

12 SUGGESTIONS THAT MAY BE OF HELP TO ANYONE ADDICTED TO DRUGS.

1. We should be convinced from our own experiences that our reaction to alcohol and drugs is so abnormal that any indulgence for us constitutes a totally impossible and undesirable way of life.
2. We should be completely sincere in our desire to stop using alcohol and habit forming drugs of any type. Once and for all NO COMPROMISE.
3. We should clearly understand that once we have attained sobriety and abstinence, we can NEVER again use alcohol or drugs.
4. We should be convinced that alcohol, narcotics and any habit forming drug brings to us, not happiness but unhappiness in its purest form.
5. We should come to realize that we have been trying to substitute a "drug phantasy" for real achievements in life.
6. We should realize that any reasonably intelligent and sincere person who is willing to make a sustained effort for a sufficient period of time is capable of learning to live without alcohol or drugs.
7. We should never be so foolish as to try to persuade ourselves that we can use alcohol or drugs "just once in a while". Remember that NO ALCOHOLIC OR ADDICT has ever been able to indulge in his "habit" just once in a while, without becoming a full-fledged alcoholic or addict in an incredibly short time.
8. We should learn to disregard the dumb advice and often dumber questions of well-meaning friends and relatives without becoming emotionally disturbed.
9. We should be particularly on guard during periods of our life when we are upset or depressed. We all are depressed occasionally but these depressions pass naturally, if given time. To turn to alcohol or drugs to blank out a depression is just as sensible as cutting off your head to cure a headache.
10. Whenever we find ourselves remembering the "pleasures" of using drugs or alcohol, remember also the dejection, degradation and heartaches that they brought us. Remember the abject misery of withdrawal from them, when you wake to find yourself a thoroughly beaten, friendless, and useless shell of the person you once were. Remember these things well and then try to think about something worthwhile.
11. We should learn to relax both physically and mentally without the use of alcohol, narcotics or any habit forming drug.
12. We should be exceedingly careful of drugs as a substitute for alcohol and never start SELF-ADMINISTRATION of any drug. The only way for us is to leave drugs strictly alone, except under the supervision of a competent medical practitioner, skilled in the treatment of addiction or alcoholism, prescribes and supervises such treatment. (To the narcotic addict or any addict to habit forming drugs, remember there is nothing that alcohol can do for you, that Good clean living and thinking cannot do better).

By. Betty.T.
HFD Group
Nov, 1950.

We should not be discouraged by a feeling of discontent during the early stages of sobriety and abstinence. Instead turn this feeling into productive channels, such as an incentive to ACTION which will satisfy your desire for self-expression and accomplishment. Drugs warp our thinking and quickly become a substitute for alcohol and are decidedly habit forming for most of us. Drugs change our mental processes, they prevent honesty and realism, we must surrender self-will and eliminate their use. Addiction to alcohol, sedatives and any "Poppy" derivatives or synthetics indicates that the victim has been unwilling to adjust his life and personality properly in terms of the problems of living in a comfortable state of mind. After addiction to either drugs or alcohol we have found that a new way of life is helpful to the eventual solution of the alcoholics or addicts basic problem.

This group, former alcoholics and addicts whose aim is to help their fellow sufferers recover, we hope to be helpful to those addicted to alcohol and habit forming drugs. We are banded together, not as reformers, we offer our experiences only to those that WANT to recover. We try to help each other, and in so doing we maintain freedom from drugs and alcohol. We believe that addiction to alcohol or drugs is an illness. An obsession of the mind coupled with a physical dependency, also an allergy of the body. It is a shattering sickness, physical emotional and spiritual. How to expell the obsession that compels us to use alcohol and drugs, against our will, is the problem of each of us.

The only requirement for membership is A.A. is an HONEST DESIRE to stop drinking (or using drugs). Experience has taught us to return to alcohol or drugs after withdrawal has been accomplished, will be followed just as night follows day by a totally undesirable way of life.

We feel that each members religious views, if any, are his own affair. While every shade of opinion is found among us, we take no position as a group on any controversial question. No particular point of view is required of any member, save an OPEN MIND and an HONEST desire to stay free of alcohol and habit forming drugs.

We are convinced that SELF-ADMINISTRATION of drugs has brought us to disaster and despair. From our own experiences we have found for us to return to alcohol or drugs is not normal and any indulgence for us, constitutes a hopeless way of life. We are sincere in our desire to stay free from alcohol and drugs, not merely as a problem of dissipation but a reaction to a dangerous and progressive illness. We recognize that once a person has passed to an abnormal use of alcohol or drugs that they can NEVER LEARN TO CONTROL THE USE THEREOF AGAIN. We have come to believe we have been trying to substitute our addiction phantasy for real achievements in life and our efforts have been hopeless and absurd. We have reached a point where the most powerful desire to stop using alcohol or drugs, or trying to substitute one for the other is of no avail/ -- ALONE.

