



Narcotics Anonymous,
It Works:
How and Why

World Service Conference
Literature Committee
Unapproved Literature
for Review and Input

A NOTE ABOUT THIS PUBLICATION

This volume contains two different versions of the same book. The first section, Volume I, consists of the review-form manuscript which was distributed in 1985 with a blue cover. The second section, Volume II, comprises the approval-form manuscript which was distributed from 1986 to 1987 with a white cover. At the direction of the World Service Conference, both are joined together in this volume for the purpose of further study, review and comment by N.A. literature committees.

It should be noted that neither of the two volumes has been approved by the World Service Conference. They are draft items and should not be read in Narcotics Anonymous meetings. At the 1987 World Service Conference an ad-hoc committee was formed for the purpose of collecting additional input on this book prior to its completion. This review and input process will continue through 1987 and early 1988. When the ad-hoc committee has received sufficient input, it will be turned over to the World Literature Committee so that the book may be finalized and submitted to the N.A. Fellowship once again.

*Narcotics Anonymous,
It Works: How and Why*

First Copy This Copy is Free



*Narcotics Anonymous
International
P.O. Box 1000
New York, N.Y. 10001*

**Narcotics Anonymous,
It Works: How and Why**

IT WORKS: HOW AND WHY
U.S. PREVIEW FORM, 1983

Part One: The Twelve Steps



*World Service Conference
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Printed in the United States of America
ISBN 0-912075-06-6
ISBN 1-55776-009-8

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VOLUME ONE

IT WORKS: HOW AND WHY
Review Form, 1985

Reviewers should write a maximum of 1000 words for each review. The review should be written in a clear, concise, and professional style. It should be written in the first person singular and should be written in the present tense. The review should be written in a clear, concise, and professional style. It should be written in the first person singular and should be written in the present tense.

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FOREWARD

Narcotics Anonymous is a Fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. The Program of Narcotics Anonymous, often referred to as N.A., is based on 24 principles. These principles are specifically defined in the Twelve Steps and Twelve Traditions which were originally borrowed from Alcoholics Anonymous and adapted for use in N.A. Thousands of addicts have achieved total abstinence and ongoing recovery through the application of these principles.

In 1982, the book *Narcotics Anonymous* was first published. In its pages, the disease of addiction was described by recovering addicts who shared their personal experiences, strength and hope. This book outlined a better way of life, and became known as a Basic Text of recovery. It provided general information and discussion about the principles of recovery found in the Program of Narcotics Anonymous.

The present text is intended to provide a more in-depth explanation of the principles of the N.A. Program. The experience of countless recovering addicts has demonstrated that the N.A. Program works. These addicts have shared, through their collective wisdom, that the answer to *how* it works is the Twelve Steps. The answer to *why* it works, is the application of the Twelve Traditions. Appropriately, this text is entitled *IT WORKS: How and Why*.

IT WORKS was designed to be used as a supplement to the Basic Text. There are 24 chapters; each addresses one of the 24 principles of the program. Numerous quotes from the Basic Text appear, and are referenced with page numbers so that readers may refer to the original source. In conjunction with the

Basic Text, it is hoped that this book will furnish addicts, with a desire to stop using, a practical means of achieving total abstinence and ongoing recovery.

Because addiction is a threefold illness, affecting us physically, mentally and spiritually, any discussion of the principles of recovery necessarily involves discussion of a Power greater than ourselves. Throughout these pages, you will find reference to God, a Higher Power and God as we understand Him. We use these phrases interchangeably, to mean only one thing: A Power greater than ourselves who does for us what we cannot do for ourselves. The Fellowship of N.A. encourages you to search out and discover for yourself, a God of your own understanding. In using the term "God, as we understand Him," we do not mean to imply male gender. We use these words only for the sake of simplicity, and acknowledge that each individual is entitled to develop and believe in his/her own personal concept of a Higher Power.

The information for this text was drawn from the experiences of recovering addicts throughout the United States. Particular effort was made to solicit participation from N.A.'s earliest members, who shared valuable knowledge and perspective, especially with regard to the Twelve Traditions. The contributors for this book are too numerous to acknowledge, and in fact decline special mention in the spirit of anonymity. We therefore humbly dedicate this book to the entire Fellowship of Narcotics Anonymous. We speak to its newest and yet-to-be members, without whom there would be no opportunity to share the miracle of recovery. We also speak to its older members, to whom we are eternally indebted for showing us the way to a better life. With these thoughts in mind, this book is offered, in a spirit of humility and gratitude, in the hope that all addicts may find recovery through the Twelve Steps and Twelve Traditions of Narcotics Anonymous.

