OUR SOLUTION

total abstinence. Faith comes after this way of life becomes a reality. This way of life comes to some Our first step says "We admitted that we were powerless over our addiction, that our lives had become unmanageable." If we still believe that limted drug use is possible then we have not taken use again. Step one is more than an admission of powerlessness, it must be followed by change. We f it means we must avoid family members, friends and co-workers. We might have to break free There is no substitute for surrender. This may be rery uncomfortable but we do it anyway because of hope, we make a decision to turn our will and our lives over to the care of a God of our understanding. To sum up step three in a nutshell, it is simply a decision to take the rest of the steps and to understand that they are the solution to maintaining quickly and to others slowly. If we are still clinging to the idea that we can use drugs, this way of life must stay away from people that are using, even completely of everything and everyone we know. way. Based on a life of desperation and a glimmer step one, we have not surrendered, and we will we know in our heart of hearts that this is the only can not come at all. Remember these four things:

- The cornerstone of the NA program is total abstinence.
- 2. There is no substitute for surrender.
- Recovery is a complete change of everything we do, everything we think.
- Without commitment to this fellowship of Narcotics Anonymous, we will go back to the life we once knew before we came into the program.

W W W . N A H E L P . N L



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Literary Work in progress. Please copy and share this with your local Home Group for Review and Input

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

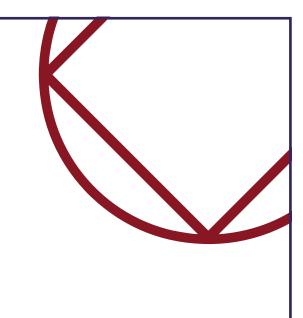
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W W W. N A H E L P. O R G

NARCOTICS ANONYMOUS



TOTAL ABSTINENCI



As recovering addicts we know that medications and drug replacements hold a special hazard for all addicts, not merely those with a history of abuse of these drugs. To the addict, medication or drug replacement represents a means of false control. Modern medicine often mistreats addiction with drugs in an effort to avoid the symptoms of withdrawal. Drugs, whether self-prescribed or prescribed by a doctor, are a major part of our problem. How can drugs possibly be the solution?

WE ARE NOT DOCTORS

If we are not doctors then what are we? We are a fellowship of addicts seeking recovery from addiction. Although, we know addiction is a disease of obsession and compulsion, our first problem is drugs. While addiction is more than the use of drugs; our recovery program is one of total abstinence from all drugs. "Total Abstinence" is not a medical opinion but the foundation of our recovery. It is not an outside issue but one that is essential to our recovery.

TOTAL ABSTINENCE

gives us the answers to these situations such gencies or major accidents. Our Basic Text already cases where addicts are hospitalized and given altering chemicals. Total abstinence is the first thing gram is total abstinence from all mind and mood as "Using local anesthesia, avoiding our drug of narcotics for things such as major medical emeraltering chemicals. We understand that there are to reach total abstinence from all mind and mood spiritual principles we have used in our program first step. This pamphlet will address some of the ery from the disease of addiction begin with that of our recovery. Our clean time and our recov-Total abstinence is the beginning, middle and end we hear when we arrive in Narcotics Anonymous The cornerstone of the Narcotics Anonymous pro-

choice, stopping drug use while still in the hospital, and spending extra days in the hospital in case withdrawal occurs..." This pamphlet is primarily to address Drug Replacement Therapy (DRT). If you are on DRT, go cold turkey or get on the steepest reduction schedule you can. The sooner you are off drugs, the better the program will work for you. This is a program of complete abstinence from mind and mood altering drugs. So to the newcomer, who has been put on any of these types of medications, please keep coming back. Although as addicts we are not responsible for having this disease of addiction, through NA we are given a choice to recover. Once we make this choice we are responsible for our recovery.

SURRENDER

we will need along the way such as... cess. There are many other key spiritual principles to the program of Narcotics Anonymous for that to and stay clean but they must honestly surrender brate total abstinence. We know any addict can get other places, detox and come back to NA to celein society. We have also seen many addicts go to detox in the rooms of NA and live productive lives have seen many addicts surrender to this program. for other addicts to help us with our problems. We Once we have surrendered, we open opportunities Surrender is positive for us because we find hope relief from the pain of making our own decisions When we make the decision to surrender, we get able to find peace and serenity by any other means giving up drugs completely. It is difficult to accepble overtime to find a solution that does not require desperation and pain. It is the result of working douhappen. Surrender is just the first step to this prothat drugs are the problem when we have not beer The process of surrender is a result of living in utte

WILLINGNESS

Willingness to try is the beginning of doing our part. However grand or humble that might be, it is a state of readiness replacing depression and anxiety.

We surrender to a program of total abstinence when we absolutely cannot continue using and there is simply no fight left in us. Now we must become willing to follow some simple suggestions that we hear in meetings. We may not believe that these suggestions are going to help us but we do them anyway because we are afraid and we don't know what else to do. Without understanding why, we get a sponsor, attend meetings and follow suggestions. We need to become willing to do anything to stay clean.

Willingness is essential because we have to give our permission before change can occur. We must set aside our old thinking to open ourselves to new alternatives. The choice is up to us to change. Without our willingness, we never get to make the choice and remain tied up in many of our past limitations, illusions and habits. Once we become willing to put down the conviction that total abstinence is impossible and surrender to the fact that we are just like everyone else in NA then we can move on

COMMITMENT

sponsor is also very important to this new way of and stay clean no matter what. A commitment to a We need to make a commitment to a home group to not go back to the way of life we once knew we need to stay committed to the process in order to do whatever is necessary to become abstinent we will die. Once we surrender and become willing bone to a life of complete abstinence; without them cuss in this program come from. They are the back twelve steps, where the spiritual principles we dis-This is accomplished by working and living the Anonymous help?' We begin by asking for help." tion is: 'If we are powerless, how can Narcotics editions of the Basic Text it's written "Now the quesmost people don't connect to the first step. In past Commitment is one of the spiritual principles that lite tor we can not do this alone!!!