

IT WORKS  
HOW AND WHY

STUDY  
GUIDE



# IT WORKS: HOW AND WHY STUDY GUIDE

## TABLE OF CONTENTS

---

Forward .....	ii
Introduction .....	1
Book One—The Twelve Steps .....	3
Step One .....	5
Step Two .....	16
Step Three .....	28
Step Four .....	37
Step Five .....	49
Step Six .....	58
Step Seven .....	70
Step Eight .....	79
Step Nine .....	88
Step Ten .....	99
Step Eleven .....	109
Step Twelve .....	117
Book Two—The Twelve Traditions .....	126
Tradition One .....	128
Tradition Two .....	137
Tradition Three .....	146
Tradition Four .....	154
Tradition Five .....	160
Tradition Six .....	166
Tradition Seven .....	171
Tradition Eight .....	177
Tradition Nine .....	180
Tradition Ten .....	185
Tradition Eleven .....	190
Tradition Twelve .....	194

# IT WORKS: HOW AND WHY STUDY GUIDE

This study guide is a follow-up to the Basic Text Study Guide. The Basic Text Study Guide is a resource that was created during monthly sponsorship family meetings over the course of 2007. Similar to the Basic Text Study Guide, the study guide for It Works: How and Why has been created to help those who are interested in gaining a more in-depth understanding of It Works: How and Why through the examination and study of its contents.

This study guide differs from the Basic Text Study Guide in two ways. First, discussion questions have been added throughout the various chapters. These questions can be used individually, in sponsorship or in group settings to explore personal experience as it relates to the content in It Works: How and Why. The second difference is that this study guide does not have a second part that summarizes what is contained in the book on a specific topic, such as sponsorship or meeting attendance.

The structure of the study guide poses questions in terms of “what,” “how,” “when,” “why,” and “where.” Reading these questions and finding the answers in the text can increase personal understanding of the content of the book and therefore our understanding of the program.

At the end of each chapter is a section that lists the location of each answer within the chapter. The location is formatted by page, paragraph and line. For instance, an answer that is found on page 54, paragraph 2, lines 1 and 2 will be listed as “p. 54; ¶2 L1-2.” If an answer carries over to another page, it will be listed as “p. 77; ¶6 L2-3 & p. 78; ¶1 L1-2.” Paragraphs are counted from the top of each page, even if the paragraph carries over from the previous page. So when looking for the paragraph, always start at 1 from the very top of the page.

Finally, this study guide is not Fellowship or Conference approved by Narcotics Anonymous. It is simply the work of a recovering addict who has sought to strengthen his recovery by gaining a better understanding of It Works: How and Why.

Raleigh, North Carolina

April 2009

For comments or questions email: [basictextstudyguide@gmail.com](mailto:basictextstudyguide@gmail.com)



1. What is this book not meant to be?
2. What is this book meant to do?
3. Where do we find the reasons that our program works?
4. Why is the title, It Works: How and Why most appropriate?
5. How do we find our answers, our own Higher Power, and our own path of recovery?

# IT WORKS: HOW AND WHY STUDY GUIDE

## INTRODUCTION – LOCATION OF ANSWERS

---

1. p. 1; ¶1 L6-9

2. p. 1; ¶1 L9-11

3. p. 2; ¶2 L4-8

4. p. 2; ¶2 L8-12

5. p. 2; ¶3 L8-10

1. What is the purpose of this portion of the book?
2. What does this portion of the book explore?
3. How are the steps presented?



# IT WORKS: HOW AND WHY STUDY GUIDE

## BOOK ONE: THE TWELVE STEPS — LOCATION OF ANSWERS

---

1. p. 3; ¶1 L1-5

2. p. 3; ¶1 L5-7

3. p. 3; ¶1 L7-10

1. Before coming to NA, how did we try to control our use of drugs?
2. What happened, despite our best intentions?
3. What is our experience regarding addiction?
4. In what general ways does the disease seem to affect us?
5. Why does it make sense to a lot of addicts to look at addiction as a disease?
6. What will we address through working the First Step?
7. How do we start to understand our powerlessness?
8. What idea did many of us have a problem with?
9. What are aspects of our powerlessness?

10. What do we need to do if our admission of powerlessness is to be complete?
11. What is obsession?
12. What is compulsion?
13. Why do we address obsession and compulsion as they relate to our drug use?
14. What will we see as we continue in our recovery?
15. What part of our disease makes it difficult, if not impossible, for us to  
acknowledge reality?
16. What did denial protect us from in our addiction?
17. What did we often tell ourselves?
18. How did we defend our actions?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP ONE

---

19. What rationalizations repeatedly failed us, yet we continued to cling to?
  
20. What did we deny?
  
21. How did we lie to ourselves?
  
22. What did we justify?
  
23. How may we recognize the spiritual part of our disease?
  
24. How do we begin to see that our lives have become unmanageable?
  
25. Regardless of individual circumstances, what have our lives been governed by and what has been the end result?
  
26. Why were we often the last ones to realize that we were addicts?
  
27. What needed to replace denial before we could face the truth about our addiction?

28. What have we found that we can't recover without?
  
29. How are we able to become progressively more honest?
  
30. How do we practice the spiritual principle of honesty in the First Step?
  
31. How do we begin to find relief?
  
32. What are some basic personal questions that are important to ask as we begin working the First Step?
  
33. What can reservations be?
  
34. Who can help us find ways to put our reservations behind us?
  
35. What is the most important thing for us to know about reservations?
  
36. When does recovery begin?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP ONE

---

37. What is the only way we can begin to overcome our addiction?

38. What is our only hope for recovery?

39. What spiritual principles are we introduced to in recovery that are required for the First Step?

40. What will happen if we faithfully practice these principles?

41. What may we still wonder, even though we are admitting our addiction?

42. What does acceptance of our addiction go beyond?

43. What happens when we accept our addiction?

44. How did we view surrender in the past?

45. What were the only two choices we saw?

46. What do we find that surrender involves in recovery?
47. Why do we stress the importance of surrender?
48. How do we know we've surrendered?
49. How do many of us begin the process of surrender?
50. How are we able to stay clean on a daily basis with the help of other recovering addicts in Narcotics Anonymous?
51. What is the paradox in the first step?
52. What is the most profound gift we can receive?
53. What have we found through our collective experience?
54. Who is it necessary for us to seek help from?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP ONE

---

55. What do we need to find to help us in our recovery?
56. How do we take advantage of “the therapeutic value of one addict helping another?”
57. What do we hear in our meetings?
58. How do we learn about the principle of trust?
59. How do we learn about the principles of open-mindedness and willingness?
60. What will help us work the First Step thoroughly?
61. What do we need always remember?
62. What does it take to continue in recovery day after day?
63. What is part of the recovery process?



64. Why will we turn to the First Step again and again?
65. What does not guarantee us continued freedom from the pain and trouble that addiction can bring?
66. What can always return?
67. What must we always take into account, no matter how our disease displays itself?
68. What can the disease of addiction manifest itself in?
69. When do we need to apply the principles of the First Step?
70. What are we not immune to, even after years of recovery?
71. What do we do when our lives seem to be falling apart?

STEP ONE

---

72. What allows us to begin recovering from our addiction?

73. What do we learn?

74. How is the emptiness from which we suffered filled?

75. What will working and living the steps lead us to?

76. What does our future hinge upon?

77. What does our new way of life offer?

78. What does living life on life's terms combine?

79. How do we recognize the powerlessness and unmanageability in our lives?

# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP ONE — LOCATION OF ANSWERS

---

1. p. 5; ¶1 L2-11
2. p. 5; ¶1 L12-13
3. p. 5; ¶2 L1-2
4. p. 5; ¶2 L7-10 & p. 6; ¶1 L1-2
5. p. 6; ¶1 L2-6
6. p. 6; ¶2 L8-10
7. p. 6; ¶3 L1-3
8. p. 6; ¶3 L3-5
9. p. 6; ¶3 L6-7
10. p. 6; ¶3 L7-10
11. p. 6; ¶3 L10-13
12. p. 6; ¶3 L13-14 & p. 7; ¶1 L1-2
13. p. 7; ¶1 L2-6
14. p. 7; ¶1 L6-8
15. p. 7; ¶2 L1-3
16. p. 7; ¶2 L3-4
17. p. 7; ¶2 L4-7
18. p. 7; ¶2 L7-9
19. p. 7; ¶2 L9-14
20. p. 7; ¶2 L14-16
21. p. 7; ¶2 L16-17
22. p. 7; ¶2 L17-19
23. p. 7; ¶3 L1-3
24. p. 8; ¶2 L1-3
25. p. 8; ¶2 L13-16
26. p. 8; ¶3 L2-4
27. p. 9; ¶1 L1-2
28. p. 9; ¶3 L1-2
29. p. 9; ¶3 L5-7
30. p. 9; ¶3 L7-11
31. p. 9; ¶3 L13-15
32. p. 9; ¶4 L1-4
33. p. 10; ¶1 L5-13
34. p. 10; ¶1 L13-15
35. p. 10; ¶1 L15-18
36. p. 10; ¶2 L1-3
37. p. 10; ¶2 L4-6
38. p. 10; ¶2 L6-8
39. p. 10; ¶3 L3-4 & p. 11; ¶1 L1
40. p. 11; ¶1 L1-3

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP ONE — LOCATION OF ANSWERS

---

- |  |                                     |
|--|-------------------------------------|
| 41. p. 11; ¶2 L4-6                                 | 61. p. 13; ¶3 L3-5                  |
| 42. p. 11; ¶2 L6-8                                 | 62. p. 14; ¶1 L1-3                  |
| 43. p. 11; ¶2 L8-9                                 | 63. p. 14; ¶1 L3-4                  |
| 44. p. 11; ¶3 L2-4                                 | 64. p. 14; ¶1 L5-6                  |
| 45. p. 11; ¶3 L4-6                                 | 65. p. 14; ¶2 L1-3                  |
| 46. p. 11; ¶3 L8-11                                | 66. p. 14; ¶2 L3-4                  |
| 47. p. 11; ¶3 L13-15                               | 67. p. 14; ¶2 L7-9                  |
| 48. p. 11; ¶3 L15; p. 12; ¶1 L1-3 & p. 12; ¶2 L1-9 | 68. p. 14; ¶3 L1-3                  |
| 49. p. 12; ¶3 L1-3                                 | 69. p. 14; ¶3 L8-10                 |
| 50. p. 12; ¶3 L3-7                                 | 70. p. 14; ¶4 L1-2                  |
| 51. p. 12; ¶3 L7-11                                | 71. p. 15; ¶1 L3-8                  |
| 52. p. 12; ¶3 L11-13                               | 72. p. 15; ¶2 L1-3                  |
| 53. p. 12; ¶4 L1-3                                 | 73. p. 15; ¶2 L3-4                  |
| 54. p. 12; ¶4 L3-4                                 | 74. p. 15; ¶2 L4-5                  |
| 55. p. 13; ¶2 L1-3                                 | 75. p. 15; ¶3 L4-5                  |
| 56. p. 13; ¶2 L5-9                                 | 76. p. 15; ¶3 L6-9                  |
| 57. p. 13; ¶2 L9-10                                | 77. p. 15; ¶4 L1-2                  |
| 58. p. 13; ¶2 L12-13                               | 78. p. 15; ¶4 L3-5 & p. 16; ¶1 L1-2 |
| 59. p. 13; ¶2 L13-16                               | 79. p. 16; ¶2 L1-3                  |
| 60. p. 13; ¶3 L1-3                                 |                                     |

1. What does our surrender in the First Step leave us with?
2. What does this surrender make it possible for us to feel?
3. How do we open our minds to the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs?
4. What had failed us?
5. Where do we find additional hope?
6. How do we draw hope from who other recovering addicts have become?
7. What do we become willing to do?
8. What happens as we begin to believe that there is hope for us?
9. What does our White Booklet state will defeat us in our recovery?

STEP TWO

---

10. What spiritual principles are indispensable?

11. How can we practice the principle of honesty as we approach Step Two?

**DISCUSSION QUESTION:**

**What do I believe and don't believe about a Power greater than myself?**

12. How can we practice the principle of open-mindedness?

13. Where did the willingness to try something new from?

14. What do we find if we take a realistic look at our active addiction?

15. What do most of us agree that the term "restoration" means?

16. What does "being restored to sanity" initially mean?

17. What do we do rather than isolating?

18. What do we do rather than sitting alone with painful feelings?
19. What is a real demonstration of sanity?
20. What does “we came to believe” imply?
21. In the process of coming to believe, what have many of us found helpful?
22. What does it mean to act “as if we believe?”

**DISCUSSION QUESTION:**

**When I’ve had doubts, how have I acted “as if I believed?”**

23. What have we found to be indispensable as we approach this step?

**DISCUSSION QUESTION:**

**What reasons can I find to believe?**

STEP TWO

---

24. What may be our first experience of a Power greater than ourselves at work in our lives?
25. What is a powerful belief in and of itself?
26. What do we start to develop through the process of coming to believe?
27. What does this start with?

