



THE
NARCOTICS ANONYMOUS
STEP WORKING GUIDES

THE
NARCOTICS ANONYMOUS
STEP WORKING GUIDES

Table of Contents

THE NARCOTICS ANONYMOUS STEP WORKING GUIDES

Step One 1

Step Two 2

Step Three 3

Step Four 4

Step Five 5

Step Six 6

Step Seven 7

Step Eight 8

Step Nine 9

Step Ten 10

Step Eleven 11

Step Twelve 12

Step Thirteen 13

Step Fourteen 14

Step Fifteen 15

Step Sixteen 16

Step Seventeen 17

Step Eighteen 18

Step Nineteen 19

Step Twenty 20



Narcotics Anonymous World Services, Inc.
Chatsworth, California

The Twelve Steps and Twelve Traditions reprinted
for adaptation by permission of
AA World Services, Inc.

World Service Office
PO Box 9999
Van Nuys, CA 91409
Tel. (818) 773-9999
Fax (818) 700-0700
Website: <http://www.na.org>

World Service Office—EUROPE
48 Rue de l' Eté 48
B-1050 Brussels, Belgium
Tel. +32/2/646-6012
Fax +32/2/649-9239



World Service Office—CANADA
150 Britannia Rd. E. Unit 21
Mississauga, Ontario, L4Z 2A4, Canada
Tel. (905) 507-0100
Fax (905) 507-0101

Copyright © 1998
by Narcotics Anonymous World Services, Inc.
All Rights Reserved

01 00 13 12 11 10 9



This is NA Fellowship-approved literature.

Narcotics Anonymous, , , and The NA Way
are registered trademarks of
Narcotics Anonymous World Services, Incorporated.

ISBN 1-55776-370-4

English

6/00

WSO Catalog Item No. EN-1400

Table of Contents

Preface	vii
Step One	1
Step Two	11
Step Three	21
Step Four	31
Step Five	45
Step Six	55
Step Seven	63
Step Eight	71
Step Nine	81
Step Ten	95
Step Eleven	107
Step Twelve	117

PREFACE

The idea for this piece of literature came from the Narcotics Anonymous Fellowship itself. Beginning in the early 1980s, we began receiving Twelve Step guides and step worksheets along with requests that we develop a standard set of guides for the NA Fellowship to use in working through the Twelve Steps. Fellowship demand propelled this project up the NA World Service Conference Literature Committee's priority worklists, and finally resulted in the World Service Conference directing the WSCLC to go ahead with the project at WSC'95.

The working title for this project for many years was the "Step Writing Guides." However, we recognized that the word "writing" imposed a limitation on members who may be unable to write or may choose not to use writing as the means for working the Twelve Steps. Therefore, the title became the *Step Working Guides*.

Each chapter includes both narrative and questions. The narrative is meant to provoke thought about the questions, but is not meant to be comprehensive. There is a difference in "voice" between the narrative and the questions. The narrative is written in the "we" voice in order to promote unity about what we all have in common: our addiction and recovery. The questions are written in the individual "I" voice so that each member using these guides can personalize the work. The *Step Working Guides* is a companion piece to *It Works: How and Why*. Thorough discussion of each of the Twelve Steps is contained in that work. Additional information about NA recovery can be found in other NA literature. If we find that any of the terms used in this book are unfamiliar, we should feel free to make use of a dictionary.

These guides are meant to be used by NA members at any stage of recovery, whether it's our first time through the steps or we've been living with the steps as our guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps. As NA grows in numbers, in diversity, and in strength and longevity of clean time, we need literature that will continue to serve the needs of the fellowship, literature that "grows" along with the fellowship.

However, as open and inclusive as we tried to be when writing these guides, we realized that we would never be able to write something that captured every member's experience with the steps. In fact, we wouldn't have tried to do that, even if we thought it were possible. This book contains guides to working the Twelve Steps toward recovery; it does not contain recovery itself. Recovery is ultimately found in each member's personal experience with working the steps. You can add to these guides, delete from them, or use them as they are. It's your choice.

There's probably only one inappropriate way to use these guides: alone. We can't overemphasize the importance of working with a sponsor in working the steps. In fact, in our fellowship, a sponsor is considered, first and foremost, a guide through the Twelve