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NARCOTICS ANONYMOUS
FOR YOU?

TWELVE QUESTIONS?

ONLY YOU CAN ANSWER

IS N.A. FOR YOU?

Only you can determine whether the N.A. Program—the N.A. way of life—makes sense for you and can help you.

It is a decision you have to make for yourself. No one in N.A. can make it for you.

We who are now members joined N.A. because we recognized that using drugs had become a problem we could not control *by ourselves*. At first many of us shied away from admitting that we could no longer use drugs comfortably. But when experienced members of N.A. told us that drug addiction was (for them) an illness that could be arrested, like diabetes, we began to look for the symptoms of that illness in ourselves.

We faced up to the facts of this particular illness just as we would if we faced any other serious health problem. We gave honest answers to realistic questions about our use of drugs and their effect on our daily lives.

Here are some of the questions we had to face. Our own experience indicates that anyone who answers YES to FOUR or more of these twelve questions has definite drug addiction tendencies (and may already be a problem user!).

Why not try these questions yourself? Remember, there is no disgrace in admitting that you have a health problem. If you do have a problem, the important thing is to do something about it.

YES NO

1. Have You Ever Tried To Stop Using Drugs For A Week (or longer), Only To Fall Short Of Your Goal?

Most of us quit many times before we turned to N.A. We made serious promises to families and friends. We took solemn pledges. Nothing "worked" until we joined N.A. Now we take it easy. We promise nothing to ourselves or others. We simply concentrate on not taking that first fix, pill or other drug today. We stay clean one day at a time.

2. Do You Resent The Advice Of Others Who Try To Get You To Stop Using?

Many people try to help problem users. But most drug addicts resent free advice about using. (N.A. forces no advice on anyone. But if asked, we would relate our experience and give a few practical suggestions for living without drugs.)

3. Have You Ever Tried To Control Your Use Of Drugs By Switching From One Type Of Drug To Another?

We were always looking for a "safe" drug formula. We changed from "uppers" to "downers". Or we decided tranquilizers would work. Or we tried "joy-popping" instead of "main-lining". We tried using only at certain hours. But whatever the formula we started with, we invariably wound up addicted.

4. Have You Taken Drugs To Get High In The Morning During The Past Year?

Most of us are convinced (from our own experience) that the answer to this question provides an almost certain tip-off on whether or not a person is on the road to becoming an addict—or has already reached the end of the road of "normal" using.

5. Do You Envy People Who Can Use Drugs Without Getting Into Trouble?

It is obvious that many millions of people can take drugs normally (sometimes heavily) without seriously hurting themselves or others. Have you ever wondered why drugs is so often an invitation to disaster *for you*?

6. Has Your Drug Problem Become Progressively More Serious During The Past Year?

All the available medical evidence indicates that drug addiction is a *progressive* illness. Once a person's use of drugs gets out of control, the problem gets worse, never fades away. An addict has only two final alternatives: (1) to drug himself to death or be committed to an institution, or (2) to stay away from drugs in any form. The choice is simple.

7. Has Your Usage Of Drugs Created Problems At Home?

Many of us used to assert that we used drugs *because* of unpleasant or annoying home situations. It rarely occurred to us that problems of this type are aggravated, rather than solved, by our uncontrolled using.

() () 8. At Social Affairs Where People Use, Do You Try To Obtain Extra Amounts Of Drugs?

When we attended affairs of this kind we either "fortified" ourselves before we arrived, or usually managed to get more than our share of the supply at hand. And often followed this up by more drugs afterwards.

() () 9. Despite Evidence To The Contrary, Have You Continued To Assert That You Can Stop Using Drugs "On Your Own" Whenever You Wish?

Self-delusion seems to come naturally to problem users. Most of us now in N.A. tried repeatedly to stop using drugs without outside help. But we couldn't.

() () 10. During The Past Year Have You Missed Time From Work As A Result Of Using Drugs?

When we were using and missed days at the shop or office, we frequently tried to rationalize our "illness". We used many ailments as an excuse for our absence. Actually we were only kidding ourselves.

() () 11. Have You Ever "Blacked-Out" During Your Using of Drugs?

So-called "blackouts" (where we still functioned somehow yet had no memory afterwards) seem to be a common denominator in the using histories of many of us who now admit we are addicts. We now know too much about the real trouble we get into while "blacked-out" and irresponsible.

() () 12. Have You Ever Felt You Could Do More With Your Life If You Did Not Use Drugs?

N.A., by itself, cannot solve all your problems. But when it comes to drugs we can show you how to live without blackouts, hangovers, remorse or self-pity resulting from uncontrolled using. Once an addict always an addict. So we in N.A. stay away from that *first* fix, pill or other drug. When this is done, life becomes manageable, more successful and far happier.

WHAT'S YOUR SCORE?

What's your score? Did you answer YES four or more times? If so, chances are you have a serious drug problem, or may have one in the future. Why do we say this? Only because the experience of many, many recovered addicts has taught us some basic truths about the symptoms of problems using—and about ourselves. You are the only one who can say for certain whether N.A. is for you. If the answer is YES, we'll be glad to show you how we were able to stop using drugs. If you cannot yet admit that you have a drug addiction problem, that is all right with us, too. All we suggest is that you keep an open mind on the subject. When, and if, you need help, we will be glad to share our fellowship with you.