**DISCUSSION QUESTION:**

**What gives me hope?**

28. What thought may be only a faint spark at first, from which we gain hope?
29. When does our hope turn to faith?
30. How can faith be described?



- 
31. How do we start the process of coming to believe in a Power greater than ourselves
  32. What can each of us believe in?
  33. What do many of us turn to in the beginning as our Higher Power?
  34. What is a powerful example of a Power greater than ourselves at work?

**DISCUSSION QUESTION:**

**How is an NA group an example of a power greater than myself?**

35. What happens as we observe other addicts practicing a new way of life without the use of drugs?
36. What is compelling proof of the existence of a Power greater than ourselves?

STEP TWO

---

37. What do many of us use spiritual principles as?
38. By practicing these principles in our lives, what do we come to believe?
39. Why does this make sense to us?
40. What will eventually have an effect on our thinking?
41. What do those with many years of recovery find about our understanding of a Higher Power?
42. What grows as our belief grows?
43. What do we find can help us far more than we originally thought?

**DISCUSSION QUESTION:**

**How has my belief in how a Higher Power can help me changed?**

44. What can open our minds to possibilities we hadn't considered before about a Higher Power?

45. What must we remember?

46. What is too vital for us to neglect?

47. What is part of the process of coming to believe?

**DISCUSSION QUESTION:**

**What evidence do I see of a Power greater than myself?**

48. What did our addiction cause us to deny?

49. How do we become willing to take bigger steps?

50. What reinforces our belief?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP TWO

---

51. What should we do when we encounter remarkable coincidence in our lives that have no rational explanation?
52. What does much of our problem seem to center in?
53. Given the self-centered nature of our disease, what is a tremendous struggle?
54. When do we begin to find some humility?
55. What makes us teachable?
56. What must we let go of?
57. What are some of the strongest suggestions we may receive from other addicts?
58. What leads us toward recovery in Narcotics Anonymous?
59. How do we live what we believe?

60. What six things does this chapter say can happen even after years clean, even when we have been working a program of recovery and seeking change?

61. What do we need to do during these times?

**DISCUSSION QUESTION:**

**If I need to, how can I renew my commitment to my recovery?**

62. How can we walk through these difficult periods more readily?

63. What does relying on the Second Step provide us with during these times?

64. What four things does this chapter suggest we do if things don't feel right?

65. What does sanity often mean?

66. What remains applicable, no matter how many years we've been clean?

STEP TWO

---

67. What basics of the program can we reapply?

68. What is always available to us?

69. What do we derive from working Step Two and what undergoes a radical change?

70. What do we now have every reason to expect?

71. What evidence is there that we've stepped away from the problem and toward a spiritual solution?

72. What must we do now?

# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP TWO — LOCATION OF ANSWERS

---

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1. p. 17; ¶1 L1-2                    | 19. p. 19; ¶2 L12-14              |
| 2. p. 17; ¶1 L2-3                    | 20. p. 19; ¶3 L1                  |
| 3. p. 17; ¶1 L3-7                    | 21. p. 19; ¶3 L8-9                |
| 4. p. 17; ¶1 L7-9                    | 22. p. 19; ¶3 L9 & p. 20; ¶1 L1-3 |
| 5. p. 17; ¶1 L13-14                  | 23. p. 20; ¶2 L2-3                |
| 6. p. 17; ¶1 L14-16                  | 24. p. 20; ¶2 L6-8                |
| 7. p. 17; ¶1 L16-17                  | 25. p. 20; ¶2 L11-12              |
| 8. p. 17; ¶1 L18-19                  | 26. p. 20; ¶3 L1-2                |
| 9. p. 17; ¶2 L1-4                    | 27. p. 20; ¶3 L2                  |
| 10. p. 17; ¶2 L4-6                   | 28. p. 20; ¶3 L2-5                |
| 11. p. 18; ¶1 L2-5                   | 29. p. 20; ¶3 L5-6                |
| 12. p. 18; ¶1 L6-9                   | 30. p. 20; ¶3 L6-7                |
| 13. p. 18; ¶1 L9-11                  | 31. p. 20; ¶3 L10-13              |
| 14. p. 18; ¶2 L2-17 & p. 19; ¶1 L1-5 | 32. p. 21; ¶1 L2-3                |
| 15. p. 19; ¶2 L1-4                   | 33. p. 21; ¶2 L3                  |
| 16. p. 19; ¶2 L9-10                  | 34. p. 21; ¶2 L3-4                |
| 17. p. 19; ¶2 L10-11                 | 35. p. 21; ¶2 L9-11               |
| 18. p. 19; ¶2 L11-12                 | 36. p. 21; ¶2 L11-13              |

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP TWO – LOCATION OF ANSWERS

---

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 37. p. 21; ¶3 L1-2                | 55. p. 23; ¶3 L1-2                  |
| 38. p. 21; ¶3 L2-3 & p. 22; ¶1 L1 | 56. p. 23; ¶3 L2-4                  |
| 39. p. 22; ¶1 L1-2                | 57. p. 23; ¶3 L4-5 & p. 24; ¶1 L1-2 |
| 40. p. 22; ¶1 L5-7                | 58. p. 24; ¶1 L2-4                  |
| 41. p. 22; ¶2 L3-4                | 59. p. 24; ¶1 L8-10                 |
| 42. p. 22; ¶2 L5                  | 60. p. 24; ¶2 L1-10                 |
| 43. p. 22; ¶2 L5-7                | 61. p. 24; ¶2 L11-14                |
| 44. p. 22; ¶3 L1-6                | 62. p. 24; ¶2 L14-17                |
| 45. p. 22; ¶4 L1-4                | 63. p. 24; ¶3 L1-3                  |
| 46. p. 22; ¶4 L7-9                | 64. p. 24; ¶3 L1 & p. 25; ¶1 L1-8   |
| 47. p. 22; ¶5 L1-2                | 65. p. 25; ¶1 L8-9                  |
| 48. p. 22; ¶5 L2 & p. 23; ¶1 L1   | 66. p. 25; ¶1 L10-12                |
| 49. p. 23; ¶1 L4-6                | 67. p. 25; ¶1 L12-14                |
| 50. p. 23; ¶1 L7-9                | 68. p. 25; ¶1 L15-16                |
| 51. p. 23; ¶1 L9-13               | 69. p. 25; ¶2 L1-3                  |
| 52. p. 23; ¶2 L3-5                | 70. p. 25; ¶2 L4-6                  |
| 53. p. 23; ¶2 L5-7                | 71. p. 25; ¶3 L1-3                  |
| 54. p. 23; ¶2 L8-9                | 72. p. 25; ¶3 L3-6                  |



1. What makes us ready and willing to continue on the path toward freedom in Narcotics Anonymous?
2. What do we do in Step Three?
3. What is essential to working the Third Step?
4. How do we develop this willingness?
5. How does our willingness grow?
6. What does the decision we make in Step Three require us to do?
7. What characteristics is self-will comprised of?
8. What has made our lives unmanageable?
9. What has acting on self-will kept us trapped in?

STEP THREE

---

10. How did we wear ourselves out?
11. What were we always on the lookout for?
12. When are we able to work Step Three?
13. What is the Third Step our commitment to?

**DISCUSSION QUESTION:**

**What fear or uncertainty do I or did I have about making a decision to turn my will and my life over to the care of the God of my understanding?**

14. What will revolutionize our existence?
15. What does it take to change?
16. What do we do since we're not perfect?

17. What is the ideal we strive to fulfill?
18. What can change radically as a result of making the decision to turn our will and our lives over to the God of our understanding?
19. What do we begin to learn in working Step Three?
20. How do we no longer run on our own self-centered will?
21. What does turning our will and our lives over to the care of our Higher Power provide us with?
22. What do the first three steps provide us with?
23. How do we keep our initial surrender alive?
24. How may we find the willingness to work the Third Step?

STEP THREE

---

25. Why is there no uniform way to put our decision into action?
26. What are three ways we all can use to find a personal understanding of the Third Step?
27. What do we do as we get ready to make this decision?
28. What is one of the most important efforts we will undertake in our recovery?
29. What do we have complete personal choice and freedom in?
30. Why do we need a Power greater than ourselves to help us?
31. When are we praying?
32. What do many of us ask our Higher Power for on a daily basis?
33. When does our relationship with our Higher Power grow stronger?

34. What happens each time we ask for our Higher Power's help?

35. What doesn't Step Three free us from?

36. What does Step Three liberate us from?

37. What are we given with each setback?

38. What is part of the process of surrendering to God's will?

39. When may we hesitate to work Step Three?

40. What short-circuits our spiritual development?

41. When does our recovery benefit?

42. Why may we notice a sense of relief?

STEP THREE

---

43. What burden are we being relieved of?
44. When do we cease to struggle against life on life's terms?
45. What should we do when we catch ourselves attempting to exert control over someone or something?
46. What can we do each time we are fearful over a situation?
47. What are we not exempt from?
48. What can help us get through our pain clean?
49. Where may we feel our Higher Power's presence?
50. When do we begin to gain a sense of serenity?
51. What gradual changes do we notice in our thinking?

52. When does our view of the world change profoundly?
53. What will we see if we pause to reflect on our lives at this stage of our recovery?
54. What is a glimpse of the growth we can experience through working the Twelve Steps?
55. How will the role of the Third Step expand in our lives?
56. What requires us to change profoundly?
57. What is the only way to recovery in Narcotics Anonymous?
58. How do we put our recovery commitment into action?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP THREE — LOCATION OF ANSWERS

---

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1. p. 26; ¶1 L1-4                 | 19. p. 28; ¶2 L1-2                  |
| 2. p. 26; ¶1 L4-7                 | 20. p. 28; ¶2 L3-5                  |
| 3. p. 26; ¶2 L1-3                 | 21. p. 28; ¶2 L5-8                  |
| 4. p. 26; ¶2 L3                   | 22. P ¶28; ¶3 L3-5                  |
| 5. p. 26; ¶2 L6-9                 | 23. p. 28; ¶3 L5-7                  |
| 6. p. 26; ¶3 L1-2                 | 24. p. 28; ¶4 L1-3                  |
| 7. p. 26; ¶3 L2-4                 | 25. p. 29; ¶2 L5-7                  |
| 8. p. 26; ¶3 L5-6                 | 26. p. 29; ¶2 L7-17                 |
| 9. p. 26; ¶3 L6-8                 | 27. p. 29; ¶3 L1-6                  |
| 10. p. 26; ¶3 L8-9                | 28. p. 30; ¶2 L1-3                  |
| 11. p. 27; ¶1 L1-3                | 29. p. 30; ¶2 L3-4                  |
| 12. p. 27; ¶3 L1-3                | 30. p. 30; ¶2 L6-8                  |
| 13. p. 27; ¶3 L6-7                | 31. p. 30; ¶3 L4-6                  |
| 14. p. 27; ¶4 L3-5                | 32. p. 30; ¶3 L6-7                  |
| 15. p. 27; ¶5 L1-3                | 33. p. 30; ¶4 L1-2                  |
| 16. p. 27; ¶5 L3-6                | 34. p. 30; ¶4 L2-7 & p. 31; ¶1 L1-2 |
| 17. p. 27; ¶5 L6 & p. 28; ¶1 L1-2 | 35. p. 31; ¶2 L1-2                  |
| 18. p. 28; ¶1 L5-7                | 36. p. 31; ¶2 L1-3                  |



# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP THREE — LOCATION OF ANSWERS

---

- |                                      |                     |
|--------------------------------------|---------------------|
| 37. p. 31; ¶4 L4-6                   | 55. p. 34; ¶4 L1-2  |
| 38. p. 31; ¶3 L6-9                   | 56. p. 35; ¶1 L1-2  |
| 39. p. 31; ¶4 L1-2                   | 57. p. 35; ¶2 L7-9  |
| 40. p. 31; ¶4 L7-8                   | 58. p. 35; ¶2 L9-10 |
| 41. p. 31; ¶4 L8 & p. 32; ¶1 L1-3    |                     |
| 42. p. 32; ¶2 L4-6                   |                     |
| 43. p. 32; ¶2 L7-8                   |                     |
| 44. p. 32; ¶2 L10-11                 |                     |
| 45. p. 32; ¶3 L6-9                   |                     |
| 46. p. 33; ¶1 L1-4                   |                     |
| 47. p. 33; ¶2 L1-2                   |                     |
| 48. p. 33; ¶ 2 L6-9                  |                     |
| 49. p. 33; ¶2 L9-11                  |                     |
| 50. p. 33; ¶3 L3-5                   |                     |
| 51. p. 33; ¶3 L5-10 & p. 34; ¶1 L1-3 |                     |
| 52. p. 34; ¶2 L8-10                  |                     |
| 53. p. 34; ¶3 L1-3                   |                     |
| 54. p. 34; ¶3 L3-6                   |                     |

1. What seven specific areas or categories does this chapter suggest we focus on in our inventory? Note: these areas are scattered throughout this chapter.
2. How have we formed a solid foundation for our recovery?
3. What does working the remainder of the steps, starting with Step Four, signify?
4. Why should we work the Fourth Step?
5. Where does the motivation to work the Fourth Step come from for many of us?
6. Why does recovery involve much more than simple abstinence from drugs?
7. What is the solution to our problem?
8. What else do we need to change?
9. What doesn't matter?

