N.A. will give us a per- 21  
spective on the power of this program. 22

*In the moment: today we will reach out to others in the program to put our minds on the 23  
right track today, and to help others who may need help* 24

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1 ***“For the first time in many months, we were able to relax when***  
2 ***we heard that we couldn’t control our addictions?”***  
3 ***Grey book pg. 143 lines 9-11***

4 The amount of energy addicts spends on focusing on all of the negative things in life, as  
5 well as how to control everything can be exhausting. When we first get clean we probably  
6 have a mountain to climb ahead of us in order to clear up the wreckage that addiction  
7 has done to our lives. This is a clear result of our inability to control the disease of addic-  
8 tion, as well as a host of others. Our attempts at controlling the addiction led us down  
9 many dark paths of destruction and dismay, and had we been successful, we would  
10 not be looking at this mountain of destruction that we left in our path. Many of us have  
11 legal issues to deal with, and fines to pay, and many shattered relationships that may  
12 or may not be mended. We begin this process by first taking care of the source of this  
13 destruction, ourselves. It is a comfort to know that we can let go of the reigns and allow  
14 ourselves the ability to surrender today. We must begin by getting incorporated into the  
15 N.A. Program by regularly attending meetings and working with other addicts who have  
16 already been through this process. If we get clean, and then try and run around “fixing”  
17 everything, we will be in for another brick wall to run into. We keep the focus on a day at  
18 a time, and get help from others, so that we don’t try and take the wheel again. We will  
19 notice that the things that seemed so impossible before, now seem very possible, with the  
20 help of others. We are all in this together, and together we have the power to surrender.

21 *In the moment: today we will take comfort in the program of N.A., knowing that we don't*  
22 *have to do this alone, we can “let go and let God” today.*

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**“However, open mindedness without willingness, will get us  
nowhere”** 1  
**Grey book pg. 66 lines 14-15** 2  
3

Our literature tells us that honesty, open mindedness, and willingness are spiritual principles that get us out of the troubles that dishonesty, closed mindedness and unwillingness got us into. Continuing to live our lives with a closed mind is a sure way to not recover from this disease and will almost guarantee us that we will not make it here. In order to live everyday free from the addiction, we continually work on these principles. We never know when life will throw us a curve ball and must keep ourselves spiritually fit in order to meet the challenges that we can face in a day, and not revert back to our old ways, or worse yet, run back to a drug. It takes quite a bit of practice in order to learn how to face ourselves today, and our true natures. We do this by being honest with ourselves and others about what we are really feeling. This can be done at our meetings, or one on one with other recovering addicts. We follow the path that has been traveled down before us by others in the program. Our past will also come back to haunt us occasionally and must remain honest in order to face our past, and our present in a constructive way. Running from ourselves doesn't help us today and can lead to relapse. We no longer have the drugs to run to in order to hide from our feelings, and our guilt, so we learn to face ourselves as honestly as we can. We can incorporate the help of the program, and other recovering addicts in order to help us sort through what we're going through. We also utilize the tools of reading, writing, and praying to keep us in touch with ourselves, and to lead us down a journey to find ourselves each day. Together we learn how to live a new life that we can only achieve if we keep our minds open to new ideas and are willing to do what it takes in order to recover. 4  
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*In the moment: today we can honestly face ourselves, so we can accept ourselves for where we are. We can work on our shortcomings, and faults by first being honest about who we are.* 25  
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1 **“Before coming to n. A. Most of us tried to clean up or stay clean**  
2 **on our own. Many of us sought treatment or professional help”**  
3 **Grey book pg. 90 lines 13-15**

4 All of the efforts we put into trying to “clean up “our lives before we got to N.A. were  
5 unsuccessful. They were either short lived, or nonexistent. Treatment centers, and rehabs  
6 were of no real help to us, and would usually lead us down a deeper hole then when we  
7 started. The program of N.A. can do for us addicts what we could not do for ourselves.  
8 We know deep down, because of all our past failed attempts to clean up, that without the  
9 Fellowship of N.A. we would be in deep trouble. We cannot do it alone. We come together  
10 as a group of addicts seeking recovery, and focus on our common themes, that in spite of  
11 our different backgrounds, we all have the same underlying problem of addiction. We no  
12 longer convince ourselves that we can make it on our own today, and instead each learn  
13 to rely on each other and a Higher Power for help and guidance. The surrender to the  
14 fact that we could no longer control our using, or manage our lives has led us to N.A. This  
15 is another common theme of our addiction. What has separated us from everyone while  
16 using has also brought us together in N.A. We have all earned our seat here in Narcotics  
17 Anonymous, and we share our experiences and learn from each other. We know today  
18 that all the answers we need to live a life free from addiction are found here in N.A. We no  
19 longer need to look to doctors, and professionals for answers that they do not have for us.

20 *In the moment: today we will focus on our common desire to stay clean and recover from*  
21 *the disease of addiction. We find a new source of strength in the Fellowship and learn to*  
22 *rely on it.*

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**"We quit fighting. We accept our addiction and life the way it is. 1**  
**We became willing to do whatever was necessary to stay clean, 2**  
**even those things we didn't like doing." 3**  
**Gray book pg. 33 line 20 4**

In our addiction we became self-centered and self-seeking. Always doing what we 5  
wanted to get then next high, fix or drink. We put our own needs ahead of all those we 6  
care about. We fought our addiction for so long surrender seemed like an impossible 7  
dream. Our lives had become unmanageable and we didn't know how to live. In our 8  
recovery we learn that we can't control people, places, things and situations so we end 9  
up surrendering ourselves. First to the group then to whatever Higher Power we believe 10  
in. We learn some simple tools to help us in our daily journey. We go to meetings when 11  
our disease tells us to isolate. Meetings make our life tranquil. After we leave a meeting 12  
we feel better than when we came. One addict shared when it is there turn to share, right 13  
before they say a prayer-"dear God allow me to share to help us and help me feel bet- 14  
ter! "we call our sponsor or other fellow addicts when we get stuck in our head. We have 15  
learned that taking suggestions from our fellow addicts has proven to have extreme value. 16  
Becoming willing to follow through with suggestions from others help us keep the serenity 17  
that we had desired for years. We learn to write also to help get to know ourselves bet- 18  
ter and help us grow. Many times, we may not feel like doing these things but we learn 19  
feelings are just that.....feelings. We let go surrender and make the choice to recover 20  
instead of giving in to our disease. 21

*In the moment: we accept that it is only in this complete surrender that we are able to 22*  
*grow in our recovery. 23*

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1           ***”We will eventually hear someone who flat out makes us feel***  
2           ***lucky by comparison. We will grow to know gratitude, to see***  
3           ***where we came from and how far we have progressed.”***  
4           ***Grey book pg. 19 lines 17-20***

5 Being an addict in recovery by no means makes us perfect human beings. Our self- cen-  
6 tered thinking is a natural behavior for an addict, and recovery is only a daily reprieve  
7 from this way of life. Thinking of ourselves above, or better than others was a trademark  
8 behavior of our addiction, but today this way of thinking has no place in our lives. This is  
9 also true of our self-willed behaviors as well. We still want what we want, when we want it,  
10 and to go against this natural instinct is just as much of a miracle as it is for us not to use  
11 drugs. Comparing ourselves to others while we were using, and also during our recovery  
12 is another symptom of the disease of addiction. We always want to feel better than others,  
13 so comparing what others are doing to ourselves can be a dangerous behavior. We are  
14 to only worry about our own recovery, as we cannot recover for anyone else. No one of  
15 us makes consistently good decisions for ourselves in this program, we need each other  
16 to help us with this, and this action is based on our Third Step. Learning to let go of the  
17 controls and ask for direction can steer us away from making bad decisions in our lives  
18 that can bring us pain, and maybe even relapse. When we grab the controls for too long,  
19 eventually our own selfish motives come into play, and we will ultimately start to act on  
20 these motives. The self-gratifying behaviors will sicken us, and eventually can lead to our  
21 picking up. Today, as part of our program we practice turning over the controls to a loving  
22 God, and to others, and together we our given the strength to find the peace that comes  
23 with letting go.

24 *In the moment: we can be grateful today for all the gifts the N.A. Program has given us,*  
25 *and keep a positive outlook on a life clean, and free from addiction.*

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**”We never considered ourselves addicts, although some of us  
have used, misused and abused drugs for half of our lives or  
more”** 1  
2  
3  
**Grey book pg. 3 lines 10- 13** 4

Addiction has no prejudices. It will affect anyone, from any race, color, creed, or class 5  
of human. We find many different people when we get to N.A., from all walks of life. 6  
From doctors, to lawyers, to street junkies, we all have one common problem, addiction. 7  
Although, we may think that if we had a good job, like being a doctor or lawyer we would 8  
be immune to the effects of this disease. The fact that there are just as many addicted 9  
professionals in jails, institutions, and the graveyard as the less affluent addicts proves 10  
that this disease is just as devastating to anyone's life, no matter where we fit in on the 11  
social ladder. It has one goal, to bring us down to the bottom, whether that is through 12  
institutionalizing us for the rest of our lives, or simply killing us. Although, some of us end 13  
up with more “things”, and material goods when we get here, it is being mentally and 14  
spiritually bankrupt that ultimately puts us in the same state of despair. We cannot escape 15  
the effects of addiction simply because we have more stuff. The flip side of this is also 16  
true. No matter who we are when we get here, the program of N.A. will help us to bring 17  
ourselves out of the pits of despair that the addiction leaves us in. This program works for 18  
anyone regardless of age, race, sex, color, or creed, and saves us from the guaranteed 19  
ends of addiction, jails, institutions, or death. 20

*In the moment: today we will remember that if we have stayed clean today, from all mind 21  
or mood changing chemicals, that the miracle of the N.A. Program is working in our lives, 22  
and we can be grateful that we are no longer under the grips of addiction. 23*

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1                   **“Our new found way of life may have its problems. When we ask**  
2                   **for help the road ahead won’t be so rocky.”**  
3                   **Gray book pg 146 lines 18-19**

4 When we arrived to n.a. we were told that things around us may not necessarily get bet-  
5 ter, but we will get better with the things around us. Regardless what happens to us, in  
6 recovery, we don’t have to go through it alone. In our active addiction we suffered alone  
7 and often we saw no hope insight. Today with the help of the God of our understanding  
8 and the support we get in Narcotics Anonymous, we can face anything and not use over  
9 it. They say to weather a storm you have to be in the eye of the storm, because it is the  
10 calmest in the eye. N.A. is the eye of the storm.

11 Together we can face life on God’s terms. With our new found way of life we find it’s ok to  
12 ask for help we can have the faith that

13 All will be well. We realize that no problem is bad enough that using can’t make worst.  
14 We share whatever is troubling us with our sponsor and our support group we listen for a  
15 solution from their experience. We become part of the solution and not part of the prob-  
16 lem. Our gray book says that, “we often miss what we are looking for because it isn’t hid-  
17 den. We learn that whatever we go through it will serve as a stepping stone to help others.  
18 Thank God we are each other’s eyes and ears.

19 *I’m the moment; no matter what happens on this journey, with an addict on our left, and*  
20 *an addict on our right, we can stay in the middle, where it’s calm.*

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***“As long as we preserve our clean time we enjoy the greatest possible advantage over our disease?”*** 1  
***Gray book pg 125 lines 28-29*** 2  
3

Our gray book tells us that our clean time is like a fence around our recovery, it keeps 4  
positive things inside, and it also keeps the insanity of active addiction out. Like anything 5  
else that needs to flourish, it must remain fertile. Abstinence from all drugs is how recov- 6  
ery becomes possible. We cannot recover if our minds and bodies are still clouded with 7  
drugs by remaining clean a lot of our compulsions are relieved, but the obsessions which 8  
are part of the disease of addiction still permeates in our lives. As long as we don't use 9  
drugs we can use the rest of the steps to grow spiritually. Working and living the spiritual 10  
principles of Narcotics Anonymous preserves our clean time and makes the other stages 11  
of growth in our recovery possible. Even though addiction is an incurable progressive 12  
disease, we can arrest it just for that day by remaining clean. Our higher power, the n.a. 13  
steps, traditions, our sponsors, going to meetings and the fellowship, allows our recovery 14  
to flourish. Our recovery can offer us unlimited growth, if we practice a daily living pro- 15  
gram. 16

*In the moment; our clean time will preserve our recovery, in turn our recovery will preserve* 17  
*our clean time.* 18

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1                   **“The only thing we ask of our members is that they have this**  
2                   **desire. Without it, they are doomed, but with it miracles have hap-**  
3                   **pened.”**  
4                   **Gray Book pg 97 Lines 22-24**

5 Our Third Tradition tells us that the only requirement for Narcotics Anonymous mem-  
6 bership, is a desire to stop using drugs. We don't have to be Clean when we first come  
7 to Narcotics Anonymous. We are told at our first meeting, to keep coming back, but to  
8 come back Clean. The Program of Narcotics Anonymous only works through complete  
9 Abstinence from all mind-mood altering drugs. Our level of desire can be measured by  
10 our Actions, Willingness is just a start. Regardless of our Cleanliness we can still call our-  
11 selves members. Many of our members return to active addiction. This doesn't mean they  
12 are no longer members. At that point our members need to come back as soon as pos-  
13 sible, and get Clean. Desire must be our first acquirement, without it we are doomed, our  
14 Literature states. Once we are Completely and Totally Clean we can start to Recover. Our  
15 First Step reminds us that social acceptability, which includes Clean time, does not equal  
16 Recovery. Recovery can be seen as a change of attitudes and behaviors. This change  
17 is only possible through Living the Spiritual Principles of Narcotics Anonymous. These  
18 Principles are a result of working and applying the Steps and then the Traditions of our  
19 Program. Every day Living has to include the Practice of these Spiritual Principles, for our  
20 Recovery to be of any effect. Our Daily Reprieve is dependent on our Spiritual Progress.  
21 Clean Time is our Cornerstone.

22 *In the moment; Clean Time is a fence around our Recovery. Without it nothing can Grow. It*  
23 *all starts with a Desire to stop using.*

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***“Most addicts have strong feelings about their Higher Power and vigorously defend their right to their own understanding of Higher Power. The strength to move into action comes from our Higher Power.”*** 1  
***Gray Book p. 37 Lines 2-5*** 5

Our Literature tells us that a belief in a Higher Power is necessary to achieve any sort of ongoing Recovery. We were forced to seek this Higher Power as a Solution for our obsession to use. After achieving Complete and Total Abstinence in the First Step, we needed a Power Greater Than Ourselves to stay Clean and Recover. This Process of Recovery cannot only work with knowledge and belief. Willingness must be transferred into Action for our Surrender to have any kind of effect. In Narcotics Anonymous we have the Freedom to choose the Higher Power Of Our Own Understanding. It’s suggested that this Power be Loving, Caring and Greater than ourselves. Because we first come in with a lot of guilt and shame, some members add Forgiving to this list. Our Third Step tells us that if we are to Grow Spiritually, it’s necessary to be Honest about our belief. The Action that creates Faith springs from the Hope that’s evident all around us as we attend meetings. Our sanity progresses as we seek a conscious contact with this Power. This relationship with our Higher Power Grows as we practice the Spiritual Principles of Narcotics Anonymous. We share about our relationship with our Higher Power with those around us. We can share about our Higher Power in meetings, within the Guide Lines of our Traditions. We defend our right to a God Of Our Own Understanding. By the same token, we don’t endorse or call this Power by name at meetings. Narcotics Anonymous is a Spiritual Program, not a religious one. We can share through the Process of the Steps and Traditions how this Power manifested itself in our Lives. We can also see the evidence of other’s Higher Power working in their Lives. We need this Power to Practice these Spiritual Principles in our daily Lives.

*In the moment; We can share our Higher Power with new members until they find their own. Newcomers can use the Group as a Power Greater than themselves as well.* 27  
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1                   ***“It was conceivable in our addictive thinking that something***  
2                   ***would work for us without any work on our part.”***  
3                   ***Gray Book pg 10 Lines 29-31***

4 One of the slogans we hear in Narcotics Anonymous is, “It works if you work it.” That  
5 means if we want to Recover we have to take Action. In active addiction, we depended  
6 on the drugs to make us feel good, and take away any physical, mental or emotional  
7 pain. We used drugs to be able to live that day. The drugs did for us what we couldn’t  
8 do for ourselves. Arriving to N.A. other members told us that we never had to use again.  
9 We read in the N.A. book that if we Lived the Narcotics Anonymous Program on a daily  
10 basis we wouldn’t use just for that day. Living the Program meant that we had to have a  
11 desire to stop using. It meant that we had to embrace the Spiritual Principles of Narcotics  
12 Anonymous. Our Surrender to Total and Complete Abstinence was one of the Spiritual  
13 Principles we had to Surrender to. We had to stop letting drugs use us. We needed to  
14 find a Power stronger than our addiction to help us get and stay Clean. Following the  
15 suggestions through Action is what removed our obsession to use drugs. The pain of not  
16 using drugs forced us to seek this Power Greater Than Ourselves. Making the Decision to  
17 turn our thinking and our behaviors to the Care of this Higher Power required our Open-  
18 mindedness and Willingness. We Applied the Spiritual Tools we were given to unlock the  
19 Spiritual Fruits contained in each Step and Tradition. The results from our efforts had not  
20 only been Freedom from active addiction. Through the results of those Steps we achieved  
21 a Spiritual Awakening. Through our Spiritual Awakening we were capable of Practicing  
22 these Spiritual Principles in all our affairs.

