
**An
Introductory
Guide to
Narcotics
Anonymous**
Revised



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PO Box 9999
Van Nuys, CA 91409 USA
Tel. (818) 773-9999
Fax (818) 700-0700

World Service Office-EUROPE
Rue de l'Été 48
B-1050 Brussels, Belgium
Tel. +32/2/646-6012
Fax +32/2/649-9239

World Service Office-CANADA
150 Britannia Rd. E. Unit 21
Mississauga, Ontario, L4Z 2A4, Canada
Tel. (905) 507-0100
Fax (905) 507-0101
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Fax +32/2/649-9239

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150 Britannia Rd. E. Unit 21

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World Service Office-Europe
Rue de l'Été 48
B-1050 Brussels, Belgium
Tel. +32/2/646-6012
Fax +32/2/649-9239

World Service Office-Canada
150 Britannia Rd Unit 21
Mississauga Ontario L4Z 2A4, Canada
Tel. (905) 507-0100
Fax (905) 507-0101



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Fax (818) 700-0700

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48 Rue de l'Été
B-1050 Brussels, Belgium
Tel. +32/2/646-6012
Fax +32/2/649-9239

World Service Office—CANADA
150 Britannia Rd. E. Unit 21
Mississauga, Ontario, L4Z 2A4, Canada
Tel. (905) 507-0100
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Tel. (818) 773-9999
Fax (818) 700-0700
Website: <http://www.na.org>



World Service Office-EUROPE
48 Rue de l'Été
B-1050 Brussels, Belgium
Tel. +32/2/646-6012
Fax +32/2/649-9239

World Service Office-CANADA
150 Britannia Rd. E. Unit 21
Mississauga, Ontario, L4Z 2A4, Canada
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Narcotics Anonymous



Narcotics Anonymous

IP No. 10
For the
Newcomer

IP No. 7
Am I an
Addict?

Narcotics Anonymous

IP No. 11
Sponsorship
Revised



Narcotics Anonymous

An Introductory Guide to Narcotics Anonymous

IP No. 12
Must for
Today
Revised

The Twelve Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

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B-1050 Brussels, Belgium
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