In loving service,

WSC Literature Committee

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THE TWELVE STEPS

Step One 6

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

Addiction is a physical, spiritual and emotional illness with symptoms of alienation, denial, physical dependency and feelings of inadequacy. Powerlessness means the inability to control events--using. Recognition that we don't have power. Unmanageability in trying to control others, stealing, lying, cheating, using material possessions to "fix" us. Nothing worked--we tried to get the outside together, but the inside fell apart. Hitting bottom is crucial to spiritual growth.

Step Two 10

"We came to believe that a Power greater than ourselves could restore us to sanity."

Step One left us with a void because we can't keep ourselves clean. We couldn't use anymore and had nowhere else to turn. We had only our insanity to lose. It is necessary to admit defeat before we can become open-minded. We had to get rid of old ideas about God. Coming to believe means being willing to believe. There is a variety of paths to faith. Usually, belief comes a little at a time. Restoration to sanity gives us a relationship with God so that we can proceed with faith.

Journal of Applied Behavior Analysis

... (faded text) ...

VOLUME TWO

IT WORKS: HOW AND WHY
Approval Form, 1986-87

... (faded text) ...

... (faded text) ...

... (faded text) ...

(This appeared on the jacket flap.)

Narcotics Anonymous (often referred to as N.A.) is a Fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. The Program of Narcotics Anonymous, often referred to as N.A., is based on spiritual principles. These principles are incorporated in the Twelve Steps and Twelve Traditions of N.A. Thousands of addicts have achieved total abstinence and ongoing recovery through the application of these principles.

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It Works: How and Why is intended to provide an in-depth explanation of the principles of the N.A. Program. The experience of countless recovering addicts has demonstrated that the N.A. Program works. These addicts have shared, through their collective experience, that the answer to how it works is the Twelve Steps. The answer to why it works, is the application of the Twelve Traditions. Appropriately, this text is entitled *It Works: How and Why*.

It Works was designed to be used as a supplement to the Basic Text. In conjunction with the Basic Text, it is hoped that this book will furnish addicts who have the desire to stop using with a practical means of achieving total abstinence and ongoing recovery.

Other Publications from W.S.O.

Narcotics Anonymous Basic Text

Narcotics Anonymous White Booklet

I.P. No. 1 *Who, What, How and Why*

I.P. No. 2 *The Group*

I.P. No. 5 *Another Look*

I.P. No. 6 *Recovery and Relapse*

I.P. No. 7 *Am I an Addict?*

I.P. No. 8 *Just for Today*

I.P. No. 9 *Living the Program*

I.P. No. 11 *Sponsorship*

I.P. No. 12 *The Triangle of Self Obsession*

I.P. No. 13 *Youth and Recovery*

I.P. No. 14 *One Addict's Experience with Acceptance, Faith and Commitment*

I.P. No. 16 *For the Newcomer*

A variety of other publications dealing with specialized areas such as public information, service in hospitals and institutions, etc. are available. Write to the W.S.O. for a catalogue and order form.

FOREWORD

This book is dedicated to the entire Fellowship of Narcotics Anonymous--to its newest and yet-to-be members, without whom there would be no opportunity to share the miracle of recovery; and to its older members, to whom we are gratefully indebted for showing us the way to a new life--in order that no addict, anywhere, need die from the horrors of addiction.

Step 1 122
Step 2 123
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EPIGRAPH

The principles of the N.A. Program are the keys to freedom from addiction. Our experience has shown that there are no boundaries on that freedom, as long as we practice those principles and stay clean. May a loving Power greater than yourself be with you as you learn to apply the Twelve Steps and Twelve Traditions. As you practice these principles in all of your affairs, you will find a freedom and joy you never knew existed. These spiritual truths are the Narcotics Anonymous Program, and it is through them that *It Works!*

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"We admitted that we were powerless over our addiction--that our lives had become unmanageable."
- Step 2 109
"We came to believe that a Power greater than ourselves could restore us to sanity."
- Step 3 125
"We made a decision to turn our will and our lives over to the care of God as we understood Him."
- Step 4 141
"We made a searching and fearless moral inventory of ourselves."
- Step 5 155
"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."
- Step 6 166
"We were entirely ready to have God remove all these defects of character."
- Step 7 179
"We humbly asked Him to remove our shortcomings."
- Step 8 191
"We made a list of all persons we had harmed, and became willing to make amends to them all."
- Step 9 202
"We made direct amends to such people wherever possible, except when to do so would injure them or others."
- Step 10 214
"We continued to take personal inventory and when we were wrong promptly admitted it."
- Step 11 224
"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."

