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Literary Work in progress.
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Home Group for Review and Input

This document was written in open participation by members of the Groups of The Anonymi Foundation.

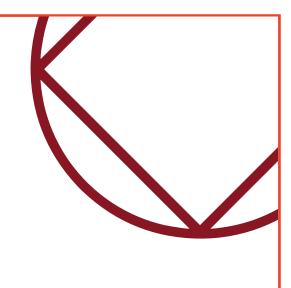
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W W W. N A H E L P. O R G

NARCOTICS ANONYMOUS



RESERVATIONS



We sit down with pen and paper and write. We begin to see what makes ourselves tick. We peel the layers off like an onion getting to our core. It all starts with Honesty. Then we get a little more Honest and see our insanity for what it is. We avoid reservations by practicing vigilance. We don't let ourselves become complacent. We remind ourselves where the disease of addiction took us, and we examine ourselves to see how it is affecting our lives currently.

We learn the only Hope we have is in turning our will and our lives over to the care of a loving caring God. We practice the principles daily until we are living them instead of working or practicing them. We don't have to lie to ourselves anymore. Other addicts help us see our reservations by being our eyes and ears if we don't recognise them. Many a time another addict will share what they see with us and if we are open minded we listen and help those suggestions change our lives.

The Basic Texts tells us that a relapse is never an accident, its a sign that we have had a reservation in our program. What do they mean with the word Reservation? There was something we where not willing to do, or something we where not willing to give up. We have set ourselves up for future drama and pain, and can now use it as a reason to go back to our old ways which always leads us back to using. We need to get honest about our reservations. Using the tools this Program gives us freely we are now able so surrender

daily to a new way of life. We need to be willing to do certain things daily, and be willing to not use no matter what.

today we don't need to today.' 'We have meetings already.' 'We don't need to join like we rationalised our using, we can depressed, etc. We choose the disease time for ourselves to be lonely, negative a reason to use. These things can also be depressed, just like we always found go out for coffee. We can always find a us. We no longer need to be in isolato go to and new NA friends who need places and people, we have a meeting tell ourselves that we don't need to join made a reservation with isolation, so we 'We already called someone yesterday so looks like it is gonna start raining soon those NA people in the park because it day off because we have been to all those sion, etc. 'We tell ourselves we deserve a rationalise our anger, isolation, depresin stead of recovery at that time. Just be reservations, we reserve a place and tion, we can call our new friends and We no longer need to go to these old really have to watch that movie at home. for coffee after the meeting because we reason to isolate ourself, to get angry, to

To overcome these reservations we need to surrender completely. We work the steps with our sponsor, we get involved with our home group, we attend the meetings daily, we call daily and we pray daily. These are simple things we can do that will help us get honest. Because doing these things will interfere with our reservations, we need to look them in the

eye and see them for what they are, get honest about them and let them go. We begin to see how our insanity works, and how we want to keep doing the things that in the end hurt us, just because we think it will bring us the comfort we are looking for. In time we will find comfort in our new way of live, and find the hope that we never have to use again.

This IP needs more input.