23 *In the moment; We will Live the Spiritual Principles of Narcotics Anonymous by Sharing*  
24 *this Message with those who still suffer.*

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**“We have surrendered... We are no longer fighting fear, anger, 1  
guilt, remorse, self-pity, anxiety, depression and a thousand other 2  
ills.” 3  
Gray Book p. 39 Lines 22-27 4**

Many of us who have Surrendered to the Program of Narcotics Anonymous tried every- 5  
thing else first. Using drugs not only masked our feelings, but it also affected our minds 6  
and bodies, on a deep level. The feelings mentioned above are some side effects of the 7  
lack of drug use and lack of Spirituality. Drug use was our solution for a while, until they 8  
stopped working and turned against us. Living without the drugs seemed more difficult 9  
and painful. Our Second Step offers a Solution for our mental state. The first thing we 10  
have to do is Surrender totally and unconditionally. Stop fighting means, we stop resisting 11  
the Program. We’ve already seen this Power at work in ours and in the Lives of others. 12  
We Trust in this Power and turn our thinking and behaviors over to the care of this Power. 13  
As we work those Steps, a lot of our obsessions are relieved. We learn to identify our 14  
feelings through personal inventory. The exact nature of our wrongs are brought to light. 15  
We Surrender to the Solution Narcotics Anonymous offers. By Practicing and Living the 16  
Spiritual Principles of the rest of the Program, we are released from these other ills. As we 17  
quit fighting, self-pity, anxiety and depression have no hold on us. We Surrender and work 18  
the Steps. This is an overtime process, not overnight. With each Step, we will experience 19  
a Spiritual Awakening that will make each Step going forward possible. Our Recovery 20  
becomes a gold mine as we Share it with others. 21

*In the moment; We continue to Surrender on a deeper level as we progress through the 22  
Steps and Traditions of Narcotics Anonymous. 23*

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1                   **“We can only make our amends to the best of our ability and they**  
2                   **can either accept it or deny it.”**  
3                   **Gray Book pg 53 Lines 16-18**

4 True Freedom hinges on this important Step. The Ninth Step of Narcotics Anonymous  
5 is part of that Promise of Freedom our Message talks about. In the first three Steps, we  
6 achieve Freedom from drugs and active addiction. The next three Steps, we start to  
7 achieve Freedom from bondage of self. Steps Seven, Eight and Nine is the beginning of  
8 Freedom from people, places and things that imprisoned us. Addiction had our Minds,  
9 Bodies and Spirits trapped by instant gratification. The Ninth Step frees us from the wreck-  
10 age of our past. Since timing is an essential part of this Step, We need Guidance from  
11 The God of Our Understanding and our Sponsors. We Amend the harms we caused by  
12 changing our ways. We also make Restitution to the best of our abilities.

13 We approach this Step without expectations of the results. We make Amends because  
14 we have to. Self- centered fear may try to creep in again. We rely on our Higher Power for  
15 Strength and Courage and proceed. We clean our side of the street. We do not clear our  
16 conscience at the expense of others. By the same token, we're not responsible for the  
17 responses or results of those Amends. We make Amends to the best of our abilities, our  
18 victims can either accept it or reject it. Our Recovery flourishes as we let go of our self-ob-  
19 sessions and self-centered fears. This life-time process enables us to find A New Way To  
20 Live.

21 *In the moment; We are released from the chains of the past. Just For Today with*  
22 *the Principles of Narcotics Anonymous, we get the opportunity to repair our past*  
23 *Relationships and establish new Healthy ones.*

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**“We have found it essential to accept reality. Since that time we  
have not found it necessary to use.”** 1  
**Gray Book pg 138 Lines 1-2** 2  
3

Spirituality has been described by one of our predecessors as a relationship with Reality. 4  
In active addiction, our relationship was mostly with the drugs. Our Literature mentions 5  
that we spent time getting, using and finding ways and means to get more drugs. After 6  
a while, it was a one way relationship; the drugs used us. Our reality became distorted. 7  
With our minds and bodies clouded with drugs, it was difficult for us to determine the 8  
Truth. We were in denial about our reality; Awareness and Acceptance were foreign to us. 9  
Active addiction is a contradiction to Living. When we used drugs, we violated Spiritual 10  
Principles, some of these were the Laws of Nature. Living selfishly actually caused our 11  
isolation. Our Literature tells us that our Living skills were reduced to the animal level. 12  
Unconditional Surrender means having the Willingness to go to any lengths. Investing 13  
our time in getting, using and finding ways and means to Recover. Some Suggestions 14  
are given to us like, attending meetings, staying in touch with other members and study- 15  
ing our Literature. Another suggestion is finding a Sponsor that will Guide us through our 16  
Steps and Traditions, which will eventually lead us to the God Of Our Own Understanding. 17  
These Actions will reconnect us to Reality and Awaken our Spirits. Since our Spiritual 18  
Awakening is progressive, we must continue to do our part in being part of. 19

*In the moment; We keep growing in this Process. We will secure our own existence by the* 20  
*positive Actions we keep taking.* 21

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1                   **“Reaching out is the beginning of the struggle that will make us**  
2                   **free. It will break down the walls that imprisons us.”**  
3                   **Gray Book pg. 130 Lines 23-25**

4 When we are using we protect ourselves by putting up barriers between us and the out-  
5 side world. We fall into the illusion of self-sufficiency, believing that we can take care  
6 of ourselves and do everything on our own. Many of us used to believe that we would  
7 be better off without the help of anyone else in our lives. We rarely realize that we have  
8 never been self-supporting as we continue leeching off of the resources of others. We  
9 separated ourselves from anything that did not have to do with getting or using drugs.  
10 Some would say that the exact nature of the disease of addiction is isolation. The proof  
11 of this statement can be shown when addicts hit their bottoms, they're usually alone. Our  
12 using slowly eliminated the positive people, places and things from our lives. Our worlds  
13 shrank as we used to live and lived to use. At the end of our using the desperation drove  
14 us to seek help from others in Narcotics Anonymous. How it Works in our Gray Book tells  
15 us that, “If what you want what we have to offer, and are willing to make the effort to get  
16 it, then you are ready to take certain steps.” These Principles are written so simply that  
17 we can practice them in our daily lives. The Principle of Surrender can be measured by  
18 the actions we take. Our Literature tells us that the antidote to our diseased thinking is  
19 Honesty. A member once said that, “Honesty is aligning our actions to the Truth.” This  
20 realignment helps us to Trust our fellow members and also build Integrity. Both of these  
21 Spiritual Principles are essential to our ongoing Recovery. To help us practice these  
22 Spiritual Principles, we need to tap into and rely on our Higher Power. We have been  
23 developing a relationship with this Power that helped us achieve Complete and Total  
24 Abstinence.

25 *In the moment; With Complete and Total Abstinence and practicing the Spiritual Principles*  
26 *of the Steps and Traditions we are given a Daily Reprieve from our self-imposed life sen-*  
27 *tences. We become Free to Live.*

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***“If we do not maintain our spiritual condition daily, some of us  
find the resulting pain and confusion lead to a return to drugs  
and our old way of life.”*** 1  
2  
3  
***Gray Book pg 144 Lines 27-29*** 4

Spirituality is one of the last Gifts we receive in this Program. Ironically it’s one of the first 5  
things we lose in the relapse process. Our Eleventh Step states, “We have found that 6  
our spiritual condition is the basis for a successful recovery that offers unlimited growth.” 7  
Offers, implies that it’s not a given. We have to do the work if we want to Recover. Chapter 8  
Ten states, “Narcotics Anonymous offers only one promise and that is freedom from active 9  
addiction.” The Promise of Freedom and the Message of Hope, requires us to practice a 10  
Living Program. Spiritual complacency can begin the relapse process. We get loaded at 11  
the end of a relapse, not in the beginning. The daily reprieve we are offered is dependent 12  
on this daily maintenance. When we first get Clean, we enjoy the Freedom from active 13  
addiction. We are finally Free from our self-imposed prison. To stay Free we have to have 14  
an active change of our attitudes and behavior. We can’t think our way into good Living. 15  
The Steps enable us to Live our way into good thinking. Our Spiritual Awakening must 16  
continue to be progressive. Recovery is an uphill Journey, if we pause, we may back- 17  
slide. Unfortunately some of our members pause in their Recovery and some will return to 18  
active addiction. Our Literature tells us that, “...a whole new life opens up. In this way, we 19  
do recover.” 20

*In This Moment; We will continue with this Program of action. We will continue to work a 21  
twenty-four-hour Program.* 22

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1                   ***“The program works a miracle in our hearts...We become free to***  
2                   ***move about without compulsion or guilt.”***  
3                   ***Gray Book pg 18 Lines 23-26***

4 One of our members stated, “Steps Seven, Eight and Nine is when our Hearts start to  
5 Recover.” They go on to explain that Love, Forgiveness and Kindness for others stem  
6 from this part of our bodies. The beginning quote from our Gray Book states, “We become  
7 new people. The Steps and abstinence gives us a daily reprieves from our self-imposed  
8 life sentences.” For the Recovering addict in Narcotics Anonymous, these are miracles.  
9 Before we can begin to Love and genuinely Care for others, we have to Care for our-  
10 selves. Part of Recovery is about Self-Care. Steps Four, Five and Six are the Steps where  
11 we start to get right with self. We begin with the inventory process and begin to eliminate  
12 guilt and shame of self. We start the Self-Acceptance and Self-Care process, before we  
13 can Accept and Care for others. Our Stomachs start to Recover, from here stems feelings  
14 of oneself. Then our Hearts start to Recover, from here stems feelings for others. Our guilt,  
15 shame and remorse transfers into Acceptance, Love, Patience and Understanding. We  
16 start to walk with our heads held up high, and it’s not because of pride. We are Free to  
17 be the people we were meant to be before we got sick. Were able to look at other people  
18 in the eyes, because we are Free of guilt, shame and compulsion. Today we are capable  
19 of feeling and showing Empathy for others. Our Hearts are Free to Love and Forgive, but  
20 more importantly, to show Compassion. As we continue in the Steps we Recover from the  
21 neck up, that’s where Meditation and Spirituality rests.

22 *In the moment; Through Living the Spiritual Principles of Narcotics Anonymous our Hearts*  
23 *are transformed. We become Loved and Loving people.*

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**“Lost dreams awaken and new possibilities spring.” 1**  
**Gray Book pg 142 Lines 3-4 2**

How many times do we hear this statement by speakers or other members. What might 3  
come to mind to the newcomers or other members? Some might interpret this to mean 4  
that we can get rich and famous. Our rich and famous members know better. Some 5  
addicts came in with money, houses and high educations. They can tell you that money, 6  
property and prestige did not help them feel any better about themselves in active addic- 7  
tion. In fact, many will tell you that it actually prolonged their agony. Denial kept them out 8  
there longer. Our Basic Text tells us that, “...through recovery, our dreams come true. We 9  
don’t mean that we necessarily become rich or famous. However, by realizing the will 10  
of our Higher Power, dreams do come true in our recovery.” Our Gray Book goes on to 11  
say, “How many times have we heard something over and over again, until it finally takes 12  
root and blossoms. With each meeting we attend, seeds planted in earlier meetings are 13  
watered until we can see them grow to harvest. This harvest is a form of spiritual growth.” 14  
This Spiritual Awakening, the relationship with Reality, the Freedom to worship and 15  
develop a relationship with the God Of Our Own Understanding, those are our dreams 16  
come true. That relationship with Reality is where our new possibilities spring or arise. 17  
We cannot confuse our Message with material gain. Our rewards are measured with our 18  
Spiritual Fruits that result from Living and Sharing this Living Program called Narcotics 19  
Anonymous. 20

*In the moment; We will carry our Message of Hope and the Promise of Freedom. This is 21  
the only thing Narcotics Anonymous offers us. 22*

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1                   **“Our negative sense of self was replaced by a positive concern**  
2                   **for others.”**  
3                   **Gray Book pg 26 Lines 26-27**

4 Our Basic Text tells us that our whole lives, one way or another, became centered in  
5 drugs. It appeared that our personalities and who we were dissipated with each run. Like  
6 tornadoes, we became self-centered, as we ripped through people’s Lives. We were  
7 harming ourselves the most by neglecting our own responsibilities. One of our members  
8 stated that, “Addiction altered my behavior. Reality became uncomfortable, eventually  
9 intolerable. I needed more and more drugs to survive. When I was under the influence  
10 of drugs, Honesty and Integrity were less important and often inconvenient. Between  
11 ‘runs’, Honesty and Integrity were burdens that would have prevented getting more  
12 drugs and the relief I needed.” Lost and Spiritually broke we found ourselves in Narcotics  
13 Anonymous. Here, we came in contact with others that were in the same place we were at  
14 one time. These members of Narcotics Anonymous showed us unconditional Love. They  
15 told us we didn’t need to hurt anymore. They told us that they had found Freedom, from  
16 the horrors of active addiction. Their hugs, along with the wordless language of Empathy,  
17 became the beginning of our healing process. This New Way To Live became our New  
18 Way Of Life. Freedom from active addiction gave us a sense of self. Our relationship with  
19 reality was the start of our Recovery. The Spiritual Principles of Narcotics Anonymous  
20 was the end of our isolation. We were given this Precious Gift freely. The only condition  
21 to keep this Precious Gift was to give it away freely without charge. Through the results  
22 of our Spiritual Awakening we developed a natural concern for others. We began to feel  
23 Adequate and Worthy. Most importantly we were capable of Helping others.

24 *In the moment; The strange paradox of keeping what we have by giving it away, became*  
25 *a normal Way Of Life for us.*

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**“There are some things we can make direct amends for; some we  
can only make partial amends for; and some that we remember  
nothing about.”** 1  
2  
3  
**Gray Book pg 53 Lines 29-31** 4

In active addiction, addicts created a destructive path that affected our lives and the lives 5  
of others. Just like a tornado the end of it brings much relief. Unfortunately, we were left 6  
with the wreckage. 7

Physical, mental, spiritual and emotional harms were some results of active addiction. 8  
Chapter Three in our Basic Text states, “We did many people great harm, but most of all 9  
we harmed ourselves.” One of the first Amends we make is staying Clean because we are 10  
no longer part of the problem. Now we are part of the Solution. Direct Amends involves 11  
looking for the people, places and things we caused harm to. Then we make Amends by 12  
rectifying and offering resolutions. We approach our Amends without any expectations of 13  
the results. In the Program of Narcotics Anonymous we make these Amends because we 14  
have to. It’s not necessarily to feel good about ourselves or clear our conscience. We also 15  
can make indirect Amends when direct Amends would cause more damage than good. 16  
Our Sponsors will help us with our completed list of names. They will show us where on 17  
the list can be more harmful or where we can’t make direct Amends at all. For us, sanity 18  
can mean effectively relating to others. The Amends process can relieve fears, guilt and 19  
remorse of the past. It allows us to Live Happy, Joyous and Free. We will always be open 20  
to the Amends process in our lifelong Journey. 21

*In the moment; With the guidance of the God Of Our Understanding and the Fellowship of 22  
N.A., we continuously experience a miracle as we discover and Admit our faults.* 23

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1           **“None of us stumbled into this Fellowship brimming with love,**  
2           **honesty or open-minded willingness. We have all reached the**  
3           **point where it seemed we could not longer continue because of**  
4           **intense pain: physical, mental and spiritual.”**  
5           **Gray Book pg 32 Lines 18-21**

6 Most members said that for them, Narcotics Anonymous was the last house on the block.  
7 Some go on to say that they tried everything else first, but nothing worked, they contin-  
8 ued to use. Some members said that Narcotics Anonymous was the last thing they tried,  
9 but it was the first thing that worked. Our Literature states in Chapter Three, “...we tried  
10 countless other remedies--counselors, psychiatrists, hospitals, lovers, new towns, new  
11 jobs--everything we tried, failed.” Our Gray Book goes on to say, “We gave up--quit strug-  
12 gling--surrendered, completely and unconditionally. Then, and only then did we begin  
13 to recover from the disease of addiction.” Only with Total and Complete Surrender to  
14 Narcotics Anonymous and its Spiritual Principles did we have a chance.

15 After coming into the N.A. Program, we realized that we were sick people. Unfortunately,  
16 “If you take the drugs away from a drug-crazed maniac, you still have a maniac.” So most  
17 of us arrive to N.A. with all our defects and bad habits. Our lack of Trust of others kept our  
18 defenses up, and our minds closed. When the pain of staying the same became greater  
19 than the pain of changing, we Surrendered again. Finally, an opening in our closed minds  
20 was made, new ideas could be Accepted. Chapter Eight, We Do Recover says it best,  
21 “That word-less language of recognition, belief and faith, which we call empathy, created  
22 the atmosphere in which we could feel time, touch reality and recognize spiritual values  
23 long lost to many of us.”

