

And there are those completely abstinent, whose other dishonorable slips prevent them from enjoying complete recovery & acceptance within society.

## Relapse + Recovery

parallel basically

consider  
In many ~~of~~ continuous abstinences  
& recovery ~~are~~ <sup>as</sup> ~~considered~~ synonymous ~~of~~ <sup>therefore</sup>  
noteworthy, while relapses are sort of pushed  
aside or worse yet used as statistics that in  
no way give a true picture of the entire  
addiction pattern. We in the recovery  
program of N. A. have noted, with some  
satisfaction, that many of the relapsers, <sup>where</sup> ~~where~~  
again active, <sup>their previous</sup> ~~in addition~~ or substitute addiction  
have dropped many of the parallel behaviors  
that characterized them in the past, this change  
alone is significant to us. Honestly, <sup>in some cases</sup> ~~of these people~~  
has penetrated the character <sup>of these people</sup> \*  
that in some cases we do not find <sup>in the</sup>  
completely abstinent whose other dishonorable  
may continue to cause them trouble with  
society or the law. \* Complete & continued  
abstinence however is still the best ground  
for growth & in close association & identification  
with others in N. A. groups our chances for  
recovery & complete freedom in a changing creative  
form are enhanced a hundred fold. Altho all  
addicts are the same in kind we do as  
individuals differ in degree of sickness & rate of  
recovery. There may be times when a relapse  
lays the groundwork for complete freedom & as others



only a grim & obstinate willfulness to hang on  
to poverty come hell or high water until a crisis  
passes that freedom can be achieved. An addict  
who, by any means can ~~reach~~ <sup>lose</sup> even for a time  
the need or desire to use and ~~that~~ has free  
choice over impulsive thinking & compulsive  
action has reached a turning point that  
may be the decisive factor for that individual  
in his recovery

The feeling of independence & freedom, hangs here  
at times in the balance. ~~The feeling of~~ To step  
out alone & run our own lives again, draws us,  
yet we seem to know that what we have has  
come from dependence on ~~higher power~~ <sup>power greater than ourselves</sup> & accepting help from others in acts of unpathy.

Many times in our recovery the old bugaboos  
will haunt us, life may again become  
meaningless, monotonous & boring, we may  
try ~~in~~ repeating the new ideas we have learned  
& yet we know that if we fail to repeat them  
we will surely surely take up our old  
practices, we suspect that if we do not use  
what we have, we will lose what we have.

These times are often the periods of our greatest  
growth, our minds & bodies seem tired of it  
all, yet the deep dynamic forces of turnover or  
true conversion may be working to give



There are many theories regarding addiction by many learned  
researcher-doctors & scientists.

find a solution  
and attack the problem.

Much search & research has resulted in acres of printed pages on the  
subject. The results have agreed that more thought & research is needed  
to more thoroughly understand the total problem. We in T.A. have  
always felt that the practical knowledge ~~of the~~ with recovery as its  
goal would come from recovered addicts with long ~~long~~ periods of abstinence.  
However until recently where could anyone find more than a bare long term  
recovery. Altho' we may not know all that addiction is we do know  
vastly what it is not ~~of the~~. This knowledge is enough to start  
a program of ~~recovery~~ abstinence & recovery. True science ~~is~~  
by its own impersonal attitude & method ~~of~~ studies action & reaction  
& draws knowledgeable conclusions. ~~It does not~~ It neither forces nor  
predicts avatars of personal growth. Personal growth is <sup>in</sup> ~~in~~  
the active addict, it is only possible in an environment of freedom  
with choices of possible ~~actions~~ personal actions. Since personal freedom  
~~is~~ is what addiction is not, then our greatest need is creative  
thinking & action in finding a solution to this lack. ~~Study~~ Time given  
to study of our problem by us is wasted, let us leave this to those best  
qualified by talent & learning, they will surely discover much in  
their fields which can add to our ~~own~~ growth <sup>and in</sup> complete recovery.

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In scientific method it would be possible to predict a number of  
probabilities, but in dealing with the personal, multiple or infinite  
variations of thought & behavior ~~is~~ would more likely be the rule.  
Mans aptitude <sup>all</sup> ~~for~~ ~~creativity~~ for good or ill can scarcely be  
prophesied.

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We could not face life headlong in the past because ours was  
always a collision course.

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The open mind - <sup>why is it necessary</sup>  
<sup>when</sup> ~~where~~ does it start?  
how does it grow?  
why does it lead?

Willingness — } <sup>why</sup>  
                          } <sup>when</sup>  
                          } <sup>how</sup>  
Honesty —         } <sup>where</sup>

If we do not know what <sup>self-</sup> honesty is then certainly we must be familiar with what it is not, ~~namely dishonesty~~ and if there is dissatisfaction with ~~this why is the other necessary?~~ why does it become necessary? Does it spring from dissatisfaction - from frustration - from a feeling of being limited.

Anything that curtails the freedom to be ourselves no matter where we are, could be classed as a form of self-deceit. Why should we find it necessary to show a false front? We evidently don't care very much for the self we ~~have~~ <sup>are</sup> or we would not go to the limits we do to hide it. We must ask ourselves what we really are both in actuality & in potential. It is the hidden ideals in the potential that prods us either to falsify or change. We become the ~~image of our own likeness & image is the father of thought.~~ We become the likeness of our own image & image is the result of aware or hidden thought.