

REVIEW MATERIAL:  
NOT FOR DISTRIBUTION

We are grateful to have stayed clean long enough for the mes- 1  
sage of total abstinence to take hold. We are grateful that 2  
we were made so welcome at meetings that we felt comfortable 3  
going to one meeting a day for ninety days. Without staying 4  
clean and coming to all those meetings, we would surely have 5  
had a rougher time working the Steps. Just one fix, pill, 6  
drink or toke would have interrupted the process of recovery 7  
and cut us off from the Fellowship. 8

When someone returns to the Fellowship after a relapse, 9  
we stress the importance of living just for today. The past 10  
is past. We can not change what has happened. What is im- 11  
portant is to stay clean today. As long as we live today to 12  
the best of our ability and pursue adequacy not perfection, 13  
we can take pride in ourselves. We are doing the best we can 14  
for today and not living in the past. We can begin to live 15  
at peace with ourselves. We can stop being so hard on our- 16  
selves. This we have found to be the case; that we have been 17  
our own worst enemy, and fault for our failures was not in 18  
the stars but in ourselves. 19

We all find that the feeling we get from helping others 20  
motivates us to do better in our own lives. If we are hurt- 21  
ing, and most of us do from time to time, we learn to ask for 22  
help. We find that pain shared is pain lessened. Members of 23  
the Fellowship take great pleasure in helping a relapser re- 24  
cover and have great insight and many useful suggestions to 25  
offer when asked. Recovery found in Narcotics Anonymous must 26  
come from within and no one gets clean for anyone but them- 27  
selves. 28

CHAPTER EIGHT

WE DO RECOVER

Although "Politics makes strange bedfellows", as the old saying goes, addiction makes us one of a kind. Our personal stories may vary in individual pattern but in the end we all have the same thing in common. This common illness or disorder is addiction. We know well the two things that make up true addiction. Obsession and compulsion. Obsession--that fixed idea that takes us back time and time again to our particular drug or some substitute, to recapture the ease and comfort we once knew.

Compulsion--that once having started the process with one "fix", one pill, or one drink, we cannot stop through our own power of will. Because of our physical sensitivity to drugs we are completely in the grip of a destructive power stronger than ourselves.

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be these alternatives: either go on as best we can to the bitter ends--jails, institutions, or death; or find a new way to live. In years gone by, very few addicts ever had this last choice. Those who are addicted today, are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual--not religious--program, known as Narcotics Anonymous.

When my addictions brought me to the point of complete powerlessness, uselessness, and surrender some twenty-six years ago, there was no N.A. I found A.A. and in that Fellowship met addicts who had also found the program to be the answer to their