24 *In the moment; Practicing the Spiritual Principles of Narcotics Anonymous can result in*  
25 *us, brimming with Love, Honesty and Open-mindedness.*

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**“When we finally get our own selfish motives out of the way, we begin to find a peace unmatchable to a drug-induced high.”** 1  
**Gray Book pg 58 Lines 6-8** 2  
3

Our Literature tells us that once the euphoria of using wore off, we saw the ugly side 4  
of addiction. For many of us, we lost that good feeling of getting high a long time ago. 5  
Toward the end of our using we either suffered the pain of withdrawals or we took more 6  
drugs. Many of us took more drugs. We no longer used drugs, drugs used us. Coming to 7  
Narcotics Anonymous and maintaining Abstinence left us with a void. Our Basic Text tells 8  
us that the purpose of the Second Step was to fill that void. Unfortunately many mem- 9  
bers attempted to fill that void with other things instead of our Higher Power. These other 10  
things used to fill the God Void caused us and others more pain. Our motives were self- 11  
ish, our motives had motives. Finally, when the pain of staying the same was greater than 12  
the pain of changing, we took the necessary Steps to relieve our obsessions. Practicing 13  
Spiritual Principles left us feeling good about ourselves and others. Working Steps with 14  
our Sponsors, doing Service for Narcotics Anonymous, we found a different type of 15  
euphoria. Sharing this Precious Gift with others and thinking of others resulted in a peace 16  
unmatchable to any drug-induced high we ever experienced. We no longer needed peo- 17  
ple, places or things to feel good about ourselves. We sought self-approval and not the 18  
approval of others. We begin to stand and Live by Spiritual Principles. The only way to get 19  
out of self, is to work with others. 20

*In the moment; We will practice selflessness. We are actually doing God's Will by getting 21  
our selfish motives out of the way.* 22

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1                   **“Change involves the unknown, the great source of fear...The wis-**  
2                   **dom to know the difference involves growth in the program.”**  
3                   **Gray Book pg 148 Lines 8-12**

4 In active addiction our lives were controlled by fear. Even before active addiction, fear  
5 was present in our lives. Fear can take many forms; positive and negative, healthy and  
6 unhealthy. For many of us our drug use distorted our senses. We were unable to have  
7 a relationship with reality. Hope turned into hopelessness. Through desperation, posi-  
8 tive fear disappeared. Self- centered fear controlled our lives. After coming to Narcotics  
9 Anonymous we saw evidence of Hope in the members, who like us, suffered from the hor-  
10 rors of addiction. We saw the twinkle in their eyes and wanted what they had. Attending  
11 N.A. meetings we saw evidence of a Power Greater than ourselves at work. Members  
12 shared with us how they came to Believe. They Cared enough about us to show us the  
13 way.

14 Living the Spiritual Principles of Narcotics Anonymous, some of our fears begin to be  
15 replaced with Faith. Through the help of our sponsors and the Fellowship of Narcotics  
16 Anonymous, we are introduced to the God Of Our Own Understanding. Through our belief  
17 in this Power we become less fearful of the unknown.

18 *In the moment; We ask God to Grant us the Serenity to Accept the things we cannot*  
19 *change, Courage to change the things we can and Wisdom to know the difference.*

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**“We don’t have to be clean when we get here, but after the first meeting, we suggest that you keep coming back to the meetings and coming clean.”** 1  
**Gray Book pg 20 Lines 6-8** 4

Addiction is a progressive, fatal and incurable disease. Sounds pretty hopeless, right? 5  
For many years, and for most of us, it was. After decades of suffering and dying of drug 6  
use, addicts finally found a Solution. Narcotics Anonymous offers a daily reprieve from 7  
the horrors of addiction. Narcotics Anonymous is for using addicts that have unsuccessful- 8  
ly tried every other method to stop using. For most of us Narcotics Anonymous was the 9  
last house on the block. Everything else we tried, religion, medication, psychiatry, drugs, 10  
rehab and other institutions failed us. The cornerstone of our Program is Abstinence from 11  
all drugs in order to Recover. This seems to be an impossible task at first. Fortunately, 12  
the only requirement to start on our Journey is a desire to stop using. Once Total and 13  
Complete Abstinence is reached, Recovery is then possible. We meet at a certain time 14  
and place for the purpose of Recovery. We Help each other get Clean, stay Clean and 15  
finally Recover, A Day At A Time. We are told; “Keep Coming Back”, even if we’re still 16  
using. It’s suggested though that we come back clean. Although the only requirement is 17  
the desire to stop using, it’s not okay to keep using. We will Welcome and Love you, but 18  
we won’t enable you. Our Recovering members will lay down a clear path to Recover. It’s 19  
up to the newcomer to take the necessary Actions to achieve and maintain Abstinence 20  
while Recovery becomes possible. In Narcotics Anonymous we fan the Flames of Desire 21  
by Sharing the Joy, we experience Freedom and Growth. We Recover by Practicing the 22  
Spiritual Principles locked in the Steps and Traditions. When we Share these Spiritual 23  
Tools with others, the Spiritual Fruits manifests in our Lives. The Evidence becomes clear 24  
to others, and they want what we have found. This is the Attraction we have as we Carry 25  
This Life Saving Message of Recovery in Narcotics Anonymous. 26

*In the moment; We will Welcome all who come to N.A. We will Encourage Abstinence to those still using. We will offer Recovery to those that are not using.* 27  
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1                   ***“Having fun and being happy doesn’t have to be searched for; it***  
2                   ***surrounds us. It is all there. So just do it. Be clean, have fun and***  
3                   ***be happy.”***  
4                   ***Gray Book pg 156 Lines 1-3***

5 When we arrive to Narcotics Anonymous, many of us cannot remember the last time we  
6 had a good laugh. We can’t remember the last time we had any kind of “fun”. Some of us  
7 were so loaded that we were barely grasping any awareness or for some, consciousness.  
8 What we should remember is the pain. Being Clean in early Recovery, the pain of not  
9 using felt so real, so tangible, that it seemed as though we would never have a good time  
10 ever again. Some of us asked ourselves,

11 “Is there life after drugs?” Some of us felt annoyed or uncomfortable with the smiles and  
12 laughter of others, as we attended meetings. Their Joys and Happiness caused us pain  
13 because it reminded us of what was missing in our lives. Our attraction grew as we were  
14 invited to Fellowship after the meetings. Those late nights at the diner, or to a member’s  
15 house to continue talking about Recovery, gave us Hope. We begin to experience what  
16 fun really is, without the use of drugs. Our World gets a little brighter. With the attendance  
17 of meetings and the camaraderie of the Fellowship we begin to experience Living Happy,  
18 Joyous and Free. Life is not just a glum lot. Living the Steps and having a Growing rela-  
19 tionship with our Higher Power, we begin to see new evidence of sanity all around us.  
20 More Will Be Revealed as we Keep Coming Back.

21 *In the moment; Our Gray Book says, “It is important for us to have fun in our recovery*  
22 *without the dying.”*

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***“A warning about rationalization is that it has killed more of us  
 than anything else. At times, our motives will be obscured by  
 clouded thinking.”*** 1  
 2  
 3  
**Gray Book pg 57 Lines 1-3** 4

Our Literature tells us, “What we knew about living when we got here had almost killed 5  
 us.” Arriving to Narcotics Anonymous and seeing the mess we made of our lives only 6  
 caused us to rationalize even more. We blamed the drugs to make sense of it all. In active 7  
 addiction, we found ourselves defending our actions, constantly explaining ourselves. 8  
 Many times we thought these explanations were what the other person wanted to hear. 9  
 We justified our behaviors in order to protect our using. This quickly moved us into a 10  
 pattern of lies and self-deception. This pattern became our lifestyle. We found ourselves 11  
 immersed in a life of deceit and rationalization. After achieving Abstinence, we saw how 12  
 sick we really were, especially without the drugs. These old defense mechanisms were 13  
 the tools of the disease of addiction. These rationalizations served us well in active addic- 14  
 tion. 15

In our Recovery, we learn to get Honest. We learn to face the Truth. With each Step we 16  
 take and live, the onion gets peeled another layer. We help each other by becoming each 17  
 other’s eyes and ears. Our Literature says, “We began to see that we had rationalized the 18  
 most outrageous sort of nonsense...” This can still follow us in our Recovery. The Fruits of 19  
 Living the Spiritual Principles releases us from denial. We Surrender our Wills and Lives 20  
 to the Care of the God Of Our Understanding. We are no longer part of the problem, 21  
 because we’re part of the Solution. 22

*In the moment; As we find ourselves Growing into mature consciousness, it becomes 23  
 more uncomfortable to ration a lie.* 24

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1                   ***“When we pray a remarkable thing happens; we find the means,***  
2                   ***the ways, and energies, to perform tasks far beyond our capabili-***  
3                   ***ties.”***  
4                   ***Gray Book p. 58 Lines 23-25 Step Eleven***

5 When we first arrived to Narcotics Anonymous, most of us found getting and staying  
6 Clean was beyond our own capabilities. We had to Surrender to Complete and Total  
7 Abstinence from all mind and mood changing chemicals. After this form of Admission  
8 through Action, we were forced through the pain, in Step Two, to tap into a Power that can  
9 help us with our Cleanliness. Practicing a Living Program requires Working and Living  
10 the Steps of Narcotics Anonymous. We soon Learned that Living and Practicing these  
11 Spiritual Principles were also beyond our own capabilities. We would have to continue  
12 tapping into this Power to remain Clean. We would also have to improve this contact with  
13 this Power, to continue this Path of Recovery. Practicing through Constant, Conscious  
14 Contact, we seek to Improve this Relationship. Our Basic Text states, “We have found  
15 that our spiritual condition is the basis for a successful recovery that offers unlimited  
16 growth.” This Growth is contingent on a Daily Reprieve that’s dependent on our Spiritual  
17 Maintenance. The Evidence of this phase in Recovery, sometimes called Discovery, can  
18 lead us to Emotional Stability. Our Spiritual Awakening has to be Progressive, for our  
19 Spirits not to fall asleep again. We attend Meetings, work with our Sponsors, do Service  
20 and work with others to ensure our Recovery. We also have to remind ourselves that this is  
21 a Twenty-Four hour Program.

22 *In the moment; We will continue to Depend on this Power not only to keep us Clean, but*  
23 *also to continue to Recover.*

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***“Faith is the key. It takes a firm belief in a loving God before we  
can possibly begin to turn our wills and lives over to His care.”  
Gray Book p. 139 Lines 25-27***

Many of us came to Narcotics Anonymous with no experience of turning our Wills and our Lives over to the Care of a Loving, Caring God. We rarely have seen miracles that happened by just saying we had Faith. We talked about Belief, but truly didn't Believe. Our new-found Lives are based on actions that lead to Faith. We had trouble Accepting Life the way it was, and we Lived in a way that was rooted in fear. By working and Living the Steps we come in contact with a Higher Power in which we can Believe in. At first, it was difficult to believe in anything different from what we believed was the Truth. By working Step Two we opened ourselves to the possibility that something Greater Than Ourselves could restore us to sanity. Believing that there is a Loving Power and opening our minds to this possibility, our Trust and Faith will grow. Our Gray Book says, "...a spiritual experience is necessary to arrest our addiction." Working the Steps and Traditions of Narcotics Anonymous charts that course. Our First Spiritual experience starts when we Surrender to Total Abstinence. The pain of Living without drugs forces us to seek a Power Greater Than Ourselves. This Power relieves our obsession to use. This is the Beginning of our Spiritual Awakening. We begin to Trust this Power and its Guidance in our Daily Lives. Having only a Daily Reprieve from this fatal, progressive, incurable disease, we need to Recommit ourselves with a Daily Surrender. We wake up every morning by showing our Gratitude with a Prayer. We Pray for God's Will for us and the Power to carry it out. We do the next right thing for the right reason; we look at every situation throughout the day as an opportunity for growth. No matter what happens, we make time for meetings, call our Sponsors, help another suffering addict and Live the Spiritual Principles of Narcotics Anonymous. This is our safeguard against the relapse process. Each day with God's Help, our Spirits gain more territory against this deadly disease.

*In the moment; After some time doing things the N.A. Way, we begin to develop the Faith which leads to Trust that our Higher Power has much better plans for us, than we have for ourselves.*

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1                   ***“The spiritual basis of the program is strong enough to support a***  
2                   ***person with the disease.”***  
3                   ***Gray Book p. 137 Lines 13-14***

4 Narcotics Anonymous is a Spiritual Program with a Spiritual Solution to a Spiritual  
5 problem, the disease of addiction. We use Twelve Spiritually Based Steps and Twelve  
6 Spiritually Based Traditions to treat this Spiritual malady. Our problem is not the drugs,  
7 in fact; drugs for a short time were our solution to a hopeless state of existence. Drugs  
8 made our suicide a slow process, slow enough that many of us got sick and tired of being  
9 tired and sick. A Spiritual problem cannot be solved with chemicals. Our hopeless state  
10 of desperation is what made our Recovery possible. Surrender is the Key that opens the  
11 door up to Recovery. Once that door opens our Willingness and Action makes it possi-  
12 ble to step through. Many of us tried other alternatives, religion, medicine, new lovers,  
13 new towns and psychiatry. All these methods failing as a Solution, we finally came to  
14 N.A. It was the last thing we tried, but it was the first thing that worked. While practicing  
15 active addiction we were slowly committing suicide. Many times we tried to stop using on  
16 our own, but no matter how many times, or what we tried, it failed. Many times we were  
17 so hopeless that we thought there was no other option than to keep killing ourselves.  
18 Our experience shows that The Spiritual Basis of the NA Program is strong enough to  
19 support our Recovery. We have come to rely on a Power Greater Than Ourselves. For  
20 the first time, Recovery from the disease of addiction was a Reality for us. In Narcotics  
21 Anonymous, we keep this Precious Gift alive by Sharing it with all those who seek a  
22 Solution from the disease of addiction. In Narcotics Anonymous, we keep this Precious  
23 Gift alive by Sharing it with all those who seek a Solution from the disease of addiction.

24 *In the moment; We Live to Experience Life on God's Terms and Grow from this*  
25 *Experience.*

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***“Working the Steps will give us a relationship with a Power  
greater than ourselves, correct old defects, right old wrongs, and  
lead us to help others.”*** 1  
***Gray Book p. 19 Lines 3-6*** 4

Many of us ask ourselves, what does Recovery in Narcotics Anonymous mean to us? 5  
Many of us would say that it saved our lives. Some would say that we stopped using 6  
and hurting. Many would say that we got our families back. Some of us would say that 7  
we became employable and were able to become financially successful. Some would 8  
say that we finished school and became productive members of society. Although some 9  
of these things are True, that’s not what our Recovery should be about, those are just 10  
symptoms of staying Clean. Our Literature states that social acceptability does not equal 11  
Recovery. Nothing ever seemed to fill the void/emptiness inside of us. In N.A., we learn to 12  
Live a New Way. By working and Living the Steps, we allow ourselves the opportunity to 13  
change and grow. For this, we need the Help of God As We Understood It, and the Help 14  
of other addicts. By staying in contact with the Program, fellow addicts and our Higher 15  
Power, we’re capable of a Transformation. We move from using, to getting Help for our- 16  
selves and Helping others. We move from isolation to Fellowshiping, and from emptiness 17  
to fulfillment. 18

One of the most important aspects of Recovery is that our Spirits Awaken. We’re 19  
able and capable of seeking and developing a Relationship with a God Of Our Own 20  
Understanding. We’re able with the Help of the Steps, Traditions, the Fellowship, our 21  
Sponsors, and our Higher Power to change from our old ways. We’re able and capable of 22  
Amending the wreckage of the past. We find a New Way to Live without the use of drugs 23  
and incorporate Spiritual Principles in our lives. We are then able to share this Precious 24  
Gift with all those that seek it. Yes, our Recovery is more than just about us and material 25  
gain. We find ourselves through the Process of the Twelve Steps and Twelve Traditions. 26  
Then we lose ourselves through Service and Helping others. 27

*In the moment; We start to lose the stigma of the phrase “Once an addict, always an 28  
addict.” We learn to Love ourselves and others. We Learn to Forgive ourselves and oth- 29  
ers.* 30

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1           **“There is a danger that we will exaggerate our wrongs, and an**  
2           **equal danger that we will minimize or rationalize away our part**  
3           **in situations... This Step must cut into our character defects and**  
4           **expose our motives and our actions for what they really were. We**  
5           **have no right to expect these things to reveal themselves.”**  
6           **Gray Book p. 45 Fifth Step Lines 7-14**

7 One acronym for EGO is, “Easing God Out.” Step Five asks us to Admit to God, our-  
8 selves, and another human being the exact nature of our wrongs. In this Step, we have  
9 to involve The God Of Our Own Understanding out loud with our own lips and voice.  
10 Prayer, like in all the other Steps and Traditions, is essential. The Ego will protect itself  
11 from ourselves. Our egos served us well in active addiction, but it’s not conducive to our  
12 Recovery. Since we are as sick as our secrets, we must be vigilant against our egos. In  
13 active addiction, our mouths contributed a lot to our addiction. We used drugs with our  
14 mouths, and used our mouths to lie and exaggerate in order to keep using. Step Five  
15 is asking us now to use our mouths for healing. Admitting, Praying, and being Honest  
16 are some effective tools we use in Narcotics Anonymous to work the Program and Heal.  
17 Sometimes the stories and lies we told ourselves and others became distorted from  
18 the Truth and Reality. After a while, we couldn’t tell the Truth from fantasy. Many of us  
19 included these exaggerations and lies when we told our stories. Over time and Complete  
20 Abstinence our minds and bodies start to clear up. Working the Steps the fog starts to lift,  
21 it’s an overtime not overnight Process. A deeper Surrender is essential as we progress  
22 through the Steps. With each Step the Spiritual Awakening we experience as a result, will  
23 begin our Uncovery process. Faith resulting from Hope will allow us to ask for Help. Our  
24 Higher Power, Narcotics Anonymous, Sponsor and the Fellowship will Guide us in this  
25 Process. Today we use the same mouths that sickened us, to Heal us.