10. What is a turning point in our journey of recovery?
11. What are we embarking on?
12. How can we overcome our fear of the unknown?
13. What do we believe is part of God's will for us?
14. What do we trust will be the final outcome of working the Fourth Step?
15. What will help us be honest about other aspects of our addiction?
16. Where do we find the courage necessary to work the Fourth Step?
17. What is an essential part of this step?
18. How can we make it easier to get in touch with the truth?

STEP FOUR

---

19. What do we put on paper?

20. Where do we find the courage to be searching and fearless?

**DISCUSSION QUESTION:**

**How have I developed faith and trust in the God of my understanding?**

21. What is meant by a searching and fearless moral inventory?

22. What does the fourth step further separate?

23. What freedom can we find?

24. What can we do if the word "moral" bothers us?

25. What things do we look at that kept us trapped in our addiction?

26. What does an inventory allow us to look at?
  
27. What should we do any time we sit down to write?
  
28. Why must we have the guidance and support of a sponsor?
  
29. How might our sponsor help us?
  
30. What do we need to do once we begin writing?
  
31. What risk do we run if we put our Fourth Step away once we have begun?
  
32. What do we begin to see and understand?
  
33. What questions can we ask ourselves in order to look at more than one  
dimension of our experience?
  
34. Why is important to take a good hard look at how fear has worked in our lives?

STEP FOUR

---

35. How has fear affected us?

**DISCUSSION QUESTION:**

**How has fear affected me in the past and how does it affect me today in recovery?**

36. What resulted when we had no faith that a Higher Power would care for us?

37. What happened as we drove away the people who cared about us?

38. What did we do the lonelier we felt?

39. What do we have in our new lives?

**DISCUSSION QUESTION:**

**How is my life different when I have faith in a loving God?**

40. What other effects of our addiction do we assess?

41. How did some of us lose touch with our emotions?
42. Why is it important to name our feelings?
43. Why do we make a list of our resentments?
44. What can't we allow ourselves to become obsessed with?
45. In addition to looking at the situations against which we bear anger, what else do we examine?
46. What question can help us look at the part we played?
47. Which three types of relationships do we include in our inventory?
48. What is not the purpose of looking at our relationships with our families?
49. What should we keep in mind when we are writing about our relationships with our families?

STEP FOUR

---

50. What do we search for through the inventory?
  
51. How can our inventories be incomplete?
  
52. What identical conflicts will we probably see with friendships and romantic relationships?
  
53. How have our sexual beliefs and behavior caused problems in our relationships?
  
54. What can be changed?
  
55. What don't we have to be?

**DISCUSSION QUESTION:**

**Are there painful secrets that I am too scared to include in my inventory?**

56. What must we do to experience serenity?



57. What will our inventory help us identify?

58. What can provide us with more avenues to explore?

59. What does the quality of our lives depend upon?

**DISCUSSION QUESTION:**

**How do the results of my decisions differ when they are made based upon self-will versus God's will?**

60. What are examples of some of the ways we made decisions?

61. What may result from the process of our inventory?

62. What do we discover as a result of examining how we learned to live in conflict with our own morals and values?

63. Why might we have some trouble with examining our assets?

STEP FOUR

---

64. What can help us identify our character strengths?
65. What do we uncover as we look for character assets?
66. What do we begin to define?
67. What does Step Four allow us to chart?
68. What insight does the Fourth Step provide us?
69. What process does the Fourth Step start, whether we are writing our first inventory or our twentieth?
70. Why might we want to renew the process of change by working the Fourth Step again?
71. When will God reveal more to us?

72. What happens as we continue in recovery?

73. When do we begin to live more fully in the present?

74. What does the Fourth Step allow us to identify?

75. What has writing an inventory revealed?

80.

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP FOUR — LOCATION OF ANSWERS

---

1. p. 40; ¶4 L1-2; ;p. 41; ¶2 L1-2; p. 42; ¶2 L1-3; p. 42; ¶3 L1-2; p. 45; ¶3 L1-2; p. 46; ¶2 L1-2; & p. 46; ¶3 L1-2
2. p. 36; ¶1 L1-2
3. p. 36; ¶1 L5-8
4. p. 36; ¶2 L1-11
5. p. 36; ¶3 L1-3
6. p. 36; ¶3 L3-6
7. p. 36; ¶3 L6 & p. 37; ¶1 L1
8. p. 37; ¶1 L1-3
9. p. 37; ¶1 L3-6
10. p. 37; ¶2 L1-2
11. p. 37; ¶2 L4-7
12. p. 37; ¶3 L4-6
13. p. 37; ¶3 L6-7
14. p. 37; ¶3 L7-10
15. p. 37; ¶4 L3-5
16. p. 38; ¶1 L2-4
17. p. 38; ¶2 L1
18. p. 38; ¶2 L2-4
19. p. 38; ¶2 L4-5
20. p. 38; ¶2 L5-8
21. p. 38; ¶3 L1-4
22. p. 38; ¶3 L7-9
23. p. 38; ¶3 L9-11
24. p. 38; ¶4 L1-3
25. p. 39; ¶1 L1-4
26. p. 39; ¶1 L6-10
27. p. 39; ¶2 L2-5
28. p. 39; ¶3 L1-4
29. p. 39; ¶3 L4-10
30. p. 40; ¶2 L2-4
31. p. 40; ¶2 L8-10
32. p. 40; ¶3 L3-4
33. p. 40; ¶3 L4-10
34. p. 40; ¶4 L1-4
35. p. 40; ¶4 L5 & p. 41; ¶1 L1-7
36. p. 41; ¶1 L7-14
37. p. 41; ¶1 L14-16
38. p. 41; ¶1 L16-17
39. p. 41; ¶1 L20-23
40. p. 41; ¶2 L1-2

# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP FOUR — LOCATION OF ANSWERS

---

- |  |                                   |
|--|-----------------------------------|
| 41. p. 41; ¶2 L2-5                                   | 61. p. 46; ¶1 L14-15              |
| 42. p. 41; ¶2 L7 & p. 42; ¶1 L1                      | 62. p. 46; ¶2 L10-11              |
| 43. p. 42; ¶2 L1-3                                   | 63. p. 46; ¶3 L1-4                |
| 44. p. 42; ¶2 L3-4                                   | 64. p. 46; ¶3 L4 – p. 47; ¶1 L1-4 |
| 45. p. 42; ¶2 L4-11                                  | 65. p. 47; ¶1 L4-6                |
| 46. p. 42; ¶2 L11-12                                 | 66. p. 47; ¶1 L6-7                |
| 47. p. 42; ¶3 L1-2; p. 43; ¶2 L1-3; & p. 43; ¶3 L1-2 | 67. p. 47; ¶1 L10-11              |
| 48. p. 42; ¶3 L2-4                                   | 68. p. 47; ¶2 L1-2                |
| 49. p. 42; ¶3 L4-5                                   | 69. p. 47; ¶2 L2-6                |
| 50. p. 42; ¶3 L11 & p. 43; ¶1 L1-2                   | 70. p. 47; ¶2 L12-15              |
| 51. p. 43; ¶2 L3-5                                   | 71. p. 47; ¶3 L2-3 & p. 48; ¶1 L1 |
| 52. p. 43; ¶3 L1-4 & p. 44; ¶1 L1                    | 72. p. 48; ¶1 L3-4                |
| 53. p. 44; ¶2 L1-10                                  | 73. p. 48; ¶1 L4-6                |
| 54. p. 45; ¶1 L1-3                                   | 74. p. 48; ¶2 L1-3                |
| 55. p. 45; ¶1 L6                                     | 75. p. 48; ¶2 L3-5                |
| 56. p. 45; ¶2 L1-2                                   |                                   |
| 57. p. 45; ¶2 L15-18                                 |                                   |
| 58. p. 45; ¶2 L18-19                                 |                                   |
| 59. p. 45; ¶3 L1-2                                   |                                   |
| 60. p. 45; ¶3 L5 & p. 46; ¶1 L1-6                    |                                   |

1. Why is it essential that we promptly share our written inventory?
2. What have we built this foundation on?
3. How do we strengthen our commitment to these principles?
4. What do we reaffirm by immediately working Step Five?
5. What will happen if we allow our feelings of shame or our fears of change and rejection to stop our progress?
6. How can we give in to the disease of addiction?
7. How can we put into practice our decision to allow God to care for our will and our lives?
8. What will lead us to a closer relationship with our Higher Power?

9. What will be enhanced by working the Fifth Step?
  
10. Why is the admission we are about to make especially important?
  
11. How do we find new levels of honesty, especially self-honesty?
  
12. What increases as a result of the risks we take in Step Five?
  
13. When did we first experience faith and hope?
  
14. How is bravery demonstrated?
  
15. What can happen if we don't focus on the admission we make to ourselves?
  
16. What do we need to make sure that we are acknowledging and accepting?
  
17. How do we gain a new understanding of the principle of humility?

### STEP FIVE

---

18. What can help us experience feelings of acceptance, belonging and a part of the program?
19. How do we go on if the feelings we have long avoided cause a rise in our anxiety level?
20. What is the first thing we must realize about the Fifth Step?
21. What mistake are we making if we expect the Fifth Step to make our feelings to go away?
22. What is the purpose of the first four steps?
23. Who can provide us with all the support we need?
24. Why do most of us choose to share our inventory with our sponsor?
25. What are some characteristics or qualities of the person who listens to our Fifth Step?



**DISCUSSION QUESTION:**

**What are other important considerations and qualities of the person who is hearing a Fifth Step?**

26. How can we reaffirm our surrender and the decision we made in the Third Step?
27. What can be a profoundly intimate experience?
28. What do many of us ask for in addition to strength and courage?
29. Why is it so important that we also make our admission to God?

**DISCUSSION QUESTION:**

**What are different ways we can make our admission to the God of our understanding?**

30. What is central to our recovery?

STEP FIVE

---

31. What blocked us from the acceptance or love of a Higher Power?
32. When do we draw closer to our Higher Power?
33. What enhances our acceptance of ourselves?
34. What is one more assurance of the presence of a Power greater than ourselves?
35. What has kept us stuck in the same place?
36. What do we begin to realize?

**DISCUSSION QUESTION:**

**What is an example of a defect that I discovered that was behind a behavior?**

37. How do we begin to realize that there are other people like us?
38. What has made us feel unique?

39. How can healing take place?
40. What can we find in these moments?
41. When do our feelings of alienation fade?
42. How may we feel after working our Fifth Step?
43. What could this process be thought of as?
44. What have we done through the Fifth Step?
45. What dangers may we experience at this point?
46. How can we resist such impulses?
47. What will we find?

STEP FIVE

---

48. How will working this step help us develop close relationships with other people?
49. What else do we find, in addition to the freedom to trust others?
50. How has our belief and faith in the God of our understanding grown?
51. What does the relationship with our Higher Power call for?
52. How does intimacy with our Higher Power develop?
53. What certainty develops?
54. What is the exact nature of our wrongs?
55. What have our lives been rooted in?
56. Why are we ready for Step Six?

# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP FIVE — LOCATION OF ANSWERS

---

- |                      |                                     |
|----------------------|-------------------------------------|
| 1. p. 49; ¶1 L1-4    | 19. p. 52; ¶1 L1-4                  |
| 2. p. 49; ¶1 L4-6    | 20. p. 52; ¶1 L4-6                  |
| 3. p. 49; ¶1 L4-8    | 21. p. 52; ¶1 L6-8                  |
| 4. p. 49; ¶1 L8-9    | 22. p. 52; ¶1 L8-10                 |
| 5. p. 49; ¶2 L5-8    | 23. p. 52; ¶1 L11-13                |
| 6. p. 49; ¶2 L8-11   | 24. p. 52; ¶2 L1-5 & L12-14         |
| 7. p. 50; ¶1 L2-5    | 25. p. 52; ¶3 L1-3 & p. 53; ¶1 L1-8 |
| 8. p. 50; ¶1 L7-9    | 26. p. 53; ¶2 L1-6                  |
| 9. p. 50; ¶2 L1-3    | 27. p. 53; ¶2 L9-11                 |
| 10. p. 50; ¶2 L5-10  | 28. p. 53; ¶3 L1-3                  |
| 11. p. 50; ¶2 L10-13 | 29. p. 53; ¶3 L3-6                  |
| 12. p. 50; ¶2 L13-15 | 30. p. 53; ¶3 L6-8                  |
| 13. p. 50; ¶2 L13-15 | 31. p. 53; ¶3 L8-11                 |
| 14. p. 50; ¶2 L19-21 | 32. p. 53; ¶3 L11 & p. 54; ¶1 L1-3  |
| 15. p. 51; ¶2 L1-5   | 33. p. 54; ¶1 L3-5                  |
| 16. p. 51; ¶2 L7-9   | 34. p. 54; ¶2 L9-12                 |
| 17. p. 51; ¶3 L1-8   | 35. p. 54; ¶3 L2-5                  |
| 18. p. 51; ¶4 L3-7   | 36. p. 54; ¶3 L7-9                  |

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP FIVE — LOCATION OF ANSWERS

---

37. p. 55; ¶2 L8-10
38. p. 55; ¶2 L11-12
39. p. 55; ¶2 L15-16
40. p. 55; ¶2 L16-19
41. p. 55; ¶3 L1-2
42. p. 56; ¶2 L1-2
43. p. 56; ¶2 L3-4
44. p. 56; ¶2 L4-8
45. p. 56; ¶3 L1-5
46. p. 56; ¶3 L5-8
47. p. 56; ¶3 L8-11
48. p. 57; ¶1 L1-4
49. p. 57; ¶1 L5-12
50. p. 57; ¶2 L3-6
51. p. 57; ¶2 L8-10
52. p. 57; ¶2 L10-13
53. p. 57; ¶2 L14-15
54. p. 57; ¶3 L1-3
55. p. 58; ¶1 L1-3
56. p. 58; ¶1 L3-5

1. What is only the beginning of the striking changes that take place in our lives as we move on to Step Six?
2. What is necessary if we are to be ready to have our defects removed?
3. What can we expect to be profoundly changed by working the Sixth Step?
4. What are essential actions that must be taken if we expect to make any significant and lasting changes in our lives?
5. What can happen if we gloss over the Sixth and Seventh Steps and go on to make our amends?
6. How long of a process is the Sixth Step?
7. What do we strive to increase throughout our lifetime?
8. What is our job in the Sixth Step?

STEP SIX

---

9. How are deep internal changes brought about?
10. Why do we prepare to surrender our defects of character to a loving God?
11. What often causes pain?
12. What feeling compels us to change and grow?
13. What are some striking changes?
14. What might we attempt when we feel that our defects are getting in the way of our recovery?
15. What must we do, rather than try to exert power and control over our defects?
16. What does one part of this process involve?
17. What should we do when we are confronted with our character defects?



18. What are no longer excuses to be irresponsible?
19. How do we find humility?
20. How does our humility grow?
21. How have we already experienced remarkable changes in our emotional and spiritual nature?
22. What were we given in Steps One through Three?
23. What did it take to make our initial surrender?
24. What did it take to develop a belief in a Power greater than ourselves?
25. What was required from us when we made our Third Step decision?
26. What spiritual principles lay the foundation of the work in the Sixth Step?

STEP SIX

---

27. Why do we need willingness in Step Six?

28. What mustn't we do?

**DISCUSSION QUESTION:**

**What have I done to stay committed to my recovery when I've felt like giving up?**

29. What are we often blind to?

30. What is our job?

31. What must we do?

32. How can we make use of sheer grit and tenacity?

33. How have we become aware of our defects?

34. How do we focus on how our defects have manifested themselves in our lives?

35. What are our character defects?

36. What do character defects do?

37. What are some fears we all have?

**DISCUSSION QUESTION:**

**What are some of my fears and how do they affect my life?**

38. What is the result of our fears becoming obsessively self-centered?

39. How do we bridge the vast gulf between fear and courage as we work Step Six?

40. What must be overcome?

41. Who will we need to trust to remove our defects of character?

STEP SIX

---

**DISCUSSION QUESTION:**

**Why do I trust that my Higher Power will remove my defects of character?**

42. What chance must we be willing to take?
  
43. When will we surely let go?
  
44. How did our self-centeredness protect us in our active addiction?
  
45. What did our denial protect us from seeing?
  
46. What did our selfishness make possible?
  
47. Why do we no longer need these skills?
  
48. What do we see as we write our list of defects?
  
49. What do we need to be open-minded about?

50. What might we find in our sponsor or others whose recovery we admire?

51. Where do we find what we hope to become?

52. What faith do we have when our sponsor or other members share the freedom they have found from their defects of character?

53. What might we mourn?

**DISCUSSION QUESTION:**

**What defects have I mourned the loss of?**

54. What do we need to surrender?

55. Why are we completely aware that there is no turning back?

56. What has working the steps started to heal?

STEP SIX

---

57. What is part of the process of becoming entirely ready?

**DISCUSSION QUESTION:**

**How have I begun practicing constructive behaviors?**

58. Why do we find the willingness to practice constructive behaviors?

59. How do we form a habit of thinking constructively?

60. What becomes natural?

61. What don't we have to spend time doing?

62. What can happen if we manipulate outcomes or avoid consequences?

**DISCUSSION QUESTION:**

**What are some of the reasons I have manipulated outcomes or sought to avoid consequences since I've been clean?**

63. How do we seek a life of harmony and peace?
  
64. Where do we put the energy we used to put into the care and feeding of our character defects?
  
65. What will happen the more attention we focus on our spiritual nature?
  
66. What will we not achieve, regardless of how diligently we apply the Sixth Step to our lives?
  
67. What will we most likely see throughout our lifetime?
  
68. What is the ideal state for an addict to be in?
  
69. What does humility do for us?
  
70. What do we gain as we work this step?

STEP SIX

---

71. What can we do when we see someone acting out on a character defect that we have acted on ourselves?
  
72. What can we do if we find any reservation exists to cling to any defect?
  
73. What must we do if the process of recovery is to be truly lasting?



# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP SIX — LOCATION OF ANSWERS

---

1. p. 59; ¶1 L1-4
2. p. 59; ¶1 L4-7
3. p. 59; ¶1 L7-9
4. p. 59; ¶2 L1-5
5. p. 59; ¶2 L7-10
6. p. 59; ¶3 L1-2
7. p. 59; ¶3 L2-4
8. p. 59; ¶3 L4-6
9. p. 59; ¶3 L4-7
10. p. 60; ¶1 L5-8
11. p. 60; ¶2 L1-2
12. p. 60; ¶2 L10-12
13. p. 60; ¶2 L14-16
14. p. 60; ¶3 L1-3 & p. 61; ¶1 L1
15. p. 61; ¶1 L3-6
16. p. 61; ¶1 L6-8
17. p. 61; ¶2 L1-4
18. p. 61; ¶2 L8-10
19. p. 61; ¶3 L1-3
20. p. 61; ¶3 L2-4
21. p. 61; ¶3 L6-10
22. p. 61; ¶3 L10-12 & p. 62; ¶1 L1
23. p. 62; ¶1 L1-3
24. p. 62; ¶1 L1-4
25. p. 62; ¶1 L4-7
26. p. 62; ¶2 L1-3
27. p. 62; ¶2 L3-5
28. p. 62; ¶2 L5-7
29. p. 62; ¶2 L7
30. p. 62; ¶2 L9-11
31. p. 62; ¶2 L12-13
32. p. 62; ¶2 L13-16
33. p. 62; ¶3 L1-4
34. p. 62; ¶3 L4-6
35. p. 62; ¶3 L6 & p. 63; ¶1 L1-2
36. p. 63; ¶1 L2-3

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP SIX — LOCATION OF ANSWERS

---

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 37. p. 63; ¶3 L3-5                | 56. p. 65; ¶3 L10-11              |
| 38. p. 63; ¶3 L5-9                | 57. p. 65; ¶4 L1-2                |
| 39. p. 63; ¶4 L1-3                | 58. p. 65; ¶4 L2 & p. 66; ¶1 L1-3 |
| 40. p. 63; ¶4 L3 & p. 64; ¶1 L1-2 | 59. p. 66; ¶1 L6-8                |
| 41. p. 64; ¶1 L2-4                | 60. p. 66; ¶1 L8-10               |
| 42. p. 64; ¶1 L4-7                | 61. p. 66; ¶1 L10-12              |
| 43. p. 64; ¶1 L7-9                | 62. p. 66; ¶2 L8-13               |
| 44. p. 64; ¶2 L2-6                | 63. p. 66; ¶3 L1-2                |
| 45. p. 64; ¶2 L6-7                | 64. p. 66; ¶3 L2 & p. 67; ¶1 L1-2 |
| 46. p. 64; ¶2 L7-8                | 65. p. 67; ¶1 L2-4                |
| 47. p. 64; ¶2 L8-11               | 66. p. 67; ¶2 L1-3                |
| 48. p. 64; ¶3 L1-2                | 67. p. 67; ¶2 L3-5                |
| 49. p. 64; ¶3 L2-4                | 68. p. 67; ¶2 L9-10               |
| 50. p. 65; ¶2 L1-4                | 69. p. 67; ¶2 L10-12              |
| 51. p. 65; ¶2 L6-8                | 70. p. 67; ¶3 L1-2                |
| 52. p. 65; ¶2 L8-12               | 71. p. 67; ¶3 L2-9                |
| 53. p. 65; ¶3 L1-2                | 72. p. 67; ¶4 L2 & p. 68; ¶1 L1-2 |
| 54. p. 65; ¶3 L4-7                | 73. p. 68; ¶1 L6-10               |
| 55. p. 65; ¶3 L7-10               |                                   |

1. What did we do in Step Four?
2. What did we do in Step Five?
3. Why did we become entirely ready to have our defects of character removed?
4. What are we asking for when we ask our Higher Power to remove our shortcomings?
5. Why do we ask for help?
6. What do we need to attain if we are going to live a clean life and walk a spiritual path?
7. What is an attitude of humility?
8. What does humility mean in Step Seven?

STEP SEVEN

---

**DISCUSSION QUESTION:**

**What is my role in my recovery? What are my strengths and limitations?**

9. What must we do to work the Seventh Step?
10. What does it mean to humbly ask for the removal of our shortcomings?
11. What attitude do we hope to demonstrate in Step Seven?
12. How do we arrive at this?
13. What do we do when we have an attitude of humility?
14. How is the surrender required in Step Seven different from our initial surrender?
15. What was our initial surrender born in?
16. What do we accept in this new level of surrender?

17. What was the first move in the direction of accepting ourselves?
  
18. How were our illusions of uniqueness overcome?
  
19. What is a good indication of humility?
  
20. What is an essential ingredient in working this step?
  
21. Why may we have difficulty with the notion of patience?
  
22. How do we become more patient?
  
23. If we can't begin to imagine what our Higher Power has in store for us, what must we rely on?
  
24. What does our faith give us?
  
25. What is not our concern?

STEP SEVEN

---

26. What kind of choice is the Seventh Step?
27. What would happen if we bypassed this step?
28. What did we have when we walked into our first meeting?
29. What had been cut off?
30. What had we lost?
31. What did we sense from our very first meeting?
32. What are we experiencing?
33. What is one of the relationships we see changes in?

**DISCUSSION QUESTION:**

**How has your relationship with God changed since coming to NA?**

34. What do we now sense?
35. What does developing a relationship with the God of our understanding do?
36. What has enriched this relationship?
37. What attributes are so vital to our recovery?
38. What do we do each time we come up short on any of the qualities we are trying to attain or when we have difficulty practicing spiritual principles?
39. What do we ask of a loving God to do in this step?
40. How does our faith grow?
41. What may happen when we ask our Higher Power to remove our shortcomings?

STEP SEVEN

---

42. Who do we need to guide us through the Seventh Step?
43. How can our sponsor help us?
44. What are different ways that people pray when asking our Higher Power to help us?
45. What do we know, regardless of how we choose to communicate with the God of our understanding
46. What does working the Seventh Step give us?
47. What do we know if we live by the spiritual principles of recovery?
48. Who do we trust with our lives?
49. What do we no longer have to react to in destructive ways?
50. What freedom do we now have?



