Narcotics Anonymous®

It Works: How and Why

Part One

The Steps

Review-Form Material

Steps One — Six

UNAPPROVED LITERATURE

NOT FOR USE IN NA MEETINGS

FOR REVIEW AND INPUT

INPUT DUE JUNE 30, 1992

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.

To: The fellowship

From: Mary Jensen, Chairperson
World Service Conference Literature Committee

Date: December 7, 1992

Re: *It Works: How and Why*, approval form

Today we are sending you the approval draft of *It Works: How and Why.* This is an overwhelming moment for the literature committee, as I believe that it is for the fellowship as a whole. We have all worked over, prayed over, and surrendered over this book.

We believe that the quality of these drafts has been positively affected by the input that both we and the trustees received from you. The primarily conceptual input you provided us with was extremely helpful toward improving the review draft material. We hope that you grew in recovery as we did during your participation in improving the *It Works* drafts.

So that you can gage this approval form with the purposes that have guided our work, I would like to restate those purposes here.

> **Steps**: The purpose of this book is to invite members to engage in a journey of recovery and to serve as a resource in gaining a personal understanding of the spiritual principles in the Twelve Steps of Narcotics Anonymous. This book will explore the spiritual principles in each step and how we experience them in our lives. The steps will be presented in a manner that will encompass the diversity of our fellowship. We believe that this purpose is reflective of the spiritual awakening described in our Twelfth Step.
>
> **Traditions**: The Traditions portion of *It Works: How and Why* shall serve as a resource for NA groups and the individual member. The book seeks to: explore the spiritual principles within the traditions; engage members with the spirit--not the law--of the traditions; and provide a basis for thought and discussion about the traditions. This portion of the book is not meant to fulfill every need for every group or every member, rather it is to be a book that will generate discussion and allow for local interpretation of the practical application of the principles contained in the traditions.

It will be an exciting moment when the motion to approve *It Works: How and Why* comes to the conference floor. Regardless of the outcome, all of us who worked on and reviewed these steps and traditions have had a rewarding

challenge in interpreting what our conscience is in regard to working and living the principles of NA recovery. As a result of listening to and hearing the various voices within NA, we have a greater awareness of our diverse strength as a fellowship.

As we complete our work on this book, we thank all the members who contributed to it--our reviewers, the Steps and Traditions Ad Hocs, the trustees, the staff team, the fellowship, all the members who submitted source material years ago, and all the literature committees who preceded us and who provided a foundation for the work. We all clearly love our steps. We hope that our work has been able to capture that love and the spiritual nature of recovery. Additional copies of this final draft are available through the World Service Office. The item number is #1150 and the cost is $8.80 plus shipping and handling.

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Volume One

It Works: How and Why
The Steps

Review Form, 1991

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TO: The Fellowship

FROM: Mary Jensen, Chairperson
WSC Literature Committee

DATE: December 16, 1991

RE: Review form of the Steps portion of *It Works: How and Why*

The WSC Literature Committee is pleased to submit these first six steps for your review and input. We hope that literature committees and individuals who review this work will find that we have been able to communicate the spiritual essence of our steps and provide encouragement to addicts as they practice our recovery program.

There are surely many ways to workshop these steps. We suggest that you read the drafts out loud to see how they flow orally, since these chapters may be read in that way in step meetings. As you can tell from the questions on the review form, we are seeking primarily conceptual review of the material. If we have missed the mark somewhere, we need to know that. Also, if any of the ideas presented lack clarity or seem "wrong," please let us know about it.*

During the 1989-1990 conference year, we set the foundation for working on this book. We elected to use a new process--the staff team approach. This is the same process used by the WSB Traditions Ad Hoc Committee, and we believe that it will provide for some consistency between the two parts of the book. The staff team is guided by an ad hoc group which provides the content of the book and revision of drafts generated. The WSCLC then recommends further revisions based on their review of the drafts and on fellowship input in the case of Steps One through Three. The master list of input for these first three steps seemed clear, and we were able to alter the material to reflect concepts seen as missing by reviewers.

As you review our work, we thought that it would be helpful to present again here the decisions that guided it.

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* *Please don't focus on structural or grammatical issues within these drafts. The approval form will reflect a thorough copy edit.*

Purpose:

The purpose of this book is to invite members to engage in a journey of recovery and to serve as a resource in gaining a personal understanding of the spiritual principles in the Twelve Steps of Narcotics Anonymous. This book will explore the spiritual principles in each step and how we experience them in our lives. The steps will be presented in a manner that will encompass the diversity of our fellowship. We believe that this purpose is reflective of the spiritual awakening described in our Twelfth Step.

Readability:

Eighth to ninth grade level (the current drafts are written at an eighth grade reading level). Other readability factors taken into consideration included comprehensibility (use of familiar wording, concrete images, and experiences to which most readers can relate), clarity (showing preference for the active voice, sharing of experiences rather than intellectualizing), and conciseness (favoring shorter sentences, avoiding cliches and redundancies).

Audience:

Our audience is the fellowship of Narcotics Anonymous. This encompasses the diversity of our membership from the newcomer to those with lengthy clean time. We believe that when we write a quality piece of literature, our message will be clear to other readers as well. We will strive to use language that will communicate to English speaking members yet remain translatable.