26 *In the moment; After using our mouths to Heal, we will use our mouths to Help others as*  
27 *we Carry the Life Saving Message of Narcotics Anonymous.*

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***“Patience is the great method of the Fellowship. The unconditional love we experience will rejuvenate our will to live and each positive move on our part will be matched by an unexpected opportunity.”*** 1  
***Gray Book p. 54 Lines 17-20 Step Nine*** 5

One of our slogans in our Gray Book is, “Take It Easy.” In active addiction it wasn’t about 6  
 taking it easy, or easy does it, and definitely not Patience. As using addicts it was about 7  
 instant gratification, and more of it. We used to live and lived to use. When we were 8  
 running out of drugs, we found the means and ways to use more, we just couldn’t get 9  
 enough. This made waiting for anything in our Lives difficult. We were looking for the 10  
 same results the drugs gave us, instantly. Coming into Narcotics Anonymous we heard 11  
 that TIME meant, Things I Must Earn. We also were told that Recovery was an overtime 12  
 process not overnight. We learned to Live In The Moment and stay in the day. We experi- 13  
 enced Love and Patience from the other members, toward us. The Unconditional Love 14  
 and Acceptance we received Helped us develop Patience with ourselves, and later with 15  
 others. Although we were seeking micro-wave Recovery, we knew we had to work for it. 16  
 The Literature reminds us that we did not become addicts overnight, so getting better 17  
 would take time and effort on our part. As we Work and Live the Steps with the Guidance 18  
 of a Higher Power, our Sponsors and the Fellowship of Narcotics Anonymous, we experi- 19  
 ence an Awakening of our Spirits. We do the footwork and leave the results to the God Of 20  
 Our Own Understanding. Our Faith increases; we start to see the results of Recovery in 21  
 our Lives. 22

We experience the Message of Hope and the Promise of Freedom our Message talks 23  
 about. Since addiction affected every area of our Lives, we have to Practice these 24  
 Spiritual Principles in every area as well. One of the ways we Practice these Spiritual 25  
 Principles is by serving others in our Program. We do Service, keeping in mind that 26  
 Service is for those we serve. Our Recovery blossoms, and we lose self-obsession when 27  
 we get out of self and help others. Narcotics Anonymous offers Spiritual Unlimited Growth 28  
 as we Live The Steps and Traditions. 29

*In the moment; We will show the same Patience and Unconditional Love that was shown 30  
 to us in our beginnings, to the newcomers and other members in Narcotics Anonymous. 31*

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1           ***“It is important to remember where we came from so that we***  
2           ***don’t return. We had to go through what we did to get to where***  
3           ***we are now.”***  
4           ***Gray Book, p. 42 Lines 4-6 Step Four***

5 Most of us have heard the phrase, “no pain, no gain.” The pain in active addiction didn’t  
6 seem to make any sense, as far as a “gain.” Most of the times it seemed senseless and  
7 self-afflicted. Most times the result of this pain was followed by negative circumstances  
8 and consequences. Arriving to Narcotics Anonymous, most of us didn’t realize that the  
9 worst day of our Lives would turn out to be a positive stepping stone that would actually  
10 Help us. The pain drove most of us to our Initial Surrender. We recall the poison from the  
11 horrors of our addiction. The pain motivated us to change; it also helped us Empathize  
12 with others. The Second Step states that this pain forces us to seek a Power Greater Than  
13 Ourselves. As we work our Fourth Step, we use that pain to write, as we write we heal. In  
14 the beginning of our Journey, many of us used pain as a motivator to change. Working a  
15 Living Program we begin to heal. With each Spiritual Awakening, we are Enlightened and  
16 the Principles of Freedom and Joy replace our motives. In Recovery, we move through  
17 pain and no longer rely on it to motivate change. Our Steps and Traditions are Spiritual  
18 Principles to Live by. Whenever we go against Spiritual Principles, we begin to feel the  
19 pain that our self-will produces. Living a Spiritual Life sometimes conflicts with our Human  
20 condition and not to mention our addiction. Change and pain might be inevitable, but  
21 suffering is optional. Today, we welcome Change and Accept the growing pains that  
22 sometimes accompany it. Whatever is troubling us at any given moment, becomes our  
23 Greatest Teacher.

24 *In the moment; We initially use pain as a motivator to change. As we grow with the Help of*  
25 *God, our Sponsors and the Program of Narcotics Anonymous, Goodwill replaces pain as*  
26 *the motivator.*

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***“This can show up as an unexplainable depression or disorientation. It is really related to a poor spiritual condition and can be remedied by an ongoing application of the Twelve Steps of Recovery”*** 1  
***Gray Book p. 140 Lines 19-22*** 5

Chapter One in our Gray Book p. 7, Lines 25-27 says that “Addiction is a treatable disease: as soon as we begin to “treat” our addiction by working the Twelve Steps that have worked repeatedly, we experience very positive results.” Many of us arrive at our first N.A. Meeting Spiritually dead; Emotionally crippled and in poor Physical Health. Overwhelmed by shame, guilt, self-hatred and the painful rewards of our self-centered lifestyle, we are relieved to find that we have a treatable disease. In N.A., we have evolved a concept of the disease of addiction, as derived by addicts Recovering in N.A. Ours is a Spiritual Solution, a Daily Application of Spiritual Principles that arrests our disease and makes Recovery possible. Our Literature tells us that “With each meeting we attend, seeds planted in earlier meetings are watered until we can see them grow to harvest. This harvest is a form of spiritual growth.” This tells us that our Spirits need to keep Growing and Awakened as a Process and Progression. Recovery is a Process that takes WORK to keep the Miracle alive. Relapse is an automatic Process that takes NO WORK, for us to die. Time after time, we’ve seen long timers in Narcotics Anonymous, tired of Working the Program, give in to medication as an answer to their poor Spiritual condition. A Spiritual Problem cannot be solved with chemicals. If we find ourselves in poor Spiritual condition, we’ve probably sliighted in our Step Work, Praying to the God Of Our Understanding, and stopped working with others. A return to the Basics is the only thing that can Help save us at this point. Complacency is the enemy of any addict with clean time. If we never leave the Basics of this Program, we never have to return to them.

*In the moment; We will be Grateful we have a Spiritual problem that is treatable by applying the Spiritually based Twelve Steps and Traditions in our Lives.* 26  
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1                   **“We have an incurable, progressive, terminal disease called**  
2                   **addiction.”**  
3                   **Gray Book p. 30 Lines 23-24**

4 Before Narcotics Anonymous existed, many addicts died from the horrors of addiction.  
5 Chapter Eight in our Basic Text talks about the end of the road for many of us. This is  
6 where our Surrender starts, without this Surrender, there is no Hope. Many of us went  
7 to the bitter ends, and few of us were fortunate enough to find ourselves in Narcotics  
8 Anonymous. Many times we have asked ourselves, “What is wrong with me?” Everything  
9 we tried to better ourselves and our lives failed. Most of the times it seemed to make  
10 things worse. Every time we stopped using drugs we found ourselves returning to using.  
11 The inner turmoil and pain we experienced without drugs made us look for a Solution. We  
12 searched everywhere for that Solution, for a problem we didn’t even understand. Coming  
13 into N.A. we were told that we have a disease, not a moral dilemma. Even though we  
14 knew we were sick and needed help, we could go back to find our old and familiar ways;  
15 trying to obtain the comfort we once knew. We have a disease that is incurable, pro-  
16 gressive, and terminal. If the drugs didn’t kill us, we will do the jobs ourselves, this is our  
17 self-destructive personality. When we fully accepted the fact that we could not live with or  
18 without drugs, the Solution appeared. We knew we belonged in N.A. when we met people  
19 just like us who were trapped in their own self-imposed prisons. These same people now  
20 seem to be Free of using drugs, and Free of the self-bondage. They told us that we were  
21 home, and that they found a way out. The suggestions that they gave us were Free, the  
22 ones we would have to pay for were the ones we didn’t take. Together with these other  
23 members we were able to get Clean. We could stay Clean that day, and apply Spiritual  
24 Principles to arrest the disease for that day. We were told that it was an “I” disease, fol-  
25 lowed by a dying program. What we needed was a “We” Solution, followed by a Living  
26 Program. In Narcotics Anonymous we are given a daily reprieve from the horrors of addic-  
27 tion. That reprieve depends on daily maintenance of our Spirits. By staying and working  
28 the Steps, we could live with this disease, instead of dying from it.  
29 We Recover from addiction, just for that day. With the help of our Program, fellow addicts  
30 and our Higher Power, we never have to use again.

31 *In the moment; We will ask God to Help us understand the full extent of our disease of*  
32 *addiction. We will thank God for giving us the Gift of desperation necessary for Daily*  
33 *Surrender.*

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***“Projecting about the Ninth Step can be a major obstacle both in making the list and in becoming willing.”*** 1  
***Gray Book, P. 52 Lines 14-16 Step Eight*** 2  
3

In active addiction, we became excellent projectors; we never Lived in the Moment. 4  
We regretted our past, and we borrowed from tomorrow. We projected how situations 5  
and events were going to take place, with the worst scenarios and results. We became 6  
good script writers in a horror flick. The whole plot put us in the worst case possible and 7  
was not based in Reality. Most of the time, our predictions were wrong. Now that we’re 8  
in Narcotics Anonymous, our projections can still be based on fear. Fear is never in the 9  
present; it’s us Living in the future, causing our own anxiety and obsessions. We find if 10  
we Live in the Moment our fears are lessened. As a result, our Spirituality Flourishes. We 11  
are then able to make the list of all those people, places and things we have harmed. We 12  
are then capable and possibly become Willing to Amend our wrongs. Our Literature says, 13  
“We try and work this Step as if there were no Ninth Step.” It goes on to say that it can 14  
be a stumbling block in making a list and become Willing. We have to remember that the 15  
purpose of this Step is for us to achieve Freedom from guilt, from our past. We are prepar- 16  
ing to Practice the Spiritual Principle of Forgiveness. We place ourselves on the list for the 17  
harm we caused others. As we Forgive ourselves, we are able to Forgive others. Some 18  
will put God on the list because in our active addiction, we violated most of the Spiritual 19  
Principles that He Created. 20

*In the moment; We will not project about making Amends. We will stay in the Moment with 21*  
*the presence of God.* 22

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1                    ***“..giving away that which has been given to us--is our best possi-***  
2                    ***ble insurance against relapse...”***  
3                    **Gray Book, p. 59 Lines 22-23 Step Twelve**

4 In the Gray Book, p. 59, Lines 10-11, it says, “This great Step is to be proceeded by  
5 the working of Steps One through Eleven.” This implies that the preceding Steps have  
6 to be Worked and Live first. This recycle of our Recovery also means it doesn’t end at  
7 Step Twelve, if we stop here the relapse process will begin. The Spiritual Awakening is  
8 an ongoing process. We have to continue on this repetitious Journey. The same way our  
9 Spirits Awakens, as a result of those Steps, our Spirits can go back to sleep again. We  
10 have to realize that even if we are on the right track, we have to keep moving, because  
11 there’s always another train coming. The Spiritual Principles of Narcotics Anonymous  
12 has to be Practiced in every area of our Lives. One of the ways we keep our Recovery  
13 is to Share it with another suffering addict. Step Twelve is how we individually Carry our  
14 Message from one addict to another. Our Gray Book says, “...the Twelve Steps guide us  
15 from a state of humiliation and despair to a state wherein we are able to act as instru-  
16 ments of God’s will.” This revelation that our Recovery is more than us staying Clean and  
17 Recovering is a new concept for a lot of us. God’s dual plan is that He saved us, so we  
18 can Help Him save others.

19 *In the moment; We will continue recycling our Recovery, we will remember that relapse is*  
20 *also a process.*

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**“The principle of surrender, is admission of responsibility when we are at fault, and practicing faith.”** 1  
**Gray Book, p. 146 Lines 22-24 Chapter Nine** 2  
3

When we first arrived to Narcotics Anonymous, we were told that we were not 4  
Responsible for our disease. We were told that we would be Accountable for the harms 5  
we caused. We heard from others that were here before us to “Take It Easy.” All we had to 6  
do right now was not to use and to Keep Coming Back. 7

In time, we would learn to take Responsibility for our Recovery. Our initial Surrender 8  
included the Admission of being an addict in the First Step. We then Surrender to 9  
the Spiritual Principles of Narcotics Anonymous. Complete and Total Abstinence was 10  
another Spiritual Principle we had to Embrace and Surrender to. The Principle of Honesty 11  
means we Align our Actions to the Truth in Step One. We tap into a Power Greater Than 12  
Ourselves that relieves our obsession to use drugs. This Surrender is shown through 13  
our Actions, that is what we’re Responsible for. This Process is what restores us to the 14  
Principle of Sanity. We begin this Relationship with this Power Greater Than ourselves in 15  
our Third Step. We Surrender to God’s Will through Aligning our Actions to that Will. Our 16  
Admission of our powerlessness and unmanageability of our Lives, is how we Practice the 17  
Spiritual Principle of Faith. We continue to Practice the Spiritual Principle of Surrender by 18  
Sharing this Gift, by Carrying the Pure Message of Narcotics Anonymous. 19

*In the moment; We will take Responsibility for our Recovery, we will Practice Faith through* 20  
*the Principle of Surrender; Aligning our Actions to the Truth.* 21

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1 ***“The unconditional love we find at meetings makes it possible to***  
2 ***relax and review our assumptions about ourselves and reality.”***  
3 ***Gray Book, p.19 Lines 1-3 Chapter Two***

4 “We used to live and lived to use.” In active addiction, the tools of the disease helped  
5 shape our personalities. It also affected what we thought about ourselves. Isolation shrank  
6 our world. A lot of our time was spent using and finding ways to use more. Toward the  
7 end of our using most of us had very little contact with others, except to serve our active  
8 addiction.

9 Many of us arrived to Narcotics Anonymous thinking of ourselves as a defect looking for  
10 a character. When others shared their stories with us, we Identified with their feelings and  
11 suffering. After coming to Narcotics Anonymous we found out that we were sick people  
12 trying to get better, not bad people trying to get well. We learned that our problem was  
13 one that was Spiritual in nature. The Narcotics Anonymous Program offered us a Spiritual  
14 Solution. The Solution required us to take action by applying Spiritual Principles in every  
15 area of our Lives. It offered us Freedom from active addiction. The Program offered  
16 us a Fellowship, so we wouldn’t have to do it alone, because we can’t. The unspoken  
17 language of Empathy became one of the Principles that led us to Self- Acceptance.  
18 Our Literature tells us that part of Sanity is effectively relating to others. The Steps and  
19 Traditions makes this possible. We start to experience a Relationship with Reality, as we  
20 Share these Spiritual Principles with others in our Lives.

