

NARCOTICS ANONYMOUS



— T
W
O
R
K
S

CARENA

*We cannot change the nature of
the Addict or Addiction . . .*

*We can help to change the old lie
"Once an addict, always an addict,"
by striving to make recovery more
available.*

God, help us to remember this difference.



Library of Congress Catalog Card Number
83-70346

ISBN-0-912075-01-5

NARCOTICS ANONYMOUS

APPROVED



LITERATURE

Copyright © 1988 by C.A.R.E.N.A. Publishing Co.

All rights in this book are reserved. No part may be produced
in any form without written permission from the publisher.
Printed and bound in the United State of America.

FOREWORD

Narcotics Anonymous was formed in July 1953, with the first meeting held in Southern California. The Fellowship grew erratically, but quickly spread to various parts of the United States. From the beginning the need was seen for a "book on recovery" to help strengthen the Fellowship. The pamphlet, "Narcotics Anonymous," was published in 1962.

However, the Fellowship still had little structure and the 1960's were a period of struggle. Membership grew rapidly for a time, and then began to decline. The need for more specific direction was readily apparent. N.A. demonstrated its maturity in 1972, when a World Service Office was opened in Los Angeles. The W.S.O. has brought the needed unity and sense of purpose to the Fellowship.

The opening of W.S.O. brought stability to the growth of the Fellowship. Today, there are many thousand recovering addicts in hundreds of meetings all across the United States and in many foreign countries. Today, the World Service Office truly serves a worldwide Fellowship.

Narcotics Anonymous has long recognized the need for a complete Basic Text on addiction—a book about addicts, by addicts and for addicts.

This effort was strengthened after the formation of W.S.O. with the publication of **The N.A. Tree**, a pamphlet on service work. This pamphlet was the original "service manual" of the Fellowship. It has been followed by subsequent and more comprehensive volumes, and now the **N.A. Service Manual**.

The manual outlined a service structure which included a World Service Conference. The W.S.C., in turn, included a Literature Committee. With the encouragement of W.S.O., several members of the Board of Trustees and the Conference, work began.

As the cry for literature, particularly a comprehensive text, became more widespread, the W.S.C. Literature Committee developed. In October, 1979, the first World Literature Conference was held at Wichita, Kansas, followed by conferences at Lincoln, Nebraska; Memphis, Tennessee; Santa Monica, California; Warren, Ohio; and Miami, Florida.

The W.S.C. Literature Sub-Committee, working in conference and as individuals, have collected hundreds of pages of material from members and groups throughout the Fellowship. This material has been

laboriously catalogued, edited, assembled, dismembered and re-assembled. Dozens of area and regional representatives working with the Committee have dedicated thousands of man-hours to produce the work here presented. But more importantly, those members have conscientiously sought to insure a "group-conscious" text.

In keeping with the spirit of anonymity, we, the W.S.C. Literature Sub-Committee, feel it appropriate to express our special gratitude and appreciation to the Fellowship as a whole, especially the many of you who contributed material for inclusion in the book. We feel that this book is a synthesis of the collective Group Conscience of the entire Fellowship and that every single idea submitted is included in the work, in some form or another.

This volume is intended as a textbook for every addict seeking recovery. As addicts, we know the pain of addiction, but we also know the joy of the recovery we have found in the Fellowship of Narcotics Anonymous. We believe the time has come to share our recovery, in written form, with all who desire what we have found.

Appropriately, this book is devoted to informing every addict: **JUST FOR TODAY, YOU NEVER HAVE TO USE AGAIN!**

Therefore,

"With gratitude in our cleanliness, we dedicate our N.A. book to the loving service of our Higher Power. That through the development of a conscious contact with God, no addict seeking recovery need die without having had a chance to find a better way of life."

INTRODUCTION

This book is the shared experience of the Fellowship of Narcotics Anonymous. We welcome you to read this text, hoping that you will choose to share with us in the new life we have found. We have by no means found a "cure" for addiction. We offer only a proven plan for daily recovery.

In N.A., we follow a program adapted from Alcoholics Anonymous. More than one million people have recovered in A.A., most of them just as hopelessly addicted to alcohol as we were to drugs. We are grateful to the A.A. fellowship for showing us the way to a new life.

The Twelve Steps of Narcotics Anonymous, as adapted from A.A., are the basis of our recovery program. We have only broadened their perspective. We follow the same path with a single exception; our identification as addicts is all-inclusive in respect to any mood-changing, mind-altering substance. "Alcoholism" is too limited a term for us; our problem is not a specific substance, it is a disease called "addiction." We believe that as a Fellowship, we have been guided by a Greater Consciousness, and are grateful for the Direction that has enabled us to build upon an already-proven program of recovery.

We have come to Narcotics Anonymous by various means and believe that our common denominator is that we failed to come to terms with our addiction. Because of the degree and variety of addiction found within our Fellowship, we have approached the solution contained within this book in general terms. We pray that we have been searching and thorough, so that every addict who reads this volume will find the hope we have found.

Based on our experience, we believe that every addict, including the "potential" addict, suffers from an incurable disease of body, mind and spirit. We were in the grip of a hopeless dilemma. The solution of which is spiritual in nature. Therefore, this book will deal with spiritual matters.

We are not a religious organization. Our program is a set of spiritual principles through which we are recovering from a seemingly hopeless state of mind and body. Throughout the compiling of this work, we have prayed:

"GOD, grant us knowledge that we may write according to Your Divine precepts; instill in us a sense of Your purpose, make us servants of Your will and grant us a bond of selflessness that this may truly be Your work, not ours, in order that no addict, anywhere, need die from the horrors of addiction."

Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. It was for this reason that we began this work. We must always remember that as individual members, groups, and service committees, we are not, and should never be, in competition with each other. We work separately and together to help the newcomer and for our common good. We have learned, painfully, that internal strife cripples our Fellowship; it prevents us from providing the services necessary for growth.

It is our hope that this book will help the suffering addict find the solution we have found. Our purpose is to remain clean, just for today, and to carry the message of recovery.

NARCOTICS ANONYMOUS



12 Steps and 12 Traditions reprinted for adaptation by permission of A.A. World Services, Inc.

Distributed by
C.A.R.E., N.A. Publishing Co.
Box 622
Sun Valley, California 91352

TABLE OF CONTENTS

BOOK I

Chapter		Page
One	WHO IS AN ADDICT?	1
Two	WHAT IS THE N.A. PROGRAM?	6
Three	WHY ARE WE HERE?	10
Four	HOW IT WORKS	14
Five	WHAT CAN I DO?	47
Six	THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS	52
Seven	RECOVERY AND RELAPSE	67
Eight	WE DO RECOVER	75
Nine	JUST FOR TODAY - LIVING THE PROGRAM ...	80
Ten	MORE WILL BE REVEALED	87

BOOK II

	EXPLANATION OF THE N.A. SYMBOL	93
Eleven	A GIFT CALLED LIFE	94
Twelve	IF I CAN DO IT SO CAN YOU	98
Thirteen	AN INDIAN WITHOUT A TRIBE	104
Fourteen	IN SEARCH OF A FRIEND	107
Fifteen	I WAS UNIQUE	111
Sixteen	I FOUND A HOME	115