51. What is a result of developing a relationship with a Power greater than ourselves?
52. What does the process of the Seventh Step bring about?
53. What do we sense is present throughout our search for spiritual growth?
54. What do we glimpse?
55. What are we becoming examples of?
56. What is now a tangible reality?
57. Where has the God of our understanding taken us from?
58. Where has the God of our understanding taken us to?
59. What needs to be addressed at this point?
60. Why do we go on to Step Eight?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP SEVEN — LOCATION OF ANSWERS

---

- |                      |                      |
|----------------------|----------------------|
| 1. p. 69; ¶1 L1-2    | 19. p. 71; ¶1 L1-2   |
| 2. p. 69; ¶1 L2-3    | 20. p. 71; ¶2 L1-2   |
| 3. p. 69; ¶1 L3-5    | 21. p. 71; ¶2 L2-4   |
| 4. p. 69; ¶1 L5-7    | 22. p. 71; ¶2 L4-8   |
| 5. p. 69; ¶1 L9-10   | 23. p. 71; ¶3 L1-4   |
| 6. p. 69; ¶2 L1-3    | 24. p. 71; ¶3 L6     |
| 7. p. 69; ¶2 L5-7    | 25. p. 71; ¶4 L2-4   |
| 8. p. 69; ¶2 L7-11   | 26. p. 71; ¶4 L4-6   |
| 9. p. 69; ¶2 L11-12  | 27. p. 71; ¶4 L6-9   |
| 10. p. 69; ¶2 L12-16 | 28. p. 72; ¶1 L3-4   |
| 11. p. 70; ¶2 L4-5   | 29. p. 72; ¶1 L4-5   |
| 12. p. 70; ¶2 L1-5   | 30. p. 72; ¶1 L5-6   |
| 13. p. 70; ¶2 L4-7   | 31. p. 72; ¶1 L8-10  |
| 14. p. 70; ¶3 L1-3   | 32. p. 72; ¶1 L11-12 |
| 15. p. 70; ¶3 L3-5   | 33. p. 72; ¶2 L1-2   |
| 16. p. 70; ¶3 L6-8   | 34. p. 72; ¶2 L7-9   |
| 17. p. 70; ¶3 L8-10  | 35. p. 72; ¶3 L1-4   |
| 18. p. 70; ¶3 L10-13 | 36. p. 72; ¶3 L4-5   |

# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP SEVEN — LOCATION OF ANSWERS

---

- |                                     |                      |
|-------------------------------------|----------------------|
| 37. p. 72; ¶3 L5-6 – p. 73; ¶1 L1-3 | 55. p. 75; ¶2 L1-4   |
| 38. p. 73; ¶2 L1-4                  | 56. p. 75; ¶2 L4-6   |
| 39. p. 73; ¶2 L4-7                  | 57. p. 75; ¶2 L7-9   |
| 40. p. 73; ¶2 L7-9                  | 58. p. 75; ¶2 L9-10  |
| 41. p. 73; ¶2 L9-14                 | 59. p. 75; ¶2 L10-12 |
| 42. p. 73; ¶3 L1-3                  | 60. p. 75; ¶2 L12-15 |
| 43. p. 73; ¶3 L3-6                  |                      |
| 44. p. 74; ¶1 L3-7                  |                      |
| 45. p. 74; ¶1 L8-11                 |                      |
| 46. p. 74; ¶2 L2-3                  |                      |
| 47. p. 74; ¶2 L3-6                  |                      |
| 48. p. 74; ¶2 L6-7                  |                      |
| 49. p. 74; ¶2 L7-9                  |                      |
| 50. p. 74; ¶2 L9-11                 |                      |
| 51. p. 74; ¶2 L11-13                |                      |
| 52. p. 74; ¶3 L1-2                  |                      |
| 53. p. 74; ¶3 L2 – p. 75; ¶1 L1-3   |                      |
| 54. p. 75; ¶1 L3-4                  |                      |

1. Who have we made peace with in the previous steps?
2. Who do we begin the process of making peace with in the Eight Step?
3. How did we inflict harm on others?
4. What do we need to do in order to gain true freedom from our defects?
5. What do we begin in the Eighth Step?
6. How do we do this?
7. Why does the process of making amends have the greatest impact on our own lives?
8. What will we be astounded by as we work our way through the process of making amends?

9. What is this process designed to do?
  
10. What can cause us to feel unbearable guilt?
  
11. How do we begin to be free of such guilt?
  
12. What fears may we have?

**DISCUSSION QUESTION:**

**What fears do I have about working Step Eight?**

13. What must we avoid?
  
14. What are our only concerns at this point?
  
15. What has prepared us for the willingness we need to begin the Eighth Step?
  
16. How has working the previous steps prepared us?

STEP EIGHT

---

17. What did we have to believe in order to admit our wrongs?
18. What is vital in making our amends list?
19. What is the Eighth Step a continuation of?
20. What do we need to overcome if we are to make the list and become willing?
21. Why must we add to our list, the person we haven't truly forgiven?
22. What must we let go of?
23. What do we focus on?

**DISCUSSION QUESTION:**

**Do I have resentments that are making it difficult to add someone to my Eighth Step list?**

24. What will happen if we are still in the grip of self-obsession?
  
25. What do we let go of?
  
26. What idea must go?
  
27. What are we not concerned about in the Eighth Step?
  
28. What are we only concerned about in the Eighth Step?
  
29. What spiritual principle will we need to practice if we still bear anger to some of the people in our past?
  
30. Where does our ability to forgive come from?
  
31. What do we pray for if we have difficulty?
  
32. What do we begin to accept?

STEP EIGHT

---

33. What will a thorough Fourth Step do?
34. Why isn't the Eighth Step simply a restatement of our inventory?
35. How can our sponsor help us in compiling our amends list?
36. What did many of us have difficulty seeing?
37. What happens as we talk with our sponsor and other addicts?
38. What does the word harm mean in the context of the Eighth Step?
39. What do our intentions have to do with harms?
40. When were others harmed?
41. What might we do to gain a better understanding of how we may have harmed  
people?



42. How can we repair the damage we've done?
43. Where can we start in situations that can't be set right?
44. What will help us continue our spiritual awakening?
45. What increases our humility?
46. What is being truly sorry an indication of?
47. How may planning how we are going to make amends increase our willingness?
48. How can we increase our willingness to make the amends we owe?
49. What is at stake?
50. What must we do if we want to continue with our recovery?

STEP EIGHT

---

51. What takes our relationship with God a step further?

52. What does our commitment to recovery include?

53. What is our Higher Power preparing us for?

54. How are the changes brought about by our Higher Power evidenced?

55. What are we developing?

56. What do we no longer feel?

57. What are the keys to freedom from our past?

58. How do we go on to Step Nine?

# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP EIGHT — LOCATION OF ANSWERS

---

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1. p. 76; ¶1 L1-2                 | 19. p. 78; ¶1 L4-6                |
| 2. p. 76; ¶1 L2-4                 | 20. p. 78; ¶2 L1-2                |
| 3. p. 76; ¶2 L1-2                 | 21. p. 78; ¶2 L4-8                |
| 4. p. 76; ¶2 L4-7                 | 22. p. 78; ¶2 L8                  |
| 5. p. 76; ¶2 L7-8                 | 23. p. 78; ¶2 L8-9                |
| 6. p. 76; ¶2 L8-10                | 24. p. 78; ¶2 L9-11               |
| 7. p. 76; ¶3 L1-6                 | 25. p. 78; ¶2 L11-12              |
| 8. p. 76; ¶3 L6-8                 | 26. p. 78; ¶2 L13-14              |
| 9. p. 76; ¶4 L1-2 & p. 77; ¶1 L1  | 27. p. 78; ¶2 L14-15              |
| 10. p. 77; ¶1 L3-5                | 28. P 78; ¶2 L15-17               |
| 11. p. 77; ¶1 L5-7                | 29. p. 78; ¶3 L1-3                |
| 12. p. 77; ¶2 L1-4                | 30. p. 78; ¶3 L3-4                |
| 13. p. 77; ¶2 L11-13              | 31. p. 78; ¶3 L5-7                |
| 14. p. 77; ¶2 L14-15              | 32. p. 78; ¶3 L7 & p. 79; ¶1 L1-2 |
| 15. p. 77; ¶3 L1-2                | 33. p. 70; ¶2 L3-6                |
| 16. p. 77; ¶3 L2-4                | 34. p. 79; ¶3 L1-5                |
| 17. p. 77; ¶3 L4-8                | 35. p. 79; ¶4 L1-9                |
| 18. p. 77; ¶3 L8 & p. 78; ¶1 L1-2 | 36. p. 80; ¶1 L1-2                |

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP EIGHT — LOCATION OF ANSWERS

---

37. p. 80; ¶1 L8-10

55. p. 83; ¶2 L4-6

38. p. 80; ¶2 L1-8

56. p. 83; ¶2 L8-9

39. p. 80; ¶2 L9-11

57. p. 83; ¶2 L9-13

40. p. 80; ¶2 L11-13

58. p. 83; ¶2 L15-17

41. p. 80; ¶2 L13-15

42. p. 81; ¶2 L6-9

43. p. 81; ¶3 L1-12

44. p. 81; ¶4 L1-5

45. p. 81; ¶4 L5-6

46. p. 81; ¶4 L6 & p. 82; ¶1 L1-2

47. p. 82; ¶2 L6-9

48. p. 82; ¶3 L1-7

49. p. 82; ¶3 L9

50. p. 82; ¶3 L9-10

51. p. 82; ¶4 L2-4

52. p. 83; ¶1 L1-2

53. p. 83; ¶2 L1-2

54. p. 83; ¶2 L2-4

1. How do we put our willingness into action?
2. What is the process we're involved in?
3. What has this process called on us to do?
4. What must we now do?
5. What may prevent us from making amends?
6. What can't we base our willingness on?
7. What exists for each of our amends?
8. What must we be willing to do, regardless of the potential outcome?
9. Who can help us walk through the fear and go on?

STEP NINE

---

10. Who do we turn to for strength?
11. Who does not hold a monopoly on kindness or forgiveness?
12. What must we do, whether other people are willing to accept us or not?
13. What is the risk we take sure to be rewarded with?
14. Which spiritual principles are invaluable to us in the Ninth Step?
15. What has worked together to increase our humility and provide us with the motivation to work the Ninth Step?
16. Where has our path led us?
17. What should be the primary motive for working the Ninth Step?
18. Why shouldn't we make amends?

19. How can we be certain our motives are based in spiritual principles?
20. Who will provide us with the guidance we need?
21. What must we let go of?
22. Who do we leave the results to?
23. What can't we expect?
24. What should we do if we humbly ask for forgiveness but don't receive it?
25. How do we know if we are approaching our amends in the true spirit of humility and love?
26. Who should we discuss our amends with before we set out to make them?
27. What should we tell our sponsor?

### STEP NINE

---

28. What is imperative when we make amends to those we have held a resentment against in the past?
29. What is our responsibility?
30. What is not our responsibility?
31. How is making amends a two-stage process?
32. What is one of the most significant amends we can make?
33. Why don't we want to just carelessly step out and start making our amends without first discussing them in detail with our sponsor?
34. What usually happens when we make our amends on impulse, just to ease our own conscience?
35. What is the Ninth Step not designed to do?



36. What can our sponsor help us do?
37. What are some reasons we aren't able to make direct amends?
38. What should we do about the people on our list who we can't find?
39. What is not a good reason for not making amends in person?
40. What effort do we make?
41. What are we left to do when we live with indescribable remorse and wonder what we could possibly do to make amends?
42. Who can we ask for the forgiveness from in these situations?
43. What else do we do in situations with no easy answers?
44. With the help of our sponsor and the God of our understanding, what are we willing to do?

### STEP NINE

---

45. What does it take to continue to pay a bill for years and years?
46. What can we regain by following through?
47. What may be extremely uncomfortable?
48. What is something to consider when making amends for the damage we did in intimate relationships?
49. What is required to know when to make such amends and when to leave them alone?
50. What must we become in our relationships?
51. What is the only way we can make amends in some situations?
52. What do we look for?

53. What is a way of making amends to ourselves?
54. How do we learn to treat ourselves in recovery?
55. Where will the most important results of the Ninth Step be found?
56. What does this step teach us a great deal about?
57. What do we no longer live with?
58. What are we truly gaining?
59. What is one of the most wonderful gifts we derive from working the Ninth Step?
60. How can we realize that we have changed?
61. What does the amends process drive home?

STEP NINE

---

**DISCUSSION QUESTION:**

**How am I becoming a different person?**

- 62. How does our humility increase?
- 63. What shocks us out of our self-obsession?
- 64. How do we learn to treat other people as we work this step?
- 65. What becomes natural?
- 66. How do we approach people?
- 67. Why can Step Nine enhance our self-esteem?
- 68. What is one of the most paradoxical aspects of our recovery?
- 69. How do we realize our own value?