21 *In the moment; We will not moralize or judge each other. We realize as we kept coming*  
22 *back, that what makes us unique, is that we are all the same.*

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***“It is important we keep faith and renew it through daily prayer.”*** 1  
***Gray Book, p. 58 Lines 26-27 Step Eleven*** 2

Our Eleventh Step says that we continue to seek through Prayer and Meditation, to 3  
improve our Conscious Contact with God, as we understood Him. We gain the Power we 4  
need to continue to walk this Spiritual Life by renewing this commitment on a Daily basis. 5  
The same way yesterday’s shower doesn’t keep us Clean today, yesterday’s Program 6  
served its purpose that day, and it brings us to today. All we get is a Daily Reprieve, and 7  
that depends on our Daily Spiritual Maintenance. Maintaining our Conscious Contact with 8  
The God Of Our Own Understanding will ensure our continued Growth and Recovery. 9  
Our Literature says, “Enforced morality lacks the force that comes from our own choice.” 10  
Today we can learn without experiencing pain first. We Practice these Spiritual Principles 11  
in all areas in our Lives. Through Prayer, we tap into this Power. We Humbly ask to show 12  
us His Will for us. In Meditation, we achieve this contact. We gain, through this process, 13  
the Power to Carry and Live the Message of Narcotics Anonymous. In the Eleventh Step, 14  
we gain Emotional Stability and possibly Achieve Emotional Recovery. This process of 15  
Recovering, Uncovering and Discovering takes place over time with lots of actions on our 16  
part. The Benefits of Living this Way of Life comes to us soon after incorporating these 17  
Spiritual Principles in our Daily Affairs. Our Spiritual Awakening becomes a Dynamic not 18  
static force in our Recovery. When we Share this Gift of Hope with others, we tap into 19  
Unlimited Growth. 20

*In the moment; We will Practice a Daily Program of Recovery. We will continue participat-* 21  
*ing in our Journey Day by Day.* 22

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1           **“Personality change is a natural progression set in motion by our**  
2           **surrender to the program.”**  
3           **Gray Book pg 81 Lines 4-5**

4   When we first came to Narcotics Anonymous some of us were told that the only thing  
5   we had to change was everything. This seemed impossible to us because, when we  
6   were using, the drugs made all the decisions for us. We weren’t free to make up our own  
7   minds. The disease of addiction guided our every thought and action. We were con-  
8   trolled, we were powerless.

9   In Narcotics Anonymous we Surrender to it’s Spiritual Principles because our way never  
10   worked. The Steps and Traditions of Narcotics Anonymous can reconstruct our broken  
11   personalities. With the help of our Higher Power and our Sponsors, we actually go back in  
12   time when we first picked up and Nurture our lost Spirits, which in turn starts to Awaken.  
13   The Fourth Step provides the vehicle we need to correct our past patterns, and set us on  
14   the right path. Since a sick mind cannot cure itself, we need the help of others and a God  
15   Of Our Understanding. With right actions, we start to Live Our Way Into Good Thinking.  
16   Since we Live what we Believe we start to change little by slowly. This is a Just For Today  
17   transformation. We could always revert back to our old personalities if we fail to Practice  
18   these Principles in our Daily Affairs. Narcotics Anonymous helps us create a new past,  
19   one without active addiction and all its results, one filled with Hope, Freedom and Joy. By  
20   Sharing our Way Of Life with others that are still suffering, we get to keep what we have.

21   *In the moment; We will continue to Surrender to Win, the change in our personalities will*  
22   *be overtime, not overnight.*

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**“We come to understand that our recovery is a gift from a power greater than ourselves.”** 1  
**Gray Book pg 11 Lines 11-12** 2  
 3

4 When we first came to Narcotics Anonymous we were just seeking relief from our using,  
 5 painful lives. For most of us, it was the last house on the block. It was our last stop, every-  
 6 thing we tried so far failed. So we weren’t sure Narcotics Anonymous was going to work  
 7 for us either. We came into N.A. as drug addicts, after working Step One we realized  
 8 that we suffer from a disease called addiction. We learned that it was a Spiritual, Mental,  
 9 Physical progressive disease and the drugs were just a symptom. A disease that was pro-  
 10 gressive, fatal and there was no known cure.

11 In Narcotics Anonymous we’re offered a Spiritual Solution that could treat our disease,  
 12 and makes Recovery possible. Since addiction affects every area of our Lives we must  
 13 Live by Spiritual Principles. Recovery in N.A. leaves the sick person in a better condition  
 14 than they were in before they used drugs. Recovery consists of a Supernatural Power  
 15 manifested in each one of us to arrest and treat this disease. No human power, medicine  
 16 or religion could offer us this Solution. It is truly a Gift from a Spiritual Power, Greater Than  
 17 Ourselves. In order to keep this transformation, we must share it with others.

18 *In the moment; We come to an Understanding of this Precious Gift we call Recovery and*  
 19 *the Source of its Power.*

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**“Life without fear is a gift we receive for the price of acceptance.”**  
**Gray Book pg 36 Lines 13-14**

3 Acceptance of our disease frees us from being Responsible for our disease. When we  
4 find out that we suffer from a Spiritual disease and not a moral dilemma, we start to  
5 breath easier. In Narcotics Anonymous we meet people just like us who suffered like  
6 we suffered, but have found Hope. The Hope we find in Narcotics Anonymous frees us  
7 from the fear that we can't stay clean. We Accept having this disease and we Accept the  
8 Solution as well. This new found Hope helps us stay in the moment. Developing trust in  
9 a Higher Power helps us from being depressed, by dwelling in the past and our fears,  
10 by projecting into the future. Lack of Faith leads to fear, fear is false evidence appearing  
11 real. Fear can also mean, Face Everything And Recover. As we Let Go and Let God, we  
12 reinforce our initial Surrender. Practicing the Principle of Open-Mindedness leads to the  
13 very insights that eluded us all our Lives. Fear is also replaced by Faith as we see the  
14 evidence of recovering addicts all around us in Narcotics Anonymous. As we Accept  
15 ourselves, we start to Accept others. We no longer feel alone. We find ourselves among  
16 special groups of people, who like us, suffered from a hopeless state. Now that we found  
17 a Spiritual Solution in Narcotics Anonymous. We share this Precious Gift with others, as  
18 we become Loving and Caring people. We are Free to Live Happy, Joyous and Free.

19 *In the moment; We Live a Life Free of fear, as we Practice the Principles of the Program.*  
20 *In time we become truly Grateful for our New Way of Life. This Gratitude is shown in the*  
21 *way we Live.*

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***"We have all spent much of our lives being anything but humble.  
We have been humiliated by many of the things that happened to  
us while using..."*** 1  
***Gray Book pg 48 Lines 15-17*** 4

"...most of us avoided true humility until we worked the First Step." Our Unconditional 5  
Surrender made it possible to seek help from a Power Greater Than Ourselves, in the 6  
Second Step. In the Third Step, through our Decision, we Humbly asked God to Guide 7  
our Will and our Lives. In Steps Four through Six, we Accept being human by acknowl- 8  
edging and loudly Admitting our faults. First to God, ourselves and to another Human 9  
being. Steps Seven through Nine we start to display our new-found Humility, by prac- 10  
ticing Forgiveness in all aspects. Our Literature states that, "Humility is a part of staying 11  
clean, as food and water are to staying alive." Our Literature says, we devoted our energy 12  
towards satisfying our material needs. We never thought of Spiritual growth or asking a 13  
Higher Power for direction. Drugs were our Higher Power. We will volunteer for Humility or 14  
suffer humiliation. 15

*In the moment; By Admitting our powerlessness and unmanageability we achieve our first 16  
glimpse of Humility.* 17

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1                   **“Relapse is never an accident. Our knowledge of addiction is not**  
2                   **enough to stop us from using.”**  
3                   **Gray Book pg 124 Lines 34-35 Recovery and Relapse**

4 Relapse is never an accident, and it's not part of Recovery. To relapse is to die, there-  
5 fore it's part of the disease. The continuing process of relapse is ongoing even through  
6 Abstinence. Our Basic Text says that we never fully Recover no matter how long  
7 we've been clean. Addiction is progressive and fatal and can only be arrested each  
8 day. Although knowledge is essential in the Recovery Process, it's not a substitute for  
9 Surrender. The same way doctors practice medicine, and lawyers practice law, we as  
10 addicts must Practice Spiritual Principles. Our Literature says that relapse is never an  
11 accident, it's a sign that we had a reservation in our Program which left loopholes in our  
12 daily Lives. Our Program stops when we don't attend meetings, or stop getting involved in  
13 Narcotics Anonymous.

14 The relapse process begins before we actually use drugs. We get high at the end of the  
15 relapse, not the beginning of it. The relapse process begins with our Spiritual decay.  
16 Just like food decays when the refrigerator is unplugged. Everything seems fine at first.  
17 However, the decay process already started. Sometimes this process is unbeknownst to  
18 us. Usually our fellow members remind us that we haven't attended meetings in a while.  
19 Our Sponsors or our Home Group members may call us on our attitude and behavior.  
20 We are each other's eyes and ears, so it's important to stay visible, or at least connected.  
21 Working with others is a Solution that enables us to keep what we have. Surrendering to  
22 the Principle of Honesty in the First Step can keep us in the basics. If we don't use what  
23 we've learned in Narcotics Anonymous, we will lose it in a relapse. Spiritual Maintenance  
24 means ongoing Recovery.

25 *In the moment; Our best guarantee against relapse, is Living the Spiritual Principles of*  
26 *Narcotics Anonymous.*

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**“You can call it love, or harmony, or peace, or cleanness, or good,  
or you can call it God.”** 1  
**Gray Book pg 35 Lines 25-27** 2  
3

One of the Precious Gifts of Narcotics Anonymous is that we get to choose a God Of 4  
Our Own Understanding, and develop a Relationship with that Higher Power. When we 5  
first came to Narcotics Anonymous, some of us didn't have a working Relationship with 6  
Life, never mind with a Loving, Caring Higher Power. Some of us had a problem with the 7  
God word, or any concept of God. Our First Step shows us that we're not God, and that 8  
we had to Admit that we didn't have any answers, when it came to our addiction. The 9  
Second Step tells us that the void the drugs left, once removed, had to be replaced with 10  
a Power Greater Than Ourselves and that will remove our obsession to use. This Higher 11  
Power can be the Group, it can be the Principles of Narcotics Anonymous, it can be our 12  
Literature, or it can be God. The only criteria is that this Power be Loving, Caring, and for 13  
some members, Forgiving, but it can't be us. Some concepts that work for us is, Good 14  
Orderly Direction, another one is Gift Of Desperation, or Grow Or Die. This dependence 15  
has to be more about Reliance than just compliance. The important thing is that it's the 16  
Process of Coming to Believe that restores us to sanity. The Process is the Action we take, 17  
going to Meetings, reading Literature, connecting with others, finding a Sponsor, and 18  
joining a Home Group and doing Service in that Group. Our obsession gets removed and 19  
is replaced by Spiritual Freshness. Our Spirits Awaken, and we finally feel the Hope and 20  
the Promise of Freedom we heard about. With this growing Awareness we start to feel a 21  
euphoria, different from the one the drugs first gave us. This one really means that All Will 22  
Be Well. 23

*In the moment; We will be Honest when choosing a Power Greater Than Ourselves, for* 24  
*that we are Responsible.* 25

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1           ***“In N.A. we have feelings we never dreamed of having. We are***  
2           ***able to entertain ourselves today. We do things beyond our wild-***  
3           ***est imagining.”***  
4           ***Gray Book pg 155 Lines 14-16***

5 As addicts, we used drugs to get out of ourselves, we didn't feel comfortable in our own  
6 skins, in the Process we stood away from others as well. At the end of our bottoms, the  
7 isolation and desperation seemed too much for any human being to handle. For most  
8 of us, this is what it took to want to seek a Solution. We still weren't sure that N.A. was  
9 for us, we just wanted to stop hurting. Arriving at Narcotics Anonymous we were given  
10 suggestions. As we learned to follow these subtle commands, our Perspectives started  
11 to change. We found out that we didn't have to use anymore, and that was a great reve-  
12 lation. We joined others in their Journeys, and they shared their Recovery with us. They  
13 showed us the way that was shown to them, when they first came around. One addict  
14 helping another proved to be what was missing in our Lives all along.

15 As others helped us, it helped them as well. As we helped others, our own Recovery was  
16 enforced. As we got introduced to the God Of Our Understanding, and took the Steps  
17 with a Sponsor, we also started to feel comfortable in our own skins. We experienced  
18 Compassion and Empathy toward others. We learned by working with others, we got out  
19 of ourselves. The more we gave of ourselves, the more of ourselves we received. Working  
20 the Steps and Practicing Spiritual Principles in our Lives, we began to Change. We  
21 started to become the person we always wanted to be. We grew to Love Freedom, and  
22 our Lives began to be something we wanted to experience. We experienced Love of self  
23 and others. Some of our dreams became possibilities, now that we weren't trapped in the  
24 disease of addiction.

25 *In the moment; We can build Healthy Relationships, with God, Ourselves, Others and with*  
26 *the World at Large. Living Happy, Joyous and Free becomes a Reality.*

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***“This Step must cut into our character defects and expose our motives and our actions for what they really were. We have no right to expect these things to reveal themselves.”*** 1  
2  
3  
***Gray Book pg 45 Fifth Step Lines 11-14*** 4

When revealing ourselves to God and another human being, there’s nowhere for the ego to hide. We had to tell the truth cut and dried, without justification or rationalization. However, there’s still work to do. Admitting, like in the First Step is just that, a First Step. Our actions from there on, have to be aligned with the Will of our Higher Power, and the Spiritual Principles of the Narcotics Anonymous Program. We start to Practice a Living Program, not a dying program. We incorporate and apply the Spiritual Tools we are given, to our everyday activities. We take the opportunity to Practice the opposites of our defects. We apply the Spiritual opposition to our old ways. We find ways to become more Aware of our defense mechanisms that served us while we were in active addiction. We start to realize that the ego will always try to protect itself from us. We ask for the Power, from our Higher Power, to Practice these Spiritual Principles in every area of our Lives. We begin to ask ourselves, “Are we just talking the walk, or are we walking the talk?”

*In the moment; We will Practice Honesty which means to align our actions to the Truth, and not just admitting our wrongs.* 17  
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1                   **“We made direct amends to such people wherever possible,**  
2                   **except when to do so would injure them or others.”**  
3                   **Gray Book pg 52 Step Nine Header**

4 All the Steps of Narcotics Anonymous provides Freedom. Step Nine is no exception. Step  
5 Nine helps us clear the wreckage of our past, and Frees us to Live Today. Step Eight pre-  
6 pared us for this Process by making a list of people, places and things we have harmed,  
7 or negatively affected. We became Willing to actually look for these people, places and  
8 things, to make Amends to. We go over the List with our Sponsor, and they will show  
9 us Where ever possible on the List, that we can make Amends. Our Sponsor will also  
10 show us Where on the List, that Making Amends would cause more harm to those and  
11 others. With the Help of our Sponsors and the God Of Our Understanding, we take this  
12 crucial Step. Some Fruits of this Step are, Freedom, Integrity, Courage, Humility, Dignity,  
13 Peace of Mind, and Spiritual Awakening to say the least. Some Principles that make  
14 this Process possible are, Willingness, Responsibility, Humility, Anonymity, Forgiveness,  
15 Openmindedness, Justice, Trust, Faith, Love, Patience and Tolerance. We ask our Higher  
16 Power for the Strength to apply these Principles. We ask our Higher Power, to have no  
17 expectation and ask for the Acceptance of the results. Our Amends is unconditional,  
18 for the exception to wanting to change. We make Amends for others, but we also do it  
19 for ourselves. We walk through the fear and our Higher Power will supply the Courage.  
20 There’s also indirect Amends we might have to make, in cases where we can’t contact  
21 some people, places or things we have harmed. Remember, we don’t do any of these  
22 Steps by ourselves. We will be in Conscious Contact with the God Of Our Understanding,  
23 our Sponsors, and the Fellowship of Narcotics Anonymous. For this we are Forever  
24 Grateful.

25 *In the moment; Our Spirits will continue Growing in this Process.*

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**“N.A. reawakened old memories of what it felt like to be a member of the human family.”** 1  
**Gray Book pg 85 Lines 19-21** 2  
3

Our Literature states that when we were using our living skills were reduced to the animal 4  
level. Many of us were just surviving and existing, we weren't Living. It seemed that our 5  
whole purpose became about using and finding the ways and means to continue using. 6  
Addiction is a contradiction to life. As addiction gained more and more territory of our 7  
Spirits, we went to sleep. We forgot how it was to be human. We became slaves to our 8  
addiction and our worlds slowly shrank. Narcotics Anonymous was our welcome back to 9  
Life. It was our homecoming. Here, we met others that helped us with our Awakening. The 10  
first thing we were told was to achieve and maintain Total and Complete Abstinence from 11  
all mind and mood altering drugs. It was suggested that a meeting a day for the next 90 12  
days would be a good idea. We were told to connect with others, get phone numbers, 13  
to dial them and not file them. The close contact along with the hugs, from these other 14  
members, encouraged us to keep coming back. The Fellowship of Narcotics Anonymous 15  
Loved us till we learned how to Love ourselves. We learned that Spiritual Awakenings 16  
occurred as a result of Living the Program. The Steps and Traditions of Narcotics 17  
Anonymous gave Life to our Spirits. It gave us a Way Of Life that we never knew existed. 18  
This new-found Gift can only be renewed each day. We keep this Precious Gift by Sharing 19  
it with other new arrivals. 20

*In the moment; “Touching, sharing, and loving are actual tools of recovery for us.* 21

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1           ***“A meeting a day, getting and using phone numbers, and reading***  
2           ***literature each day are good forms of insurance for cleanliness.”***  
3           ***Gray Book pg 82 Lines 29-31***

4 When we first came to Narcotics Anonymous, we heard older members give us sugges-  
5 tions. At meetings, the secretary often read some suggestions during the format. Make 90  
6 meetings in 90 days. The Program suggests that we stay away from people, places, and  
7 things we used to use with. Come early stay late, get phone numbers, dial them, don't file  
8 them. Get and use an N.A. Sponsor. These were the suggestions that were Free, the ones  
9 we paid for, were the ones we didn't take. We paid the price by returning to active addic-  
10 tion. Some of us were lucky enough to come back after a relapse. Some of us weren't  
11 that lucky, and some got in deeper trouble than when we first came in. Whatever the case  
12 we soon learned that taking suggestions helped us stay clean. We also learned that the  
13 opposite was also True. We were told that we suffered from an incurable, progressive,  
14 fatal disease. The only Hope for us was to arrest and treat the disease, Just For That Day.  
15 It was a 24-hour Program, and that depended on our daily maintenance.

