NARCOTICS ANONYMOUS

THE THIRTEEN STEPS

- 1. Admit the use of narcotics made my life seem more tolerable, but the drug had become an undersirable power over my life.
- Came to realize that to face life without drugs I must develope an inner strength.
- 3. Make a decision to face the suffering of withdrawal.
- 4. Learn to accept my fears without drugs.
- Find someone who has progressed this far and who is able to assist me.
- 6. Admit to him the nature and depth of my addiction.
- Realize the seriousness of my shortcomings as I know them and accept the responsibility of facing them.
- 8. Admit before a group of N.A. Members these same shortcomings and explain how I am trying to overcome them.
- 9. List for my own understanding all the persons I have hurt.
- Take a daily inventory of my actions and admit to myself those which are contrary to good conscience.
- 11. Realize that to maintain freedom from drugs I must share with others the experience from which I have benefited.
- Determine a purpose in life and try with all the spiritual and physical power within me to move toward its fulfillment.
- 13. GOD HELP ME.

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