70. Who do our contributions make a difference to today?

71. What are we free to do as a result of working the Ninth Step?

72. What are we free to do now?

73. What does the Tenth Step give us the opportunity to do?

74. What has our Higher Power given us?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP NINE — LOCATION OF ANSWERS

---

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1. p. 84; ¶1 L1-3                    | 20. p. 86; ¶2 L8-9                  |
| 2. p. 84; ¶1 L3-7                    | 21. p. 86; ¶3 L7-9                  |
| 3. p. 84; ¶1 L7-10                   | 22. p. 86; ¶3 L9-10                 |
| 4. p. 84; ¶1 L10-11                  | 23. p. 86; ¶3 L12-14                |
| 5. p. 84; ¶2 L3-10                   | 24. p. 86; ¶3 L14-16                |
| 6. p. 84; ¶2 L10-12                  | 25. p. 87; ¶1 L1-6                  |
| 7. p. 84; ¶2 L12-13 & p. 85; ¶1 L1   | 26. p. 87; ¶2 L2-4                  |
| 8. p. 85; ¶1 L1-2                    | 27. p. 87; ¶2 L4-6                  |
| 9. p. 85; ¶1 L2-4                    | 28. p. 87; ¶3 L1-3                  |
| 10. p. 85; ¶2 L3-4                   | 29. p. 87; ¶3 L8-9                  |
| 11. p. 85; ¶3 L2-4                   | 30. p. 87; ¶3 L8-10                 |
| 12. p. 85; ¶3 L6-8                   | 31. p. 87; ¶4 L1-2 & p. 88; ¶1 L1-2 |
| 13. p. 85; ¶3 L8-9                   | 32. p. 88; ¶2 L1-2                  |
| 14. p. 85; ¶4 L1-4                   | 33. p. 89; ¶2 L1-4                  |
| 15. p. 85; ¶4 L6-10 & p. 86; ¶1 L1-2 | 34. p. 89; ¶2 L5-8                  |
| 16. p. 86; ¶1 L2-5                   | 35. p. 89; ¶2 L15-16                |
| 17. p. 86; ¶2 L1-2                   | 36. p. 89; ¶2 L16-18                |
| 18. p. 86; ¶2 L2-4                   | 37. p. 89; ¶3 L1-6                  |
| 19. p. 86; ¶2 L4-8                   | 38. p. 90; ¶1 L9-14                 |

# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP NINE — LOCATION OF ANSWERS

---

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 39. p. 90; ¶1 L14-16                 | 58. p. 94; ¶1 L1-3                 |
| 40. p. 90; ¶1 L16-18                 | 59. p. 94; ¶2 L1-4                 |
| 41. p. 90; ¶2 L7-11                  | 60. p. 94; ¶2 L3-5                 |
| 42. p. 90; ¶2 L11-12                 | 61. p. 94; ¶2 L7-9                 |
| 43. p. 91; ¶1 L5-8                   | 62. p. 94; ¶3 L1-2                 |
| 44. p. 91; ¶2 L8-11                  | 63. p. 94; ¶3 L2-4                 |
| 45. p. 92; ¶2 L14-16                 | 64. p. 94; ¶3 L6-7                 |
| 46. p. 92; ¶2 L16-17                 | 65. p. 94; ¶3 L9-10                |
| 47. p. 92; ¶3 L1-3                   | 66. p. 94; ¶3 L12 & p. 95; ¶1 L1-2 |
| 48. p. 92; ¶3 L9-11 & p. 93; ¶1 L1-2 | 67. p. 95; ¶2 L1-3                 |
| 49. p. 93; ¶1 L2-4                   | 68. p. 95; ¶2 L3-6                 |
| 50. p. 93; ¶1 L9-10                  | 69. p. 95; ¶2 L8-9                 |
| 51. p. 93; ¶2 L1-2                   | 70. p. 95; ¶2 L8-11                |
| 52. p. 93; ¶2 L8-9                   | 71. p. 95; ¶3 L1-3                 |
| 53. p. 93; ¶3 L1-2                   | 72. p. 95; ¶3 L5-7                 |
| 54. p. 93; ¶3 L6-7                   | 73. p. 95; ¶3 L8-11                |
| 55. p. 93; ¶4 L1-2                   | 74. p. 95; ¶3 L11-12               |
| 56. p. 93; ¶4 L2-4                   |                                    |
| 57. p. 93; ¶4 L4 & p. 94; ¶1 L1      |                                    |

1. What is recovery in Narcotics Anonymous?
2. What has made it possible to live in harmony with ourselves and others?
3. What are critical elements of conducting our lives on a spiritual basis?
4. What do we become more aware of by working the Tenth Step?
5. What are we constantly rewarded with?
6. What must we continue to do?
7. How does the Tenth Step further our spiritual healing?
8. What cannot be overemphasized?
9. What does our recovery depend upon?



10. Why do some members relapse, even after long periods of clean time?
11. Little by little, what do those small hurts, half-truths, and “justified” grudges turn into?
12. When do we have to deal with situations such as these?
13. What do we use in the Tenth Step?
14. What has helped many of us keep spiritual ideals foremost in our minds throughout the day?
15. What can we attribute virtually every wrongdoing to?
16. What is just as necessary now?
17. What do we do each day with the Tenth Step?

STEP TEN

---

18. What must we do, even though forming a habit of working this step may be difficult at first?
  
19. What goal are we moving toward?
  
20. What do we need to develop?

**DISCUSSION QUESTION:**

**How have I developed self-discipline?**

21. What will we find the more effort we put into developing self-discipline?
  
22. What do we need to stay in tune with?
  
23. What should we do as soon as we become aware that we're feeling ill at ease?
  
24. What do we strive to maintain?

25. What is also helpful?

26. What do we need to draw on in order to examine our day or our life?

27. What takes a great deal of awareness?

28. Why may we have trouble knowing when we are wrong?

29. How do we often act?

30. What can we do if we find ourselves in the midst of moral uncertainty?

31. What situations may we find ourselves in?

32. What may we be tempted to do about a difficult dilemma?

33. What have we found about such dilemmas?

STEP TEN

---

34. What must we do to arrive at our own decision?

35. Why do we have to arrive at our own decision?

36. When can it be very confusing to determine when we were wrong?

**DISCUSSION QUESTION:**

**How has using a sponsor or other members helped me determine when I have been wrong?**

37. What might we not be able to do when our emotions are running high?

38. What do we only see?

39. What will lead to greater clarity?

40. What do we do once we're aware that we've been wrong?

41. What brings about tremendous freedom?
  
42. What must we remember?
  
43. What must we resist?
  
44. What is the point of the Tenth Step?
  
45. What should we acknowledge?
  
46. What do we develop for ourselves as we work this step?
  
47. Where do we draw courage from?
  
48. What do we strive to become when we see that we've been selfish?
  
49. What can we do when we realize that we've fallen short instead of being overwhelmed by feelings of dread and fear of failure?

STEP TEN

---

50. What do we know will happen if we apply our program of recovery to our shortcomings?
51. What do we begin to see as a result of working the Tenth Step?
52. What have many of us experienced through freely admitting our mistakes and releasing ourselves from unrealistic expectations?
53. Where can true self-worth flourish?
54. When do we feel renewed hope?
55. What are we able to accept?
56. What are we becoming?
57. What can we stop making of others?

58. Why are we free to enjoy another's companionship?
  
59. What are healthier relationships an indication of?
  
60. What have we discovered by accepting the challenge of self-appraisal called for in the Tenth Step?
  
61. When do we experience the powerful presence of a loving God in our lives?
  
62. Why do we go on to the Eleventh Step?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP TEN --LOCATION OF ANSWERS

---

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. p. 96; ¶1 L1-2                 | 19. p. 98; ¶2 L2-5                    |
| 2. p. 96; ¶1 L2-5                 | 20. p. 98; ¶2 L7-8                    |
| 3. p. 96; ¶1 L5-7                 | 21. p. 98; ¶2 L7-10                   |
| 4. p. 96; ¶1 L8-10                | 22. p. 98; ¶3 L3-4                    |
| 5. p. 96; ¶1 L10-11               | 23. p. 98; ¶3 L10-12                  |
| 6. p. 96; ¶2 L8-9                 | 24. p. 98; ¶4 L1-2                    |
| 7. p. 96; ¶2 L11-13               | 25. p. 98; ¶4 L2 & p. 99; ¶1 L1-2     |
| 8. p. 97; ¶1 L1-3                 | 26. p. 99; ¶2 L1-3                    |
| 9. p. 97; ¶1 L3-5                 | 27. p. 99; ¶2 L6-7                    |
| 10. p. 97; ¶1 L5-9                | 28. p. 99; ¶3 L1-2                    |
| 11. p. 97; ¶1 L9-12               | 29. p. 100; ¶1 L1-2                   |
| 12. p. 97; ¶1 L13-15              | 30. p. 100; ¶1 L11-13                 |
| 13. p. 97; ¶2 L1-3                | 31. p. 100; ¶2 L1-3                   |
| 14. p. 97; ¶2 L3-7                | 32. p. 100; ¶2 L8-12                  |
| 15. p. 97; ¶2 L8-10               | 33. p. 100; ¶2 L12-13                 |
| 16. p. 97; ¶2 L10-12              | 34. p. 100; ¶2 L14-15                 |
| 17. p. 97; ¶3 L2-3 & p. 98; ¶1 L1 | 35. p. 100; ¶2 L14-16 & p. 101; ¶1 L1 |
| 18. p. 98; ¶2 L1-2                | 36. p. 101; ¶2 L1-3                   |



# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP TEN --LOCATION OF ANSWERS

---

- |                                     |                       |
|-------------------------------------|-----------------------|
| 37. p. 101; ¶2 L3-4                 | 55. p. 103; ¶1 L9     |
| 38. p. 101; ¶2 L5                   | 56. p. 103; ¶1 L11-12 |
| 39. p. 101; ¶2 L10-15               | 57. p. 103; ¶2 L3-4   |
| 40. p. 101; ¶3 L1-4                 | 58. p. 103; ¶2 L9-10  |
| 41. p. 101; ¶3 L4-7                 | 59. p. 103; ¶3 L1-2   |
| 42. p. 102; ¶2 L1-3                 | 60. p. 104; ¶1 L3-7   |
| 43. p. 102; ¶2 L3-5                 | 61. p. 104; ¶2 L1-4   |
| 44. p. 102; ¶2 L5-8                 | 62. p. 104; ¶2 L7-8   |
| 45. p. 102; ¶2 L8-9                 |                       |
| 46. p. 102; ¶3 L1-2                 |                       |
| 47. p. 102; ¶3 L4-5                 |                       |
| 48. p. 102; ¶3 L5-7                 |                       |
| 49. p. 102; ¶3 L7-11                |                       |
| 50. p. 102; ¶3 L11-13               |                       |
| 51. p. 102; ¶4 L1-2                 |                       |
| 52. p. 102; ¶4 L2 & p. 103; ¶1 L1-3 |                       |
| 53. p. 103; ¶1 L3-6                 |                       |
| 54. p. 103; ¶1 L6-8                 |                       |

1. What is one thing that stands out as a result of our working the steps?
2. What did our initial efforts result in?
3. What are the following steps designed to clear away?
4. What are we open to receive as a result of working the following steps?
5. What separated many of us from our Higher Power?
6. What made it difficult for most of us to even believe in a Power greater than ourselves, much less achieve conscious contact with that Power?
7. What happens once we begin to recover?
8. What have we achieved through working the previous steps?
9. What has ended?

10. What don't we gain in the Eleventh Step?
11. What particular kind of power do we pray for in the Eleventh Step?
12. Why do we no longer shy away from spiritual growth?
13. What reasons did we perhaps have for working the steps in the beginning?
14. What reason are we more likely to have for working the steps today?
15. What reveals that we've surrendered more completely?

**DISCUSSION QUESTION:**

**How have I surrendered more completely since I first came to Narcotics Anonymous?**

16. What do we actually believe?
17. What has become second nature?

STEP ELEVEN

---

18. What do we believe will have us gain more happiness and peace of mind?

19. What is surrender?

20. What has become the cornerstone of our recovery?

21. Why can't we recover on surrender alone?

22. What kind of action do we take?

**DISCUSSION QUESTION:**

**What am I doing to make prayer and meditation high on my priority list?**

23. What have we developed in the previous steps that we must increase to work this step?

24. What form of courage do we now need?

25. What is one of the basic principles of recovery in Narcotics Anonymous?
26. What do we respect?
27. What basic understanding may we have of what prayer and meditation are?
28. How are we likely to find what is right for us as individuals?
29. What do we do if every practice feels strange?
30. What will the spiritual path that we are on lead us to?
31. What does sharing in another's experience not excuse us from?
32. Where do we find what's true for us?
33. How does our understanding of a Higher Power grow and change?

STEP ELEVEN

---

**DISCUSSION QUESTION:**

**How has my understanding of a Higher Power grown and changed since coming to Narcotics Anonymous?**

34. How have we deprived ourselves of an opportunity to know someone else on a deeper level?
35. What will rob us on a grand scale?
36. What will halt further spiritual growth?
37. What is vital to working the Eleventh Step, in addition to open-mindedness?
38. How will we be rewarded?
39. What is the only thing that Step Eleven asks us to pray for?
40. What must we resist if we want to experience the rewards of the Eleventh Step?
41. What is not the answer?

42. As addicts, what are we subject to?
43. How doesn't knowledge of our Higher Power's will for us come?
44. How does knowledge of our Higher Power's will for us come?
45. What daily discipline does the Eleventh Step involve?
46. What does this discipline reinforce?
47. What do we begin to glimpse through this daily practice?
48. What have we found that following such a discipline also results in?
49. What have we begun to see is God's will for us?
50. What does our gratitude lead us to do?
51. What has our spiritual awakening opened us up to?