Style:

To summarize our decisions related to style, a list of a few of our most prevailing features follows: experiential exploration of the steps rather than descriptive or "how to" language; preference for the use of present tense; non-repetitive; fluent, yet using many short, concise sentences; preference for active voice; non-judgemental, friendly, respectful, informal tone; use of an easily followed organizational structure; and capable of standing the test of time.

The organization of each chapter is similar in structure. An introduction is followed by an identification section. In this section, we have attempted to link the addict reading this step for the first time with our collective experience--what brought us to this step, the fears we felt toward taking it, the realizations that brought us over the edge and allowed us to experience the step. The identification section also provides the motivation for working that particular step. Next, spiritual principles from previous steps are woven into the material. In Step Two, for example, the principle of humility is mentioned, but it is not developed until Step Five, then continues to be built upon as the steps progress. New spiritual principles are then brought in and experience shared about working the step. We have included material in each step that will speak to members regardless of the

length of their clean time. Each step closes with a transition to the following chapter.

We have been clear among ourselves from the beginning that this is not a "how to" book. We don't believe that it's possible to represent all the ways in which a particular step may be worked. Rather, we have sought to represent our collective experiences with the steps and concepts we hold in common. At times, we offer suggestions to the reader, but our intention has been to do so with the clear message that these are only some of the ways in which we may approach this avenue of our program.

Now you can tell us if we followed the guidelines we set for ourselves. We hope that we have been able to transmit an invitational tone and that the content of the chapters focuses on the spiritual nature of the recovery process in Narcotics Anonymous.

We invite you to share with us the joys of working on this book. We trust that the review of this material will provide your committees with strong shared experiences, as it has for us. This review form is available through the WSO to any individual member, group, or committee that wishes to review it.

We look forward to receiving your input. The input for this phase of the project is due June 30, 1992. Please make every attempt to meet this deadline as we will begin factoring in fellowship input in July.

WORLD SERVICE CONFERENCE
LITERATURE COMMITTEE

STEPS ONE - SIX
REVIEW FORM

TABLE OF CONTENTS

STEP ONE

"We admitted we were powerless over our addiction, that our lives had become unmanageable."

As addicts, we have each experienced the pain, loneliness, and despair of addiction. Before coming to NA, most of us tried everything we could think of to control our use of drugs. We tried switching drugs, thinking that we only had a problem with one particular drug. We tried managing our drug use, getting high only at certain times or in certain places. We vowed to stop using altogether at a certain point. We swore we would never do things we watched other addicts do, then found ourselves doing those very things. Nothing we tried had any effect. Our active addiction progressed at every turn, overpowering our best intentions.

Our experience, as members of Narcotics Anonymous, is that addiction is a disease, one that has disastrous effects on every area of our lives. It may progress rapidly, destroying our lives in a matter of months, or more slowly, years passing before we notice its effects. It would be impossible to precisely describe addiction in a way that everyone would agree with. However, the disease seems to affect us in the following general ways: Mentally, we become obsessed with thoughts of using. Physically, once we start using drugs, we develop a compulsion to continue using, regardless of the consequences. Spiritually, we become totally self-centered in the course of our addiction. Looking at addiction as a disease makes a lot of sense to addicts because, in our experience, addiction is progressive, incurable, and fatal.

We found that, when we used, we set off a craving for drugs which could never be satisfied. Our self-centered thinking fed this obsession; no power on earth could keep us from using more drugs. We could neither take enough drugs to make us feel right nor could we stop using on our own. We found that, no matter how much we used, we could not escape the overwhelming loneliness of our addiction. We were trapped in a self-destructive cycle created by our obsessive thoughts and our compulsive actions.

delusions of perfection, and keep on walking. We're on the right path, headed in the right direction, and each step we take brings progress.

We gain more tolerance for the defects of those around us as we work this step. When we see someone acting in one of the ways that has caused us to feel pain ourselves, we feel compassionate rather than judgmental, for we know just exactly how much pain such behavior causes. Rather than condemning the behavior of another, we look at ourselves. Having experience in accepting ourselves, we can extend compassion and tolerance to others.

We ask ourselves if we are entirely ready to have God remove all of our defects--every single one. If any reservation exists, if we feel the need to cling to any defect, we pray for willingness. We set our sights on our path, open our spirits to the healing we've found in Narcotics Anonymous, and use the resources of our recovery to do our best each moment. Although the process lasts a lifetime, we only live in the present day. We've taken a giant step forward in the process of recovery, but it must be followed with another to be truly lasting. With the readiness we have at hand today, we go on to Step Seven.

Step Six Review Form

	Yes	No
1. Did you identify with the material in this step?	[ ]	[ ]
2. Did you find encouragement and motivation for working this step?	[ ]	[ ]
3. Are there any concepts missing or unclear?	[ ]	[ ]

If so, what?_____

5. General comments:_____

This form was completed by :

region_____ area_____ group_____ individual_____

Name:_____

Address:_____

THE DEADLINE FOR INPUT IS JUNE 30, 1992

The Twelve Traditions of Narcotics Anonymous®

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or N.A. as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An N.A. group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.