Narcotics Anonymous®

IP No. 21

The Loner—Staying Clean in Isolation

"Receiving a letter makes my day! It seems the letters I receive from my loner friends are always perfectly timed. It reminds me that someone far away is getting to know me and cares enough to write. I matter in someone else's recovery and they matter in mine."

Our gratitude speaks when we care and when we share with others the NA way

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Introduction

For the purpose of this booklet, we identify "the loner" as a geographically isolated addict who wants to recover from addiction. If you are unable to come to NA meetings, we hope that this booklet will reach you and offer workable solutions for living a happy, joyous, and free life.

Although this booklet is directed specifically to addicts recovering in remote areas, unable to attend regular NA meetings, any addict who reads this booklet will gain some valuable insights on how to recover from the disease of addiction. Most of us, at some point in our recovery, have experienced feelings of loneliness or isolation. There are also addicts who feel isolated from others because of hearing or visual impairment or some other physical disability. So, whether we are isolated emotionally, physically, or geographically, we believe the suggestions offered in this booklet will help any addict stay clean and find a new way of life.

"Being a loner at times can be frustrating, but I have to make an effort in every area of my new life. Being a part of NA is special to me. I know I have friends whom I haven't met yet, but to know they are there gives me hope to go on."

INFORMATION REQUEST FORM

WSO Inc.
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Van Nuys, California 91409 USA

Date _____

Country _____

Language _____

I request the following information:

- ☐ Nearest NA meeting
- ☐ Local NA phone number (helpline number)
- ☐ Literature sample
- ☐ Group Starter Kit (booklet and literature to start an NA group) Not for institutional use.

Name _____

Street _____

City _____

State _____

Zip _____

Country _____