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP ELEVEN — LOCATION OF ANSWERS

---

- |                                     |  |
|-------------------------------------|--|
| 1. p. 105; ¶1 L1-4                  | 20. p. 107; ¶2 L16-18                  |
| 2. p. 105; ¶1 L4-5                  | 21. p. 107; ¶3 L1-2                    |
| 3. p. 105; ¶1 L5-8                  | 22. p. 107; ¶3 L1-10 & p. 108; ¶1 L1-2 |
| 4. p. 105; ¶1 L5-10                 | 23. p. 108; ¶2 L1-2                    |
| 5. p. 105; ¶2 L1-3                  | 24. p. 108; ¶2 L6-8                    |
| 6. p. 105; ¶2 L3-6                  | 25. p. 108; ¶3 L8-13                   |
| 7. p. 106; ¶1 L1-3                  | 26. p. 108; ¶3 L15-17                  |
| 8. p. 106; ¶1 L5-7                  | 27. p. 109; ¶1 L4-8                    |
| 9. p. 106; ¶1 L7-8                  | 28. p. 109; ¶1 L11-13                  |
| 10. p. 106; ¶2 L11-13               | 29. p. 109; ¶1 L15-18                  |
| 11. p. 106; ¶2 L13-15               | 30. p. 109; ¶2 L1-2                    |
| 12. p. 106; ¶3 L1-3                 | 31. p. 109; ¶2 L8-9                    |
| 13. p. 106; ¶3 L3-5                 | 32. p. 110; ¶1 L4-6                    |
| 14. p. 106; ¶3 L5 & p. 107; ¶1 L1-2 | 33. p. 110; ¶2 L1-2                    |
| 15. p. 107; ¶2 L1-2                 | 34. p. 110; ¶2 L5-9                    |
| 16. p. 107; ¶2 L2-5                 | 35. p. 110; ¶2 L9-11                   |
| 17. p. 107; ¶2 L5-9                 | 36. p. 110; ¶2 L11-12                  |
| 18. p. 107; ¶2 L10-12               | 37. p. 110; ¶3 L1-4                    |
| 19. p. 107; ¶2 L13-16               | 38. p. 110; ¶3 L7-9                    |



- 39. p. 110; ¶4 L1-2 & p. 111; ¶1 L1
- 40. p. 111; ¶1 L4-7
- 41. p. 111; ¶1 L7-8
- 42. p. 111; ¶2 L8-9
- 43. p. 111; ¶2 L15-16
- 44. p. 111; ¶2 L15-18
- 45. p. 111; ¶3 L1-2
- 46. p. 111; ¶3 L2-4 & p. 112; ¶1 L1
- 47. p. 112; ¶1 L1-3
- 48. p. 112; ¶1 L3-6
- 49. p. 112; ¶2 L5-8
- 50. p. 112; ¶3 L1-5
- 51. p. 112; ¶3 L5-7

1. What must we make use of as we carry the message and practice the principles of recovery in all our affairs?
2. While there may be great variations within our experience about this awakening of the spirit, what do we agree it results from?
3. When did our awakening begin?
4. What did we acknowledge when we surrendered?
5. What happened when we surrendered?
6. What is one of the common factors of a spiritual awakening?
7. When did we first begin to experience humility?
8. What allowed us our first glimpse of hope?

9. What did this hope provide us with?
10. What prompted us to a deeper level of surrender?
11. What did we go on to recognize?
12. Paradoxically, what did we find in this admission?
13. What did we begin to understand as we worked the Third Step?
14. What did our fellow NA members say we would find in the process of self-appraisal called for in Step Four?
15. How were our spirits strengthened?
16. What was just one of the positive results we found in the Fourth Step?
17. What was different about the admission we made in the First Step and the admission we made in Step Five?

### STEP TWELVE

---

18. What were the results of this complete disclosure of our innermost selves?
19. What made it possible for us to judge ourselves less harshly?
20. How did we develop a little more humility?
21. What are incompatible and can't exist at the same time?
22. How did our desire to change increase dramatically?
23. How did we overcome our fear about surrendering our character defects?
24. What are two important elements of a spiritual awakening?
25. What did these two elements make possible?
26. What was an important development in the awakening of our spirit?

27. What was tangible evidence of how much we had changed spiritually?
28. When did we finally begin to grasp what the miracle of recovery offers us?
29. What promise led us to proceed to Step Eight?
30. What did the spiritual preparation of the previous steps make possible for us?
31. What brought us further away from the grip of self-obsession?
32. What was our search for recovery no longer focused on?
33. What ability did we develop?
34. How was our humility enhanced?
35. How did our self-esteem grow?

STEP TWELVE

---

36. What did we gain most of all?
37. What ensured that we continued to breathe new life into our awakening spirits?
38. What happens by making our spiritual development our primary focus?
39. What has the spiritual void we felt at the beginning of our recovery been filled with?
40. How do we cultivate this awakening?
41. What is the spirit of the Twelfth Step grounded in?
42. What is a paradoxical aspect of Step Twelve?
43. What can we do if we find ourselves troubled and our faith wavering?
44. What can one small act of generosity do?

45. When do we reinforce our belief in the program?

46. What do we keep in mind, whatever form of service we choose to be involved in?

47. What is the message we carry?

**DISCUSSION QUESTION:**

**What is unique about the message I carry?**

48. What are some basic guidelines that we, as a fellowship, have found to be helpful when we carry the message?

49. We can only carry the message, what can't we determine?

50. What is absolutely none of our business?

51. What is our purpose and our privilege?

STEP TWELVE

---

52. What principle is expressed in our attitude?
53. What is anyone who reaches out for help entitled to?
54. What should any addict, regardless of clean time, be able to do?
55. What contributes, more than anything else, to the atmosphere of unconditional love in our meetings?
56. What does diligently practicing the principles of recovery ensure?
57. How does spirituality become a way of life for us?
58. What do we strive for?
59. What is the only way we hope to achieve the spiritual growth necessary to maintain our reprieve from the disease of addiction?
60. When does the voice of our gratitude speak most clearly?



# IT WORKS: HOW AND WHY STUDY GUIDE

## STEP TWELVE — LOCATION OF ANSWERS

---

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1. p. 113; ¶1 L2-4                 | 19. p. 115; ¶2 L6-8                 |
| 2. p. 113; ¶2 L4-6                 | 20. p. 115; ¶2 L9-10                |
| 3. p. 113; ¶3 L1-2                 | 21. p. 115; ¶2 L10–12               |
| 4. p. 113; ¶3 L4-6                 | 22. p. 115; ¶3 L1-4                 |
| 5. p. 113; ¶3 L4-8                 | 23. p. 115; ¶3 L4-8                 |
| 6. p. 113; ¶4 L1-3 & p. 114; ¶1 L1 | 24. p. 115; ¶3 L8-9                 |
| 7. p. 114; ¶1 L1-3                 | 25. p. 115; ¶3 L8-11                |
| 8. p. 114; ¶1 L6-7                 | 26. p. 115; ¶4 L1-3                 |
| 9. p. 114; ¶1 L7-9                 | 27. p. 115; ¶4 L1-4 & p. 116; ¶1 L1 |
| 10. p. 114; ¶2 L1-2                | 28. p. 116; ¶1 L3-6                 |
| 11. p. 114; ¶2 L2-5                | 29. p. 116; ¶2 L1-2                 |
| 12. p. 114; ¶2 L6-7                | 30. p. 116; ¶2 L4-7                 |
| 13. p. 114; ¶2 L7-10               | 31. p. 116; ¶2 L7-9                 |
| 14. p. 114; ¶3 L2-6                | 32. p. 116; ¶2 L9-11                |
| 15. p. 114; ¶3 L11 & p. 115; ¶1 L1 | 33. p. 116; ¶2 L13-14               |
| 16. p. 115; ¶1 L1-3                | 34. p. 116; ¶3 L3-5                 |
| 17. p. 115; ¶2 L1-3                | 35. p. 116; ¶3 L5-7                 |
| 18. p. 115; ¶2 L3-6                | 36. p. 116; ¶3 L7-9                 |

## IT WORKS: HOW AND WHY STUDY GUIDE

### STEP TWELVE — LOCATION OF ANSWERS

---

- |                                     |                      |
|-------------------------------------|----------------------|
| 37. p. 116; ¶4 L1 & p. 117; ¶1 L1-2 | 55. p. 121; ¶1 L4-7  |
| 38. p. 117; ¶1 L4-7                 | 56. p. 121; ¶2 L7-10 |
| 39. p. 117; ¶2 L8-11                | 57. p. 121; ¶3 L1-2  |
| 40. p. 117; ¶3 L1-3                 | 58. p. 121; ¶4 L1-2  |
| 41. p. 117; ¶3 L6-8                 | 59. p. 122; ¶1 L3-6  |
| 42. p. 118; ¶1 L1-2                 | 60. p. 122; ¶2 L1-3  |
| 43. p. 118; ¶1 L3-6                 |                      |
| 44. p. 118; ¶1 L6-9                 |                      |
| 45. p. 118; ¶1 L9-11                |                      |
| 46. p. 118; ¶2 L8-11                |                      |
| 47. p. 118; ¶3 L1-8 & p. 119; ¶1 L1 |                      |
| 48. p. 119; ¶2 L1-5 & ¶3 L2         |                      |
| 49. p. 120; ¶2 L7-8                 |                      |
| 50. p. 120; ¶3 L1-3                 |                      |
| 51. p. 120; ¶3 L8-10                |                      |
| 52. p. 120; ¶4 L1-2                 |                      |
| 53. p. 120; ¶4 L2-4                 |                      |
| 54. p. 120; ¶4 L4-6                 |                      |

# IT WORKS: HOW AND WHY STUDY GUIDE

1. What does Book Two seek to do?
2. What is this portion not meant to fulfill?
3. What does this book generate and allow?

## IT WORKS: HOW AND WHY STUDY GUIDE

### BOOK TWO – THE TWELVE TRADITIONS – LOCATION OF ANSWERS

---

1. p. 123; ¶1 L3-6
2. p. 123; ¶1 L7-8
3. p. 123; ¶1 L8-11

1. What did we learn in early recovery?
2. What do we come to believe about every NA meeting and group?
3. Why do we all have an interest in maintaining the unity that underlies its common welfare?
4. What is one way to look at placing our common welfare first?
5. What is very difficult without the support of others?
6. What does our individual recovery depend upon?
7. What does the importance of our unity encourage our groups to do?
8. What creates the unity that binds us together in spite of all that might divide us?
9. What does the common welfare of NA depend upon?

TRADITION ONE

---

10. What gives us a personal stake in the unity of NA?
11. What do we find in meetings?
12. What is a source of personal strength in our personal recovery?
13. What is the unity we see in our meetings an expression of?
14. What does NA unity begin with?
15. What enhances our common welfare and creates unity among NA members who work together?

**DISCUSSION QUESTION:**

**How does my group support shared responsibility?**

16. How do groups flourish?

17. How do we strengthen our unity?
18. What does diversity do?
19. What allows everyone to serve?
20. What happens when we unite in support of this purpose?
21. What is a significant source of unity in Narcotics Anonymous
22. What does the unity underlying our common welfare require?
23. What strengthens our groups, allowing us to carry a message of hope?
24. How do meetings flourish?
25. What goes a long way toward building and enhancing our common welfare?

### TRADITION ONE

---

26. How can we seek to understand other perspectives?
27. What enhances our ability to work together?
28. Who may today's decisions affect?
29. Who is important for us to remember in our discussions?
30. What do the friendships we develop outside of meetings do?
31. How do we strengthen our sense of community?
32. What is the essence of being of service in NA
33. What are some of the principles that seem particularly important to unity?
34. What opens the door to unity?



- 
35. What makes it easier to let go of our personal desires and stop fighting for what we want?
36. What does unity ask us to do if we find that our personal desires or the aims of our group are in conflict with working together?
37. What is one of the ties that bind us together?
38. When do we become a part of the greater whole?

**DISCUSSION QUESTION:**

**How have I made a commitment to stay?**

39. What is closely related to our degree of commitment to recovery in NA?
40. What belief supports the decision to make a commitment?
41. What are some ways in which we express our commitment?

TRADITION ONE

---

42. What does each member find?
43. What is another indispensable element in unity?
44. What helps us let go of our selfishness and lovingly serve the needs of others?
45. How is love expressed?
46. How do we contribute to unity in our meetings?
47. What helps members feel comfortable and safe?
48. What does the love we show each other do?
49. What happens when we apply anonymity to the First Tradition?
50. What does anonymity mean in the context of unity?