16 Each day called for a new Surrender, and the Practice of Spiritual Principles in every  
17 area of our Lives. No matter how long we've been clean, we would have to stick to the  
18 Basics for our daily reprieve. Narcotics Anonymous offers only one Promise, Freedom  
19 from active addiction, and we would have to work for that Promise. Our message is  
20 Hope and Promise of Freedom, Just For Today. Through working and Living the Steps,  
21 our Personalities do change. In order to keep this Precious Gift and continue experienc-  
22 ing Spiritual Awakenings, we must give this Message away. We continue to Practice the  
23 Basics, and do service for Narcotics Anonymous.

24 *In the moment; We continue doing what we were doing when we first got here, and even*  
25 *more.*

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**“We were entirely ready to have God remove these defects of character.”**  
**Gray Book pg 46 Step Six Header**

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We were entirely ready means that the First Five Steps qualified us for this Process, up till now. Being entirely ready to Surrender at this deeper level is another story. Up to now we know what our defects of character are. We know that these tools of the disease don't work in Recovery of Narcotics Anonymous. The defects helped us survive in active addiction, but we must be Willing to let the God Of Our Understanding remove them. The way we let our Higher Power remove our defects, is by Practicing the Spiritual Principles we learned up till now. We have new tools to replace our old tools. The more we Practice the Spiritual Principles of Narcotics Anonymous, the less we will Practice shortcomings, which are defects in action. We make a list of the exact nature of our wrongs we learned about in our Fifth Step. We then learn about the opposite of that defect, or what activates that defect, and apply the Spiritual Principle instead. The more we Practice Principles, the less we Practice defects. We start to feel better about ourselves as we Live the Program. Being Entirely Ready is just the beginning, our Willingness has to be followed by Surrendering, and then by Action. The Sixth Step is like Spiritual surgery performed by our Higher Power. Letting go of defects is like saying goodbye to an old friend. Our Awareness can be followed by a feeling of grief. We grow closer to our Higher Power as we rely on its Strength. Our Faith grows as we put this Belief into Action.

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*In the moment; We will Trust that our Higher Power knows what's best for us, we will Let Go and Let God.*

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1                   **“Life takes on a new meaning, a new joy, and quality of being and**  
2                   **feeling worthwhile. We become spiritually refreshed and are glad**  
3                   **to be alive.”**  
4                   **Gray Book pg 59 Lines 4-5**

5 It's been said that Narcotics Anonymous brings the dead back to Life. Active addic-  
6 tion has been compared to suicide on a time payment plan. With every drug use our  
7 Spirits went into a deeper sleep. Step Twelve discusses a Spiritual Awakening as a  
8 result of those Steps. We don't have to wait to take Step Twelve to experience a Spiritual  
9 Awakening. The Freedom from active addiction we experience when we take Step One,  
10 opens a feeling of Hope. This Awakening is only effective if we follow it through by tak-  
11 ing Step Two. Life starts to take on a new meaning as we lose our obsession to use  
12 drugs. Our Spirits that were smothered by our addiction begin the Process of Awakening.  
13 Practicing the Living Program of Narcotics Anonymous we find a New Way to Live. Since  
14 the disease of addiction is progressive, our Spiritual Awakening has to be Progressive.  
15 Practicing the Spiritual Principles of Narcotics Anonymous on a daily basis, Grants us a  
16 daily reprieve, from the horrors of addiction. The Program of Narcotics Anonymous not  
17 only saves our Lives, but also Grants us a Life we only dreamed existed. We no longer  
18 just exist, but we start to Live. This Precious Gift of Recovery in Narcotics Anonymous can  
19 only be kept by Sharing it with other suffering addicts. We can only keep what we have by  
20 using it and Giving it away. One of the Greatest Gifts we receive in this Spiritual Journey is  
21 a Relationship with a Higher Power of Our Own Understanding.

22 *In the moment; We show our Gratitude by Sharing and Caring the N.A. Way.*

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***“It would seem that the path to spiritual recovery involves spiritual principles. Spiritual indifference will surely lead to relapse.”*** 1  
***Grey book pg. 79 lines 27-29*** 2  
3

Not living spiritual principles makes us miserable people. Constantly blaming the world 4  
for our own pain. We cut ourselves off from God and the gifts of recovery. We may be 5  
physically clean but spiritually dirty. We are now in the problem and not the solution. In 6  
order to reach our spiritual aim, the practice of willingness will play a key part in letting go 7  
of our defects of character. Our solution is a spiritual one and if we drift off and relapse we 8  
might not make it back. 9

*In this moment: Utilizing these spiritual principles we are ready to have sanity restored to us and we are growing in our recovery.* 10  
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1                   ***“If we are hurting, and most of us do from time to time, we learn***  
2                   ***to ask for help. We find that pain shared is pain lessened.”***  
3                   ***Grey book pg. 131 lines 21-23***

4 When we used to hurt, we used drugs to not feel hurt. Sharing that hurtful feeling felt like  
5 a weakness. We didn't need help, just more drugs.

6 We stumbled into our first meeting scared and spiritually broken, hurt was all we knew.  
7 We were welcomed with a smile and a hug, and even though we didn't know what was  
8 going on, some of our hurt was lessened by that friendly face and warmth from the hug  
9 we just received. Just by showing up is asking for help. Our pain is what got us here, the  
10 love and empathy is what keeps us here. Now when haring the hurt and finding someone  
11 that hurt the same way that eliminates the idea that you're the only one that's feeling that  
12 hurt. We carry the load together.

13 We find that when we ask for help and share our pin life gets easier, the pain doesn't dis-  
14 appear, it's just less prominent. If one addict keeps all their pain it becomes more concen-  
15 trated and feels worse compared to if its shared, the pin is diluted among several addicts  
16 and we feel better. We have found that since life goes on, we will get hurt. When this  
17 happens, we use our Home Group and our friends in the program to keep us on track. We  
18 share our pain with them and by doing that is slowly gets easier.

19 Hurting is a natural feeling which comes to us all from time to time. As recovering addicts,  
20 we no longer sedate emotional pain with drugs. There is an alternative to sedation in the  
21 rooms of NA. We share in our meetings about our feelings and possibly what e think may  
22 be the cause of those feelings. Pain is a powerful feeling that when talked about with  
23 other addicts or even just one other addict, can be lessened by sharing this pain.

24 The fellowship of NA is there to help us when we are struggling. The program teaches  
25 us new tools to be able to cope with life on life's terms that will happen whether we like  
26 it or not. Family and friends will pass away, relationships may end and those things hurt,  
27 we need to surrender or else our pain becomes unmanageable. When we apply the  
28 principles of NA we get through those things clean and then we are granted experience,  
29 strength and hope in those areas and with that we can help other addicts get through that  
30 pain.

31 *In the moment: We can share our pain and carry a message of hope, so we can help*  
32 *each other. God, help me share my pain the NA way.*

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***“After establishing our new desire to live clean in the Fellowship  
and acquainting ourselves with the tools which have helped  
other suffering addicts to recover, we can then proceed with the  
business of living.”*** 1  
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3  
4  
**Grey book - page 82. Line 17-20** 5

We made the choice to stay abstinent just for today, because using drugs was too painful 6  
and was killing us. Once the obsession with using had been lifted, we decide if we want 7  
to live this way of life. 8

It took some of us a while to find out what this program is about. We were finally beaten 9  
and could admit that our way of doing things wasn't going to work and keep us clean, 10  
then we started to open up for suggestions. We get to know and trust in the actions of 11  
addicts that have gone before us and who have learnt to live clean. We learnt about sur- 12  
render by the examples of others and that whatever we were thinking and feeling, our first 13  
priority was to surrender to the tools of our program. 14

By getting acquainted with the tools of recovery we found our lives became easier and 15  
began to become more responsible in the society we live in. These tools have proved to 16  
work for many others, all we need is the desire to use these them. It does not mean we 17  
will master them right away, however, where there is a will there is a way. 18

We need the steps in order to change, to move away from our past and begin to live and 19  
become the people God would have us be. 20

*In the moment we continue to live this way of life, putting our recovery first and share it 21  
with those that want it.* 22

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1           **“One of our biggest stumbling blocks seems to be in unrealized**  
 2           **expectations of ourselves and others. Relationships are a terribly**  
 3           **painful area.”**  
 4           **Grey Book page 127 lines 33-35.**

5 Our unrealistic expectations in romantic relationships often caused pain, fear, and anger.  
 6 This self-obsession caused us to withdraw into isolation and loneliness. We brought the  
 7 damage from the last relationship into the next relationship with even more unrealistic  
 8 expectations.

9 We as addicts are reminded that alone we are in bad company. Loneliness is not the  
 10 way of a new life. We feel like running but we don’t. We call our sponsor and they tell  
 11 us to keep coming, accept our feelings, and share our pain. They guide us to a solution  
 12 through the Steps and Traditions. They love us unconditionally. We pray and lay our pain  
 13 in the hands of our Higher Power, and ask for help and guidance. Now we are in the solu-  
 14 tion.

15 *In this moment, we will allow others to help us to love ourselves so we can love others in a*  
 16 *healthy relationship.*

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**Some of us found getting clean a battle. The program is simple.** 1  
**No one ever said it was easy...** 2  
**Grey Book page 32 line 12** 3

Getting clean was a daily fight for us with lots of ups and downs. Its hard dealing with 4  
mental and physical issues as well as emotional. When we begin to see that will power 5  
alone wasn't going to pull us through anymore. We tried countless other remedies, coun- 6  
cillors, psychiatrists, hospitals, lovers, new towns, new jobs. Everything we tried failed. 7  
We quit for a day, a week, or a month perhaps, but sooner or later we took that first pill, 8  
fix, drink, or toke and we were gone again worse than ever. 9

Untill we surrender there is something about addicts... we like to complicate a simple 10  
program. In times of trial, we are faced with a dubious ultimatum we must either change 11  
or go back to using. Before we surrender we have all kinds of excuses and are great at 12  
rationalizing and justifying why we can't do the things necessary for our recovery. When 13  
we could stand our old ways no longer we began to change. Only under the relentless 14  
attack of pain and suffering did we begin to make a way. When the pain of staying the 15  
same outweighs the pain of doing something different, change is inevitable 16

When we finally opened our eyes to see the simplicity of the program we were expecting 17  
an easy process. We were wrong. Nothing good comes easy, and rarely are easy things 18  
good. Using was easy and stopping was hard. We used daily, if we want to recover it is 19  
going to take a daily program. With the help of addicts, there might be a chance... thanks 20  
be to God there is a process we must follow. It takes time and acceptance to figure it all 21  
out but life always does. In the middle of a true crisis, it is always a relief to know that God 22  
will never tempt us beyond what we can bear. He will always make a way out. We saw the 23  
gifts of recovery and kept fighting. Now we see why the fight is worth the pain 24

*In this moment: After we surrender many of us ask ourselves "why didnt we surrender 25  
sooner" we must get out of our self... in order to understand the beauty of the simplicity of 26  
NA.* 27

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1           **“We usually react angrily as recovering addicts if anyone tells us**  
2           **what to do”**  
3           **Grey Book pg 67 line 20**

4 Many of us came in as angry, frightened individuals. We were hot headed and defensive,  
5 quick to defend our views and actions. This was a character defect that kept us from sur-  
6 render. We had very little trust in the addicts in the room. Advice or direction from anyone,  
7 especially those close to us, such as a sponsor, was not always taken the best. We had  
8 been controlled our whole lives, by our own feelings or others, causing us to become  
9 resentful at even the mere hint of someone trying to control us.

10 Throughout our recovery we had been given many suggestions on what we need to do to  
11 stay clean.

12 Often we thought that they were wrong, that they didn’t know what they were talking  
13 about. We are close minded and self-centered. We do not realize that we know little about  
14 the program and that someone telling us what to do actually cares for our wellbring.  
15 Slowly, as we grow up in recovery, we become more trusting, understanding, and emo-  
16 tionally stable.

17 Over time we learn to take suggestions and see how, without those suggestions, we can’t  
18 recover. We begin to trust that others care for us and want to help. We learned that asking  
19 for help & listening to suggestions is not as hard as we once thought. There is no longer a  
20 reason to become angry over it.

21 *In this moment: Being clean is abnormal to us, and we must learn how to live a different*  
22 *way. Being able to let go of our need to control when told what to do is a blessing from*  
23 *our higher power.*

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***“When we finally became desperate enough to seek help we once  
again sought out the company of our fellow addicts”*** 1  
2  
***Grey book page 85 line 15*** 3

Desperation is an all too familiar feeling to us. We were hopeless our lives had fallen apart 4  
we thought we had nowhere to turn that noone could understand what was happening 5  
and why we used. Some of us as relapseing addicts struggled with commitment issues 6  
and reservations. The line once again takes on a whole new meaning. We fought it, cried 7  
about it, and feared it non stop.. we were in a dark cycle. Using felt good for a little bit 8  
then we felt the emptyness the guilt, fear, and hopelessness we became addicted to a 9  
cycle that did us no good but was hard to break away. we hit rock bottom and needed 10  
something different in our lives to lift us up. 11

When we came thru the doors of NA it seemed like everyone knew our feelings about 12  
using and our desperation to get better. It started out awkward and uncomfortable trying 13  
to trust another person enough to ask for help or support. We were so used to building 14  
a wall to protect ourselves. Reaching out to another addict felt hard and foriegn. We were 15  
leaving behind isolation and the fear of being alone and judged. When we finally did 16  
reach out we suddenly felt part of something bigger than ourselves. We realized our way 17  
wasnt working and we needed others to show us how to live. 18

We found a new and loving group that doesnt judge and accepts us for who we are. We 19  
sought the help of fellow addicts in NA they were the ones that can understand us. Noone 20  
else would understand what we are going through like another addict. When things get 21  
complicated in our lives we learned to call our sponsor or someone in NA who can give 22  
us insight on how to get through the hard times. We feel the ESH abd want it for ourselves. 23  
We started to make changes and strive for recovery. We found help and discovered our 24  
ability to share our personal experience *can help other addicts.* 25

When we came into the rooms we were greeted with a hug and a genuine desire to get 26  
to know us and people that want to be there for us.... its scary and uncomfortable at first 27  
but slowly we find love trust and loyalty. In battling the issues previously stated..... it really 28  
boils down to the company we keep. Do we wish to further a fresh mentality, the desire 29  
to recover and change, by our fellowship with other addicts? Or do we wish to stay the 30  
same, by continueing the same path, with the same people, in the same pain? The choice 31  
is ours.... 32

*In the moment: We realize when we seek help it brings back a part of us we had lost... 33  
when we are clean we are able to live free at last. 34*

1           **"As we went to meetings regularly, we also learned the basic**  
2           **value of talking to other addicts who shared our problems and As**  
3           **As we went meetings regularly, we also learned the basic value of**  
4           **talking to other addicts who shared our problems and goals"**  
5           **Gray book pg. 79 lines 30-32**

6 Our literature states that the ultimate weapon for recovery is the recovering addict.  
7 There's therapeutic value in one addict helping another, both benefit from sharing with  
8 each other. Going to meetings really work, that's where recovery happens. We carry our  
9 message, when we share our problems and the solution. Attending meetings is our phys-  
10 ical act of surrender. Sharing our recovery with other members, enforces ours even more.  
11 Our Higher Power manifests itself as we tap into this power at the meetings. Meeting  
12 makers make it, only if they apply what they hear at the meetings. We have to continue  
13 taking the suggestions, no matter how long we've been coming around. Two things hap-  
14 pen in meetings, someone carries the message, and someone listens to the message. We  
15 never know where that message is going to come from. We have to be physically, men-  
16 tally and spiritually present for recovery to happen. Since one addict helping another is  
17 without parallel, there's no exterior motives when we share or ask for help. There's nothing  
18 new under the sun, when it comes to our stories, somewhere, somehow, someone has  
19 gone thorough what we're going through, and they can share how they remain clean and  
20 got hope. In turn we help others when we've been through what they're going through,  
21 we offer what worked for us. We share hope. We first have to remember, if we are not the  
22 problem, there is no solution. Making meetings is our first step.