Step 12

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"Having had a spiritual awakening as a result of those steps, we tried to carry this message to addicts, and to practice these principles in all our affairs."

1987

WSC AD HOC COMMITTEE ON *IT WORKS*, PART I
REVIEW AND INPUT INFORMATION AND SAMPLES

The information below and the attached form are being provided as an aid to literature review committee members desiring to submit input on N.A. literature. Your use of the form and the following suggestions will make our job easier and allow us to work more quickly in compiling all Fellowship input. Thank you.

* * * * *

There are many types of input. We are interested primarily in two types.

- 1) Comments on the blue and white manuscripts -- "We feel this concept **IS** adequately addressed"
- 2) Original new material - "We feel this concept **IS NOT** adequately expressed and we'd like to see it say " such and such"

If the input is specific to pages, paragraphs and lines, use the following abbreviations and samples. If it is of a general nature, not relating to specific lines, etc. it can be written (or typed) in regular paragraph (story) form.

Input is, of course, always easiest to review when it is typewritten. If that is not possible, please take care to provide legible handwriting.

Some abbreviations and general rules of thumb:

Page = pg. Paragraph = Par. or the paragraph sign #

Most commonly used input comments are: add "... " or delete "... " or change "... " to "... "

NOTE: A row of 3 or more periods indicates that there are additional words in the phrase or sentence that are not being typed (or written). This simply alleviates the need to type whole sentences.

If you do not feel that the items in question can be easily identified by page, paragraph and line, or if you are suggesting substantial changes in several paragraphs, list all suggested changes and then, if desired, submit a typed copy of the section as you would like to see it rewritten.

It is not necessary for you to suggest specific wording or to rewrite the documents. Comments on the conceptual development of the piece are just as important as comments on the specific language. Do not be concerned with including input on misspelling, grammar and punctuation. Final editing will correct all of these types of errors.

SAMPLE

Pg. 8, Par. 3

Delete: "We want to and meetings."

Pg. 26, Par. 3

Object to the word "crazy"

Pg. 30, par.1, last sent.

add "And those that came before are, hopefully, available to share experience, strength and hope for those who continue to arrive at the doors of N.A. meetings around the world."

Pg. 52, Par. 1

Change "of finding any meaning in the Twelve Steps" to read "Of getting the full benefit in the rest of the Twelve Steps."

Pg. 77, Par. 3

line 2, poorly written

Pg. 100, Par. 3

This is not the place for a discussion of prescription drugs. Simply make clear that all addicts are welcome in N.A.

Pg. 212

Great!!

Pg. 231-232

insert last par. after the 2nd par, then insert par.3 after that and consolidate par. 3 & 4. Summation of rearrangement, in new paragraph order follows:

"If we are new in the program..."

"The term 'trusted servant'..." consolidated with "All the committees, officers,..."

"Our leaders do not govern."

****Pg. 255, Par. 1**

It says the idea is self-explanatory, so why are we explaining it? The notion of service needs more detailed treatment.

****Pg. 261, Par. 3**

Cloudy, needs clarification. -- The important point here is friendship, need to emphasize that. Maybe use an example to highlight the important point. Less emphasis on growth.

****If your input includes statements like these, indicating a desire to have more writing, please feel free to submit specific paragraphs, examples, etc. which you feel would address the need.**

LITERATURE REVIEW
INPUT FORM

DATE: _____

COMMITTEE NAME _____ NAME OF PROJECT *It Works* _____

ADDRESS _____

Pg. #	Par. #	Line #	Lang. in Question (if necessary)	Desired Change	Reason (if appl.)
				add "..."	
				delete "..."	
				change "..." to "..."	

RETURN INPUT TO: WSC Ad Hoc on *It Works*
c/o WSO, P.O. BOX 9999, Van Nuys, CA 91409

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ISBN 1-55776-009-8