
Narcotics Anonymous[®]



The Twelve Steps of Narcotics Anonymous

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

NARCOTICS ANONYMOUS®



NARCOTICS ANONYMOUS
INTERNATIONAL

OTHER PUBLICATIONS AVAILABLE FROM N.A. WORLD SERVICE OFFICE

N.A. White Booklet, Newly Revised

N.A. Group Starter Kit (I.P. #18)

Who, What, How and Why (I.P. #1)

The Group (I.P. #2)

Another Look (I.P. #5)

Recovery and Relapse (I.P. #6)

Am I an Addict? (I.P. #7)

Just for Today (I.P. #8)

Living the Program (I.P. #9)

Working Step Four in Narcotics Anonymous (I. P. #10)

Sponsorship (I.P. #11)

The Triangle of Self-Obsession (I.P. #12)

Youth and Recovery (I.P. #13)

One Addict's Experience with Acceptance, Faith and Commitment (I.P. #14)

For the Newcomer (I.P. #16)

Self Acceptance (I.P. #19)

Hospitals, Institutions and the N.A. Member (I.P. #20)

The Loner—Staying Clean in Isolation (I.P. #21)

Welcome to Narcotics Anonymous (I.P. #22)

Staying Clean on the Outside (I. P. #23)

"Hey! What's the Basket For?" (I. P. #24)

CONTENTS

NARCOTICS ANONYMOUS®

Fifth Edition



NARCOTICS ANONYMOUS WORLD SERVICES, INC.
CHATSWORTH, CALIFORNIA

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

World Service Office
P.O. Box 9999, Van Nuys, CA 91409

Copyright 1982, 1984, 1987, 1988 by
Narcotics Anonymous World Services, Inc.
All rights reserved.

Published 1983. Third Edition 1984.
Fourth Edition 1987. Fifth Edition 1988.
Printed in the United States of America

Library of Congress Cataloging in Publication Data
Narcotics Anonymous—
Includes index.

1. Narcotics Anonymous. 2. Narcotics addicts—
Rehabilitation—United States—Case studies.

I. Narcotics Anonymous. [DNLM: 1. Narcotics Anonymous.
2. Narcotic Dependence—rehabilitation—personal narratives.
WM 270 N2235]

HV5825.N28 1987 362.2'9386 86-26640

Library of Congress Catalog No. 83-70346



ISBN 0-912075-02-3 (Hardcover)

ISBN 1-55776-025-X (Paperback)

ISBN 1-55776-184-1 (Large Print)



This is NA Fellowship-approved literature.

Narcotics Anonymous, , , and The N.A. Way
are registered trademarks of
Narcotics Anonymous World Services, Incorporated
WSO Catalog Item No. XPL-1101 6/98

CONTENTS

Our Symbol ix

Preface xi

Introduction xiv

BOOK ONE: NARCOTICS ANONYMOUS

Chapter One

Who Is an Addict? 3

Chapter Two

What Is the
Narcotics Anonymous Program? 8

Chapter Three

Why Are We Here? 11

Chapter Four

How It Works 14

Chapter Five

What Can I Do? 44

Chapter Six

The Twelve Traditions of
Narcotics Anonymous 49

Chapter Seven

Recovery and Relapse 63

Chapter Eight

We Do Recover 71

Many books have been written
about the nature of addiction.
This book primarily concerns
itself with the nature of recovery.
If you are an addict and have
found this book, please give
yourself a break and read it!

ISBN 0-912075-02-3