We were: in many cases; and still are, people to whom reality in life as it actually is; is unacceptable. To face life comfortably we require relief from our chronic emotional tension and this was found in either alcohol or drugs. However we have come to realize that the futility, the danger and the destruction of this method. We understand we must find another way to properly adjust ourselves to life, if we are to survive.

Page 3. Habit Forming Drugs.

There is a symptom common to all who suffer from alcoholism or addiction, we cannot start SELF-ADMINISTRATION of drugs without developing a physical dependency and a phenomenal craving and once we take any habit forming drug into our systems something happens both in the bodily and mental sense which makes it virtually impossible for us to stop.

The first and most essential step is HONESTY. When an alcoholic or an addict gets to the place where he is READY to HONESTLY admit; that he is powerless to control his drinking or use of drugs, he has taken the hardest yet the longest step toward recovery. Many are reluctant to make this admission, feeling that it is an acknowledgement of a personal weakness, They change their occupation or environment, thinking that it may help. They will substitute drugs for alcohol or alcohol for drugs, for escape. Most of us do not like to admit that we are emotionally and mentally different from our fellows, Therefore, it is not surprising that our careers have been characterized by countless vain attempts to prove we can administer drugs to ourselves without becoming addicted. The idea to control and enjoy alcohol or drugs, someday, is the obsession of most of us. Many pursue this delusion into and through the gates of insanity, many jails, institutions and eventually death!

There is no hope for recovery until a person is WILLING to concede to his innermost self that he is POWERLESS over alcohol and drugs. We should admit and realize that we are in the grip of a progressive disease, an emotional illness, which grows worse NEVER better. The alcoholic should realize that it is not the last drink that gets him down but THE FIRST DRINK, and if he has been substituting any habit forming drug, it is the FIRST sedative, bromide, or habit forming drug, to the addict to narcotic it is the "Joy-Pop" or the FIRST FIE, that is the one to be avoided, if we wish to follow the path of sobriety and abstinence.

After an acknowledgement of a belief that our lives have become unmanageable and to become willing to believe in a POWER greater than men, the next step is the MAKING A DECISION, to turn our will and our lives over to that POWER, GOD, as you understand God, When this is sincerely done and the further suggested 12 steps are carried out to the best of our ability, we underwent a profound mental and emotional change. We rid ourselves of Fear, Resentment, False-Pride, Envy, Self-pity, and emotional disturbances that have formerly been our enemy. We learn that before we can recover and arrest our disease that we should experience a PERSONALITY CHANGE, one that would give us a new outlook on life and enable us to meet the demands of each day and to adjust ourselves to meet each situation as it arises.

We should be convinced that this marked spiritual change is possible only through a spiritual understanding, usually brought about by a belief and faith in a Power greater than ourselves. We CAME TO BELIEVE that faith without work is dead. That permanent sobriety depends on a WILLINGNESS to remain spiritually alive. HONESTY, OPEN-MINDEDNESS and WILLINGNESS are the KEY WORDS of the A.A. Program.

There are no "MUSTS" in A.A. we make our own. It is also suggested that we attend many A.A. meetings to associate ourselves with people that try to live our way of life, and also it is suggested that we have a copy of the book, Alcoholics Anonymous.

For a person that is unwilling to accept the fact that he is powerless over alcohol and drugs, that they have no alcoholic problem, I suggest that attendance to OPEN, A.A. meetings, as a non-alcoholic, to try and keep an OPEN mind, and follow the principles of our program and our way of life. Many of us have found this to be helpful to anyone with a problem. If you think you can drink, try it, prove it to yourself!

These suggestions are the personal opinion of an alcoholic and addict to narcotics. From a personal standpoint, and are not in anyway the opinion of Alcoholics Anonymous as a whole. This is only written to try and help any individual that has turned to alcohol or drugs in excess, And it is only a suggestion as a possible way of recovery and a spiritual help.

I also suggest that the individual with a drug problem include the words, drugs, addiction and addict. MENTALLY where they hear the words alcohol, alcoholic and alcoholism, This may prove of benefit to keep in their minds that they are both powerless over alcohol and drugs.

Attend as many A.A. meetings as possible, always keeping AN OPEN MIND!

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Some Comments

Any and all addictions are CREATED INSIDE the sufferer himself. It is my most firm belief that the indoctrination and practice of the 12 Steps, as set forth by Alcoholics Anonymous, can and will deminish the sufferers of ALL addictions in any person.

An honest moral inventory of most any addict, will show him to have began his affliction with alcohol. If you don't believe me -- Try It!

When we tackle a problem of any kind it is a common practice to begin at the source, and which in most cases was the escape attitude of the person himself and his "first relief" -- ALCOHOL.

Rehabilitation of the alcoholic or the drug addict must make all things subsidiary to this; that he should in all his actions work toward a goal. and that is complete peace of mind, Let us then strive to forget yesterday, live only for today, and trust in God for tomorrow, knowing that when the time comes. Our Higher Power will make it's will known to us, that we may carry it out.

All addicts are potential alcoholics, and all alcoholics are potential addicts, We may not all become alcoholic if we drink, but if we take drugs we cannot escape addiction, if we continue thier use.

Betty.T/