23 *In the moment: we will surrender physically by going to meetings, we will not only share*  
24 *our problems, but also our solution.*

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***"There is one truth which helps guide us. True spiritual principles  
are never in conflict: they always compliment each other."  
Gray Book pg 94 line's 19-21***

We came into NA not being able to be honest with our selves or others. We lied to our-  
selves for so long we believed our selves. After awhile we learned we can't recover if we  
keep living dirty. Without truth our program is phony and without meaning and purpose.  
Where there is truth there are no lies.

Many of us fought surrender and have to come to a point where there are no more  
excuses . We learn to do things the way our higher power wants us to. Treating people  
the way we would like to be treated. We begin to understand we can't feed our ego and  
be humble at the same time. We let our higher power guide us through life on God's  
terms not ours.

*In this moment; we know where there is light there cannot be darkness. When we are hon-  
est we feel God's spirit is with us. When God is with us, we cannot fail. Life becomes sim-  
ple as we begin to understand true spiritually principles will never contradict one other.*

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1                   **"Just as we went to any length to get drugs, so must we go to any**  
2                   **lengths to learn to get clean. "**  
3                   **Gray Book pg 81 line 30-31**

4 Our drug searching took over our days. It was a constant obsession. We spent all of our  
5 energy feeling stressed over how we would find our next fix. We gave all we had to using  
6 dope, so why would we think we can sell ourselves short by giving only part of ourselves  
7 to recovery? We went through many painstaking ways, we dealt with difficult relationships  
8 and went through trials and tribulations. But we did not give up. Our searching drew us  
9 away from many things in in life that we cared about. In desperation some of us felt there  
10 was nothing left but suicide.

11 We hated the disease and where it took us, we committed crimes just to exist and that  
12 was our reality. We found it easier to change our perception of reality than the reality we  
13 perceived.

14 We have to put getting clean ahead of everything else in our lives. If we put half the effort  
15 into staying clean as we did into finding means and ways to use, all will be well.

16 We need our recovery to be bulletproof. We must put all our energy into working the  
17 steps, using meetings and people, and the program to help guide us. We need to seek  
18 out people clean and in recovery. We learned to spend energy on positive things in life;  
19 work, school, kids, family, hobbies and nature. We do whatever it takes to stay clean. We  
20 must in order to grow and stay in recovery.

21 Getting clean is a full-contact process where we must face our fears, insecurities, guilt,  
22 and shame if we truly want to recover.

23 *In this moment; recovery is easy compared to the work we put into finding drugs.*

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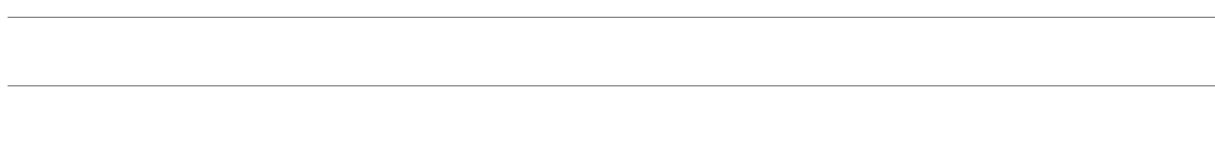
**"We came to hate ourselves for wasting the talents with which  
we had been endowed and for the trouble we were causing our  
families and others."  
Gray Book pg 5 line 25**

For a person living with an addict, for their families and their kids they're always fearing an outburst and never trusting what the addict says. We only could think about what we needed and not how it affected the people around us. We manipulated and stole from those closest to us. We became a burden on our families, often creating financial difficulties and emotional pain. Our addiction led us to become people we never wished to be. However, none of us had realized what we were becoming. We became people who were constantly letting down loved ones and ourselves. We would often wake up hating ourselves each morning and night. Most of us were just sick of being sick and tired and wanted a new way to live without having to use drugs as a way to do so. We had never thought of ourselves as angry people, but when it came to anything getting in the way of our addiction, it would lead to a constant defense and often a rage directed at those who least deserved it.

We had given up on our dreams and everything that was important to us. We wasted away what talents we had on drugs that we could have used for good instead of the troubles we caused family and others with our using. In one point or another we've been praised on the great talents and skills God bestowed on us, only to allow it to escape our grasp as if it were sand in our hands. Many have asked ourselves "Will we ever be able to harness our talents in a positive way?" Many of us came into NA with talents we thought were wasted. We may have known we had talents but didn't know how to use them. When we reflected on the time wasted, along with our talents, resentments would fester and build like cancer until we became our own worst enemy.

Some of us asked..."Will we truly be able to make amends and be forgiven?" Only when we surrendered to our higher power and made amends to ourselves were we allowing the healing process to begin within. We turned towards our family and loved ones for the wrong doing of our hands. We learned to ask ourselves "can we forgive ourselves?" Life should be happy and stress free, but living in addiction is stressful.

*In this moment: NA gave us a place to find our talents once again. We learned how to harness our God given talents. We learned to use the creative freedom NA has to bring out our talents and help us carry our message.*



1                   **"If we want to feel good, we have to stop doing the things that**  
2                   **make us feel bad." Gray Book pg lines 9-10**

3 Recovery can be as simple as removing the negative parts of our lives and allowing the  
4 good parts to replace it. Simplicity is important in NA. It is so simple, but it was hiding  
5 from us our whole lives until we choose to recover. The drugs made us feel good as long  
6 as we had them. When we ran out, we had to deal with the withdrawals and the reality  
7 around us, our bodies began to think we needed them. We must step back from the  
8 negative actions and take that first right step in affirmation that we are all in and are tired  
9 of living a life of insanity. It sucks that we thought everything good in life can't last or ends  
10 poorly. Food makes us fat, alcohol makes us sloppy, and drugs made us different even  
11 though we thought we were better. Sometimes doing things we never thought we would  
12 to keep us high makes us feel worse such as hurting loved ones, stealing and so on. As  
13 we constantly struggle to make our way in recovery we came to the conclusion, it's our  
14 own actions that are the root of our pain and despair.

15 We know that we can't be good and bad. There is no gray area when using is removed  
16 from our lives by our higher power it is a gift, not everybody gets. To use is to die. We  
17 can't deal with drugs anymore. We can't sell them, give them or even be around them.  
18 When we try, we open the door for relapse, Our privilege to use like "gentlemen" has been  
19 removed.

20 Learning to let go of our selfish desires and choosing to be a part of instead of apart from  
21 has changed many of our lives. Ultimately, we are just human, with the same fears, long-  
22 ings and troubles as everyone else. NA has turned self-seeking addicts into loving, pro-  
23 ductive members of society. We learned to be more supportive of NA and shy away from  
24 the mindful obsessiveness that addiction brought us to. We start to live the straight and  
25 narrow life and see that we start to accomplish our goals and build relationships that we  
26 have destroyed. We all want to live a normal life that we see and hear about that we may  
27 envy. We accept responsibility for our part instead of blaming others. Each right choice  
28 shows us how good we can feel...and spurs us on to the next one.

29 *In this moment: we grow by just putting one foot in front of the other doing the right things*  
30 *for the right reasons.*

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***"In dealing with other people in our lives, we develop a loving attitude. We forgive more easily, anger more slowly, expect less, and give more to our brothers and sisters. We come to see all people as our brothers and sisters. We have learned this kind of unconditional love from our fellow addicts in Narcotics Anonymous." Grey book PG 72 lines 21-26.***

When we were out in active addiction, we thought we were nice people. It turns out we were actually very selfish. We were easily angered, and quick to show it. We wanted what we wanted, and we wanted it NOW. Our self-centered, self-seeking attitudes made us angry, lonely individuals incapable of having healthy relationships. Our character defects came out and tried to destroy our spiritual principles we strived for. We didn't consider how our actions impacted others around us.

As we recover, something happens. We get out of self and become a part of a community of recovering addicts. NA has shown us unconditional love when we wanted or needed to feel loved and no one else was there. We experience or witness this unconditional love when we see an addict, or are the addict, that reestablishes a new clean date. This nonjudgmental attitude of acceptance is foreign to us before coming to NA. It's a work in progress every day to work towards peace, joy, and forgiveness with others. We genuinely want to help others throughout their recovery and be a part of their growth.

By getting humble, we become able to become a part of instead of a part From society. We truly become nicer, more generous people. We consider everyone around us as family. Practicing tolerance and patience in dealing with other people helps us keep a loving attitude towards others.

*In this moment: we realized we have become responsible, productive members of society all because addicts lived what they said when they told us they will love us until we can love ourselves.*

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1                   **"By telling our own story someone else is bound to be suffering**  
2                   **from a similar problem and our experience tells them how to deal**  
3                   **with it.... what works for one , might work for another."**  
4                   **Gray book page 67 line 23**

5 When we share our experience it will hopefully help the still suffering addict. In this self-  
6 less program we seek to guide one another to find a new way to not only live... but live  
7 better more fulfilling and prosperous lives. By telling our own story we allow our disease  
8 no shadow to hide in... and addiction dies in the light of honesty. We enable other addicts  
9 the solutions and tools they may be seeking. Letting another gain insight from something  
10 outside themselves helps us see the beauty of one addict helping another.

11 We thought we knew it all. Anonymity is half of our name but the principal behind it is  
12 were our freedom begins. When we get here it is easy for us to only look at the differ-  
13 ences. We all came into the rooms the same way. Many of us coming into recovery were  
14 uncertain, scared and fearful of the unknown. Drugs had made our lives unmanageable  
15 as we continued to come back and come back clean we all hear something that is not far  
16 from our own experience. It is freeing to only share our ESH and leave the rest in God's  
17 hands.

18 When we share about our recovery both the good and the bad we become able to be  
19 part of the program. We see others that find similarities in our stories and learn again that  
20 we are never alone... and never on our own in our struggles. We suggest we attend meet-  
21 ings, sit and listen, and learn how the system works. This sounds like support in a simple  
22 form... listening and giving suggestions. It is through this unity that we are bound together  
23 to ensure that none who enter and want to stay slip though the cracks.

24 *In this moment: When we share honestly we help each other feel less unique. We draw*  
25 *our strength from each other by sharing our past lives and remembering what it was like.*  
26 *No one can argue with another when they share their experience instead of counseling.*

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**" Living clean for a period of time provides valuable experience 1  
working the program through many life changes". 2  
Grey book pg. 123 lines 5-7 3**

As we stay in the program for a while, we may notice that some of the things that we do 4  
for our recovery maintenance have evolved over time and changed. It is important to 5  
remember that we are given only a daily reprieve from the disease of addiction and are 6  
never "cured". The staples of our program, which include the 12 steps, writing, meetings, 7  
prayer, and fellowship with other recovering addicts is just as powerful a tool against 8  
relapse now as when we first came into the program. What changes is our lives, and our 9  
thinking. That is part of the recovery promise that our literature tells us. As a direct result 10  
of working the program to the best of our ability, for a period of time, recovery takes on 11  
a new meaning. Today we are able to grow emotionally, and spiritually, instead of stay- 12  
ing stuck as we did for so long during active addiction. This is true for all addicts who 13  
choose to continue to grow in the program. We can provide valuable experience for new- 14  
comers, and old timers alike, if we continue to work the tools of the program and continue 15  
to live just for today. Over time our ability to deal with life clean, has taken on a whole new 16  
meaning for us. We can look forward to dealing with life's challenges today instead of 17  
running away from them. Listening to other addicts share these experiences at meetings, 18  
about how they get through these challenges clean by utilizing the NA program, and all 19  
the tools they put into practice in order to get through problems, gives us hope that we 20  
too can get through our own problems clean. 21

*IN THE MOMENT: Today we can share our experiences of working through life's problems 22  
with other addicts by sharing solutions at meetings, and how this program has helped us 23  
to come out the other side clean. 24*

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1           **" Many of us did not come to our fellowship with an sincere**  
2           **desire to stay clean. That came after the fog had lifted and after**  
3           **we realized that staying clean was possible".**  
4           **Grey book pg. 120 lines 11-14**

5 Many addicts come here from all walks of life, and all different backgrounds. Once we  
6 make it to an NA meeting, we will find this out after a short period of time by listening  
7 to all the other addicts in the rooms share their experiences and stories. We may have  
8 gotten here through jails, or from an institution, or from the street, but the important thing  
9 is that we made it here alive. Many of our fellow active addicts aren't so lucky, and  
10 find themselves still out there living in misery, or perhaps locked up for long periods of  
11 time, or even dead. It doesn't really matter how we found ourselves here, and clean,  
12 or whether we decided at the time to change our life, once we are here, we have a new  
13 chance at life, which we never had before we made it here. If we follow suggestions of  
14 fellow addicts who have been here before us, and work this simple program of Narcotics  
15 Anonymous, we will develop the desire to continue on this path, and an honest desire to  
16 stay clean from all drugs, and mind or mood changing chemicals. It may take some of us  
17 longer than others, but if we stick and stay, we can be here for the miracle to happen. We  
18 will realize that staying clean is a real possibility, and with that realization, we have a new-  
19 found hope in life to begin to participate in a meaningful, and productive life, free from the  
20 grips of addiction.

21 *IN THE MOMENT: Today we will renew our commitment to our recovery by attending an*  
22 *NA meeting, and by reaching out to another addict to share and be part of the miracle of*  
23 *recovery from addiction together.*

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**“We seek solutions rather than dilemmas. Productive means  
being clean, creative and loving today”** 1  
**Grey book pg. 123 lines 16-18** 2  
3

In order to continue to be a productive member of society, we as addicts need to keep 4  
our priorities in order. First must be our own recovery, we must never forget that we are 5  
all addicts, and are powerless over this disease of addiction. We must fit our lives to the 6  
program, and not the other way around, as so many addicts who fail try to do. Staying 7  
clean is always our number one priority, and not using no matter what a simple way is to 8  
remember that. We have tools today to help us get through anything that we may come 9  
across in life, and getting to the other side of situations without using, damaging others, or 10  
ourselves is what the tools of the NA program guide us in. It takes practice. Being suc- 11  
cessful in life, and our relations with others takes work. We didn't come to NA possessing 12  
the necessary tool set to get us through life, or we wouldn't have needed to come here in 13  
the first place. We wouldn't have been running to buy drugs daily to escape life instead. 14  
Learning the art of solution finding through the drudges of life on life's terms is where we 15  
practice these principles and all that we learn from our program and the steps. Taking 16  
what we learn here at our meetings and applying it to all aspects of our lives gives us 17  
renewed energies to pursue the necessary actions that lead to solutions today. Our past 18  
habits, and survival tactics will keep us stuck, and will not help us today, and unless we 19  
are willing to change, we will find ourselves angry, and frustrated at life, where we need 20  
not be. Remember this is a “ WE” program and we keep in constant contact with other 21  
recovering addicts as to not isolate ourselves. Getting to meetings regularly and sticking 22  
to what works keeps us in the solution and gets us out of the problems. 23

*IN THE MOMENT: Today we will talk to others about finding the solution to problems that 24  
may be getting us down. We will not allow ourselves to fall into anger and depression, 25  
and instead put our energies towards taking the actions necessary to stay in the solution. 26*

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1           **"There is no area of our lives that the disease does not affect.**  
2           **The truth is that fear is present in every area of our lives."**  
3           **Gray Book pg. 54 lines 28-30**

4 Our disease affects everything we do in our lives, including our decision making. We may  
5 never know how much the disease of addiction has affected our lives. It has affected our  
6 family, our jobs, marriages, recreation, finances, and most of all our spirituality. Spiritually  
7 we were empty, our families torn apart, our homes broken or nonexistent, and relation-  
8 ships based off of unhealthy needs for attachment or using someone for something they  
9 had. In short, it had affected our whole lives. We are restrained by addiction. We are  
10 subject to it as a slave is subject to his master. The disease is always alive; it does not  
11 go away. When it creeps in, we may not be aware of it because we are caught in the  
12 moment. When it takes a hold of us, we tend to be less able to understand which way to  
13 go until we start making mistakes with our using. One of our character defects shows the  
14 more unaware we are of drifting into isolation. We grow farther away from the program  
15 and closer to relapse. We thought when we stopped using, our problem was cured. But  
16 the truth was, we did not know ourselves without the drugs. We lived in fear. We found  
17 that these things just got worse and didn't seem to get better for fear of the unknown we  
18 held. We feared how people might react. As we recover, we see how fear has been a con-  
19 stant struggle for us to overcome. We were more comfortable staying in the pain we knew  
20 than doing something different. We learned all we have to change is everything. "We have  
21 nothing to fear but fear itself." We learned to overcome things that baffled us before. By  
22 putting one foot in front of the other, we learned how we could get through any fears we  
23 had and get through them clean. Through NA we learned how to face our fears instead of  
24 running. Once we become open-minded, we can fully surrender and overcome the fear;  
25 placing faith and trust in the program and a higher power replaces that fear.

26 *In this moment: with the help of God, we find it is possible to live a new way of life.*

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***“In order to survive, we must set aside the differences we live by  
and become part of a greater whole.”*** 1  
***Pg. 115 Ln. 14*** 2  
3

Narcotics Anonymous, at first, seems like a room full of people who are different. The 4  
program of NA taught us that isolation is one of our biggest enemies. Living in our active 5  
addiction, we relied on our primal instincts to feed our necessity for our next high. Often, 6  
we were selfish and thought of ourselves first. We came from a place of fear and isolation 7  
that was ruled by selfish and self-centered behavior. 8

Our differences become part of the group, allowing us to come together and assist each 9  
other. The importance of no big is or little us is the importance of NA. By becoming a 10  
part of something bigger than ourselves, we are allowing ourselves to recover together. 11  
The group is always stronger than the individual. By identifying with another addict, they 12  
become part of us, and us a part of them. When we try to be more understanding of 13  
others feelings, we can all get along. 14

We were once frightened by the idea of loving others, for we did not love ourselves. We 15  
learned to live again by unifying with others. As we become part of NA, our stories meld 16  
into the NA story. We become NA. And everywhere we go, we have a home. Only with 17  
unity and camaraderie can we achieve a higher understanding and purpose. 18

*In the Moment: being a part of NA as a greater whole; heightens our base of recovery 19  
and uplifts us into the ultimate freedom that we were striving for in our active addiction.* 20

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Our differences become part of the group, allowing us to come together and assist each 9  
 other. The importance of no big is or little us is the importance of NA. By becoming a 10  
 part of something bigger than ourselves, we are allowing ourselves to recover together. 11  
 The group is always stronger than the individual. By identifying with another addict, they 12  
 become part of us, and us a part of them. When we try to be more understanding of 13  
 others feelings, we can all get along. 14

1We were once frightened by the idea of loving others, for we did not love ourselves. We 15  
 learned to live again by unifying with others. As we become part of NA, our stories meld 16  
 into the NA story. We become NA. And everywhere we go, we have a home. Only with 17  
 unity and camaraderie can we achieve a higher understanding and purpose. 18

*In the Moment: being a part of NA as a greater whole; heightens our base of recovery* 19  
*and uplifts us into the ultimate freedom that we were striving for in our active addiction.* 20

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1           **"The Eight Step is not easy; it demands a new kind of honesty**  
2           **about our relations with other people. We had to feel better inter-**  
3           **nally before we could even bear to think about whom we had**  
4           **harmed and how we had harmed them, and exactly what was the**  
5           **way we perceived ourselves."**  
6           **Pg. 50, lines 27 - 31. Step 8**

7 Some of us have asked ourselves that age old question a thousand times, "What did I do  
8 to deserve this?" The harm we caused others can seem very overwhelming. Truth and  
9 honesty are key for us if we are to live lives in recovery and break the chains that have  
10 held us in pain and misery of addiction. Honesty was not something we were great at  
11 when we came to NA. We may have thought we were, but truly we had no clue. With the  
12 eight Step, we develop a selfless form of honesty. Being totally honest can show us the  
13 mess we made without condemning us to the death sentence we gave ourselves using  
14 drugs. We are working on our forgiveness of self at this time. It can be hard; our families  
15 do not yet understand our full attention is on recovery. Many of us in our active addiction  
16 harmed so many others whom we eventually need to become honest with and amend  
17 our wrongs. Our addiction had taken over so much that we lied to people and stole from  
18 people, even the ones closest to us to get what we wanted. Not caring how it affected  
19 other people. We struggled with facing our fears, guilt, and shame. Before being able to  
20 face this, we must truly reflect and focus on ourselves in order to obtain internal peace  
21 and harmony. We have to feel better about ourselves before we can approach the peo-  
22 ple, we hurt on how we hurt them. We have to deal with our issues before we can deal  
23 with others. By doing so it helps us to amend the dark actions of our past. We should ask  
24 ourselves, "Have we been hurting others?" If we can admit to this truth, the only question  
25 is who? We find we were never as bad as we thought, or as good either.

26 *In this moment: The steps help us get honest. This honesty helps us as we go through*  
27 *each step on to the next step. We become able to face the harm we have done, so we*  
28 *can move forward onto step 9. This is our only chance at a peaceful and prosperous exis-*  
29 *tence.*

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**“When the drugs go and the addict works the program, wonderful things happen. Lost dreams awaken and new possibilities spring.”** 1  
**Pg.142 Ln.2-4** 2  
3  
4

We come here hopeless and broken. When we arrive at Narcotics Anonymous, the first 5  
surrender we must all practice is complete abstinence. We cannot allow the recovery 6  
process to take hold if our minds are still clouded by drugs. When we show that we are 7  
changing it shows that the program does work. Seeing others full of life and hope will 8  
keep us coming back. When we leave behind our old ways, we pave the way for new 9  
opportunities. We let go of the past, and become active, willing members. 10

We hear about sponsorship and service work, we see people living without the unman- 11  
ageability that the drugs brought. Wanting out of the hopeless desperation, we get sug- 12  
gestions to work the program. So, we find sponsors, work steps and some life come back 13  
into us. We are presented with endless possibilities. When we start working the steps, 14  
our attitude towards life changes and we can be a productive part of society instead of a 15  
wasted human being. Each day is a new opportunity for growth. 16

No longer is our lives hindered by the effects of using, we now have the ability to accom- 17  
plish great things. We see that the program works for us much more than the obsession 18  
over drugs. We finally have the freedom we had once lost and we are free to dream. The 19  
love we regain towards ourselves and others is remarkable. We take suggestion from 20  
experienced members and we don't use, no matter what! 21

*In this moment: Today we have a spiritual solution, and drugs are not sufficient anymore.* 22  
*This is an awakening of the spirit. We chase our dreams as new possibilities present* 23  
*themselves.* 24

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1           **"We must puncture our egos and realize that we have much more**  
2           **work to do."**  
3           **Pg. 49 Lines 22-23 Step Seven**

4 When we were using, we never listened to anyone else's opinion on our using because  
5 we were closed-minded and in denial. As active addicts, we were big-headed egomani-  
6 acs, always thinking of ourselves first and ensuring we got what we wanted. We thought  
7 we had everything figured out, but we had never been more wrong. It's important that we  
8 realize there is much more to life than the way we've been living. We need to understand  
9 that living life on our terms will never work for us. Never thinking of how our actions may  
10 affect others. Ego gets in our way of growth if we let it. We must get out of our self-cen-  
11 teredness and realize we can't do this alone. We let go of our pride and hear others when  
12 they offer suggestions that can help us. We come to realize we are not in control and  
13 turn our lives over to our higher power for guidance and open our minds to allow growth.  
14 There is so much work we need to work on but to remember the principles of NA, "easy  
15 does it" and "one day at a time." We don't usually carry a pen around to deflate our egos,  
16 but when we do it starts with the 12 steps of Narcotics Anonymous. By working the steps  
17 with a sponsor helps build growth.

18 In order to work these steps, we have to develop the principle of humility. We must hum-  
19 ble ourselves, remain teachable, and get to work in order to learn and grow as we move  
20 forward. Humility is accepting our place in the present. We will never be perfect and  
21 being humble helps us remember we are not God. Not more than, not less than...life as it  
22 is...that is how it works.

23 We must realize that our recovery process is a long journey. Not just a 30-day treatment  
24 place, but an everyday thing. A lifelong process not just a short process. We must do all  
25 we can to ensure we let go of ego, so we are not Edging God Out.

26 *In this moment: we must always remember we need to be beacons, not only for our-*  
27 *selves but for other addicts also.*

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**"Here we found Hope. If the Narcotics Anonymous program worked for them, it might work for us."** 1  
**Pg. 17 Lines 12 - 13** 2  
**What is the Narcotics Anonymous Program?** 3  
4

We could not quit using by ourselves. After countless times trying, we finally gave up and decided to give something new a try, the NA program. We came in hopeless and beaten. The disease of addiction ran our lives and we couldn't see any way out of our destructiveness. Many of us were in despair and felt hopeless. Our lives had hit rock bottom, and we had nothing. Then, coming into the rooms of NA, we found a shimmer of hope. Where we were once alone, we now had found strength in numbers. We all had found something special when we walked into these rooms. We see people smiling and laughing, something many of us forgot how to do. We wonder where this has been in our lives, and after attending a few meetings, we found hope that we could have what they have. Hope is the light at the end of the tunnel. 5  
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7  
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We found hope when we surrendered and put ourselves in God's hands and in God's will. Early on, we watched others in the rooms...seeing others recover from addiction, and live new lives. We found other addicts that we could relate to who had gotten out of the mess and carried a message. If the NA program worked for them, then it might work for others. We learned quickly that hope is contagious, and we were ready for a new disease. In Narcotics Anonymous, we are loved until we can love ourselves. We hope that, "An addict, any addict, can stop using, lose the desire to use, and find a new way of life." 15  
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*In this moment: Hope is a four-letter word, and so is love. In the fellowship, we hope to see people stick around long enough to be able to be loved.* 22  
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1           **"After we accept that we created our own hell and that there is a**  
2           **God that wants to help us, we begin to make progress in solving**  
3           **our problems".**  
4           **Grey book pg. 64 lines 22-24**

5 One of the biggest hurdles for addicts is to recognize that we are our own worst enemy.  
6 We hear many times over, in many different ways in our literature that reaffirms this. " An  
7 addict alone is in bad company", rings true for us, as much as we may be in denial that  
8 we are indeed the cause of our own problems. Creating our own hell is what happens  
9 when we allow our ego and thoughts to rule our life and are closed off to the rest of the  
10 world, and any help. This is exactly where the disease wants us, isolated, and ego'd  
11 up. This way when we believe that we are actually in control of our drug addiction, it is  
12 actually the other way around. Drugs have taken our will and taken over our life, ahead  
13 of all else. Our family's, loved ones, and friends all can see this, but unfortunately it takes  
14 more than the pleading of loved ones to break through the wall of denial that the disease  
15 puts us behind. Being completely powerless to this disease means that we are unable  
16 to break through that denial on our own. It takes the help of God, and other recovering  
17 addicts to help us break through, and once we do, to keep us from running back. We  
18 can then begin to learn how to solve problems, instead of creating new ones. The belief  
19 in a power greater than us is where our power comes from now, and if we strengthen this  
20 belief together, we begin to see that the miracle that this program promises us, that no  
21 addict need die from the horrors of addiction is true for all of us.

22 *IN THE MOMENT: Today we will look at the good in our lives and focus on solving prob-*  
23 *lems with the help of God and others in the program. We no longer have to be our own*  
24 *worst enemy.*

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**“By recognizing the defects in our characters, and letting go** 1  
**of them spiritually, we were ready to have sanity restored to us.** 2  
**Grey book pg. 79 lines 22-24** 3

Many of us hold onto the belief when we get to the program of NA, that we can straighten 4  
 out our lives, if only we can stay clean, and put the drugs down. It doesn't take long 5  
 before we realize that drugs were only the tip of the iceberg. We have a tendency to hold 6  
 onto our old beliefs, and way of thinking, even though we may be clean. This is where we 7  
 all begin our recovery process, and slowly the realization that we have many lives, and 8  
 living problems that we were hiding by using drugs. Our first realization that we need 9  
 help, and that the program of Narcotics Anonymous has the help we need, gives us hope 10  
 that we can do this. The proof is in the many addicts who have come before us, and have 11  
 been practicing these principles, and in doing so have stayed clean, and improved their 12  
 lives. Understanding that our old ways of going about life will not serve us well today, and 13  
 will keep us clinging to fear, and desperation. Many addicts who are unwilling to let go 14  
 our past behaviors, and thinking will find it hard to stay clean. We must begin to slowly let 15  
 go of our past, in order to make room for new habits, and as a result of this, and new way 16  
 of thinking of life, ourselves, and others, gives us a new life that offers happiness, and joy. 17  
 We learn to rely on our Higher Power for strength to help us to let go, through our step 18  
 work, and through talking with, and fellowshiping with others in the meetings. Staying on 19  
 the road of recovery is a constant cycle of letting go and moving on. We learn that we are 20  
 opening the door for Gods help when we are able to do this, and this helps to strengthen 21  
 our belief, and offers us some of the sanity talked about in our literature. Today we can 22  
 overcome the fear of letting go and letting God. 23

*IN THE MOMENT: Today we look forward to allowing Gods help into our lives. We can let* 24  
*go of the wheel today, and practice turning our will and life over to His care.* 25

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1           **" we will eventually hear someone who flat out makes us feel**  
2           **lucky by comparison. We will grow to know gratitude, to see**  
3           **where we came from and how far we have progressed. "**  
4           **Gray Book pg 19 lines 17-20**

5 Many of us play the victim. We came into the room self-centered, self-seeking individ-  
6 uals. We sometimes struggled with hearing other people's stories. Sometimes it made  
7 us question whether we were addicts too... we kept coming back and eventually heard  
8 others rather than ourselves. We might think WOW, maybe our lives weren't that bad. We  
9 hear of others pain caused by the disease of addiction. We can no longer play the victim.  
10 We will hear a person in a meeting that we can compare with and feel a connection. We  
11 see how far others have come in their recovery, and realize, we can do this. After hearing  
12 others stories it gave us hope that we too could recover from addiction.

13 Once we change our attitude away from being alone in our misery, we learn to accept life  
14 as it is. We learn that life happens to all of us. We began to live rather than just existing.  
15 What a gift that is. In recovery, we realize it's not how much or what we did. We are all  
16 addicts. We all have different stories. We continue to grow until we are blessed with being  
17 able to give back.

18 *In this moment: By sharing our past we help others come to the reality of how close we*  
19 *were to death. We all have the choice to recover.*

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***“The same power that has helped us deal with our obsession will  
be the guide and source of courage when we ask for it.”  
Grey Book Page 148 Line 9-10***

We came to Narcotics Anonymous broken. Spiritually bankrupt. When we were using our vision of Hope was slim. That little bit of trust is vital when we are desperate for courage. We were constantly obsessed with the idea of ways and means to get more this is one of the core symptoms of the disease of addiction. Fear is the power that helped with our obsession to use, the fear to lose everything that we worked for everything we gained in our lives. Trusting our higher power is one of the first obstacles we face in the program. But as we go to more meetings and listen to others share we realize that a higher power is what will save us. We are so thankful that we have been given the power to let go of our past.

As long as we are centered in our higher power and not in ourselves we are able to find the courage to share at meetings. Courage is not of our own but rather a power greater than us. Courage is a very useful spiritual principle, the more we rely on our higher power to give it to us in our daily lives, the easier it becomes to find it. Each day our courage of doing the next right thing makes us become a better person. Before we knew it we were able to share and reach out with the courage. We learned that being open minded willing and honest with ourselves and others there is a better way to live. We feel welcome and most importantly we see freedom from addiction. We ask for help in another profound moment of surrender. We are not alone. We start to see that the power is always with us this power is our strength and with courage we continue through the steps on our new journey.

Our higher power is truly our own. Every member has a different outlook and that is powerful. That is magical. No longer haunted by our past we feel a sense of freedom that has been given to us freely. What we were once so desperate to find-our higher power shows us that we had it all along.

*In this moment: Our higher powers will for us is always a lot better than our own. When we try to live on our own will bad things will happen. When in doubt always pray.*

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1           **"Our experience is that those who begin sharing innermost**  
2           **feelings, emotions and thoughts with other recovering addicts,**  
3           **rather than giving a drug history, tend to make more rapid**  
4           **growth."**

5           **Pg. 68, Lines 18-21**  
6           **Step Twelve**

7 Before coming into NA, most often we hid our feelings and emotions. Bottling them up to  
8 the point of explosion, which we typically released in violent or self-harming ways. If we  
9 are to recover, we need not glorify or expose our use. Of course, we used drugs, but that  
10 was just a symptom of our disease. we feel if we don't start to get away from war storying  
11 and start dealing with our emotions, feelings, and the character defects of us, we have a  
12 greater chance of going back. Addicts who begin to talk about their addiction and who  
13 are more openly vocal about their addiction, make more growth in their recovery.

14 We came into recovery then, only wanting to initially share our war stories, not our emo-  
15 tions; still being closed up as we always had. Then we began to see that those who were  
16 most successful were sharing their feelings and emotions, thus growing in depth in char-  
17 acter. Recovery begins when we shine light on the reasons behind our use. Fear, anger,  
18 self-pity, doubt and confusion all grow in the dark. When exposed, they lose their power  
19 over us. They can no longer keep us sick and lead us back to the symptom of active use.  
20 Without them, we are free to live happy and productive lives. We shared too, and began  
21 to bloom. In our experiences of sharing feelings and emotions rather than sharing war sto-  
22 ries and glorifying those horror stories, we may heal some of these scars that have been  
23 hurting for so long. When we begin to share with other addicts our innermost feelings and  
24 emotions, we are no longer running from what we fear. To feel the emotions is something  
25 we are not used to; it's growth. We learn how to actually be honest not only with ourselves  
26 but others as well. We are all addicts who used to escape reality, emotions, and feelings,  
27 however to truly talk about what we were running from and why can lead us to a new free-  
28 dom, which we will never have to use again to cope with.

29 *In This Moment: Experience shared is experience gained. We cannot truly recover without*  
30 *giving back what was given to us.*

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