51. What does each of us have an equal right and responsibility for?
  
52. What happens with unity as our practical foundation?
  
53. What strengthens our understanding of all the other Traditions?

## IT WORKS: HOW AND WHY STUDY GUIDE

### TRADITION ONE — LOCATION OF ANSWERS

---

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1. p. 125; ¶1 L6-7    | 19. p. 127; ¶3 L7-8 & p. 128; ¶1 L1 |
| 2. p. 125; ¶1 L7-9    | 20. p. 128; ¶1 L1-3                 |
| 3. p. 125; ¶1 L9-11   | 21. p. 128; ¶1 L3-5                 |
| 4. p. 125; ¶2 L1-3    | 22. p. 128; ¶2 L2-4                 |
| 5. p. 125; ¶2 L3-4    | 23. p. 128; ¶2 L7-9                 |
| 6. p. 125; ¶2 L5-8    | 24. p. 128; ¶2 L9-10                |
| 7. p. 126; ¶1 L9-13   | 25. p. 128; ¶3 L1-2                 |
| 8. p. 126; ¶2 L6-8    | 26. p. 128; ¶3 L2-4                 |
| 9. p. 126; ¶2 L8-10   | 27. p. 128; ¶3 L11-12               |
| 10. p. 126; ¶3 L1-3   | 28. p. 129; ¶2 L1                   |
| 11. p. 126; ¶3 L3-4   | 29. p. 129; ¶2 L5-7                 |
| 12. p. 127; ¶1 L3-5   | 30. p. 129; ¶3 L3-4                 |
| 13. p. 127; ¶1 L6-9   | 31. p. 129; ¶3 L10-11               |
| 14. p. 127; ¶2 L1-2   | 32. p. 129; ¶4 L2 & p. 130; ¶1 L1-3 |
| 15. p. 127; ¶2 L9-11  | 33. p. 130; ¶1 L7-10                |
| 16. p. 127; ¶2 L11-12 | 34. p. 130; ¶2 L1                   |
| 17. p. 127; ¶2 L12-13 | 35. p. 130; ¶2 L2-4                 |
| 18. p. 127; ¶3 L5-7   | 36. p. 130; ¶2 L5-13                |

- 37. p. 130; ¶3 L2-3
- 38. p. 130; ¶3 L3 & p. 131; ¶1 L1-3
- 39. p. 131; ¶1 L3-4
- 40. p. 131; ¶2 L1-2
- 41. p. 131; ¶2 L2-8
- 42. p. 131; ¶2 L8-10
- 43. p. 131; ¶3 L1-2
- 44. p. 131; ¶3 L2-4
- 45. p. 131; ¶4 L1-2
- 46. p. 131; ¶4 L2 & p. 132; ¶1 L1-2
- 47. p. 132; ¶1 L5-7
- 48. p. 132; ¶1 L7-9
- 49. p. 132; ¶2 L2-4
- 50. p. 132; ¶2 L4-6
- 51. p. 132; ¶2 L7-9
- 52. p. 132; ¶3 L7-10
- 53. p. 132; ¶3 L12 & p. 133; ¶1 L1-2

1. What is our purpose as groups?
2. Where does personal service arise from?
3. What is personal service ideally founded in?
4. Where does our direction in service come from?
5. What do we seek whenever we come together?
6. Who has the final say in our discussions?
7. What mechanism do we need if we are to find guidance from an ultimate authority?
8. What does the success of the group conscience process depend on?
9. What happens when we practice the steps and learn to apply them in our individual lives?

10. In other words, what do we develop?
11. What is our conscience a reflection of?
12. What happens when our group conscience is consulted regularly?
13. What does group conscience reflect?
14. How does the conscience of the group take shape?
15. What happens in developing a group conscience?
16. What happens in the best of circumstances?

**DISCUSSION QUESTION:**

**What best describes how the group conscience takes shape in my home group?**

### TRADITION TWO

---

17. How does the conscience of the group evolve?
18. Why is it important to continue cultivating our group conscience?
19. What does a surrender to group conscience mean?
20. What might we be sometimes tempted to do?
21. How is our reliance on a Higher Power demonstrated?
22. What should we focus our attention on when we become bogged down in disagreement or sidetracked by seemingly insurmountable problems?
23. When is agreement reached?
24. When is the conscience of a group most clearly expressed?
25. When do our thoughts and actions change in our personal recovery?



26. What doesn't always develop in an orderly fashion?
27. What don't we do when we ask members to serve?
28. What do we exercise when we choose a member to serve us?
29. What is the relationship of trusted servants to the group?
30. What is the relationship of the group to trusted servants?
31. Who are we responsible to when we are asked to serve?
32. How do we acknowledge this responsibility?
33. Where can we look for guidance in all we must do in fulfilling our responsibilities?
34. How is this connection with the group conscience enhanced and strengthened?

TRADITION TWO

---

35. How do we help form the conscience of our group?
36. How do our trusted servants lead us the best?
37. How does personal service arise?
38. How do we learn to seek direction?
39. What are some of the principles that seem to be important in Tradition Two?
40. How do we renew our commitment to the common welfare of NA?
41. What is faith?
42. What does application of faith let us surrender with?
43. How is our faith strengthened?

44. What is humility in practice?
45. What is this kind of assessment a necessary ingredient in?
46. What does humility prepare us to do?
47. What is our source of strength?
48. How do we make room for open-mindedness?
49. What happens when we are open-minded?
50. What else happens when we practice open-mindedness?
51. What is the only way we can recognize the guidance of a loving Higher Power?
52. What is integrity?

TRADITION TWO

---

53. When do we serve best?
54. What reminds us that we are all equal in Narcotics Anonymous?
55. What does no member or group have a monopoly on?
56. How do we practice anonymity?
57. What are we all equal in?
58. Where else does Tradition Two offer guidance?
59. What is our best talent in service?
60. How do we become better able to help others?
61. What happens when we practice spiritual principles in our daily lives?

# IT WORKS: HOW AND WHY STUDY GUIDE

## TRADITION TWO — LOCATION OF ANSWERS

---

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1. p. 134; ¶1 L7-9    | 19. p. 137; ¶2 L1-2                 |
| 2. p. 134; ¶2 L1-2    | 20. p. 137; ¶2 L3-6                 |
| 3. p. 134; ¶2 L2-4    | 21. p. 137; ¶2 L8-11                |
| 4. p. 134; ¶2 L5-6    | 22. p. 137; ¶3 L1-6                 |
| 5. p. 134; ¶2 L8-10   | 23. p. 137; ¶3 L6 & p. 138; ¶1 L1-2 |
| 6. p. 135; ¶1 L4-6    | 24. p. 138; ¶2 L2-4                 |
| 7. p. 135; ¶2 L1-3    | 25. p. 138; ¶3 L1-2                 |
| 8. p. 135; ¶2 L4-6    | 26. p. 138; ¶3 L13-15               |
| 9. p. 135; ¶3 L1-4    | 27. p. 139; ¶2 L3-5                 |
| 10. p. 135; ¶3 L4-5   | 28. p. 139; ¶3 L1-2                 |
| 11. p. 135; ¶3 L5-9   | 29. p. 139; ¶3 L10-12               |
| 12. p. 135; ¶3 L12-15 | 30. p. 139; ¶3 L12-14               |
| 13. p. 136; ¶1 L2-4   | 31. p. 139; ¶4 L1-3                 |
| 14. p. 136; ¶1 L4-8   | 32. p. 139; ¶4 L3-5                 |
| 15. p. 136; ¶1 L14-16 | 33. p. 139; ¶4 L6 & p. 140; ¶1 L1-3 |
| 16. p. 136; ¶1 L19-20 | 34. p. 140; ¶2 L1-5                 |
| 17. p. 136; ¶2 L4-7   | 35. p. 140; ¶2 L5-8                 |
| 18. p. 137; ¶1 L6-13  | 36. p. 140; ¶3 L1-2                 |

## IT WORKS: HOW AND WHY STUDY GUIDE

### TRADITION TWO — LOCATION OF ANSWERS

---

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 37. p. 140; ¶4 L1-2                   | 55. p. 142; ¶3 L2-4                 |
| 38. p. 140; ¶4 L2-3                   | 56. p. 142; ¶3 L4-7                 |
| 39. p. 140; ¶4 L5-6 & p. 141; ¶1 L1-2 | 57. p. 142; ¶3 L8 & p. 143; ¶1 L1-2 |
| 40. p. 141; ¶2 L5-8                   | 58. p. 143; ¶2 L1-2                 |
| 41. p. 141; ¶3 L1-2                   | 59. p. 143; ¶3 L1-5                 |
| 42. p. 141; ¶3 L2-4                   | 60. p. 143; ¶3 L6-8                 |
| 43. p. 141; ¶3 L8-9                   | 61. p. 143; ¶4 L2-5                 |
| 44. p. 141; ¶4 L1-2                   |                                     |
| 45. p. 141; ¶4 L2-4                   |                                     |
| 46. p. 141; ¶4 L4-5                   |                                     |
| 47. p. 141; ¶4 L8-9                   |                                     |
| 48. p. 141; ¶5 L1-2                   |                                     |
| 49. p. 142; ¶1 L5-7                   |                                     |
| 50. p. 142; ¶1 L9-12                  |                                     |
| 51. p. 142; ¶1 L12-13                 |                                     |
| 52. p. 142; ¶2 L1-2                   |                                     |
| 53. p.142; ¶2 L3-5                    |                                     |
| 54. p. 142; ¶3 L1-2                   |                                     |

1. What does Narcotics Anonymous offer?
2. What do we focus on?
3. What is our message broad enough to do?
4. What is our sole interest when new members come to meetings?
5. How does the Third Tradition help NA offer recovery to so many addicts?
6. Why do we have no reason to judge each other?
7. What are we asked to extend to others?
8. How does the Third Tradition help NA grow?
9. How can we help addicts feel comfortable in our groups?

TRADITION THREE

---

**DISCUSSION QUESTION:**

**What made me feel welcome and comfortable when I first came to NA?**

10. What tone should our format reflect?
11. Most of all, what do we encourage every addict to do?
12. Why are we free to offer welcome instead of judgment?
13. What is our task?
14. Who are welcomed into our meetings with special encouragement to keep coming back?
15. Who is entitled to the same consideration and support as any other member?
16. What can often ignite the desire to stop using?



17. When do we stay to recover?

18. Who is not the jury of desire?

**DISCUSSION QUESTION:**

**When have I judged another addict's desire to stop using?**

**How did that affect the way I treated them?**

19. What should be a sufficient indication of desire?

20. What may take awhile?

21. What should no addict be denied?

22. How can we nurture that desire?

23. Why are we able to attract and welcome addicts who might think they didn't use the "right" drugs to qualify for membership in NA?

TRADITION THREE

---

24. What is important to remember?
25. What do new members need to hear if they are to feel that they belong in NA?
26. What is membership more than?
27. What does membership mean?
28. What do we need to do once we've made that decision?
29. What does the Third Tradition encourage?
30. What does the Third Tradition lead us on the path of service toward?
31. What are some of the principles that support this tradition?
32. What does tolerance remind us?

33. Why cannot NA exclude any addict who desires to stop using?
34. How do we learn to be tolerant of addicts from different backgrounds than ours?
35. What may be a death sentence for an addict?
36. What may send a new member back to the streets?
37. What does compassion lend?
38. How do we learn to support members through any difficulty they may experience?
39. What does Tradition Three ask us to set aside?
40. What ought our attitude be?

TRADITION THREE

---

41. What is more therapeutic to the suffering addict?
42. What does humility remind us?
43. What should we try to remember?
44. What helps us remember that we need each other's help and encouragement?
45. What makes us reluctant to judge others harshly?
46. What does anonymity support?
47. What is the common denominator in NA?
48. What does the practice of anonymity ensure?
49. What do we remember, in the spirit of anonymity?

# IT WORKS: HOW AND WHY STUDY GUIDE

## TRADITION THREE — LOCATION OF ANSWERS

---

1. p. 144; ¶1 L1-2
2. p. 144; ¶1 L2-3
3. p. 144; ¶1 L3-5
4. p. 144; ¶1 L5-7
5. p. 144; ¶2 L1-3
6. p. 144; ¶2 L6-8
7. p. 144; ¶3 L5-7
8. p. 144; ¶3 L7-9
9. p. 145; ¶1 L4-7
10. p. 145; ¶1 L11-12
11. p. 145; ¶1 L12-13
12. p. 145; ¶2 L10-13
13. p. 145; ¶3 L1-2
14. p. 146; ¶1 L3-5
15. p. 146; ¶1 L5-10
16. p. 146; ¶2 L7-8
17. p. 146; ¶2 L13-14
18. p. 146; ¶3 L1
19. p. 146; ¶3 L2-4
20. p. 146; ¶3 L4-6
21. p. 146; ¶3 L6 & p. 147; ¶1 L1-2
22. p. 147; ¶1 L2-3
23. p. 147; ¶2 L7-10
24. p. 147; ¶3 L4-8
25. p. 147; ¶3 L8-10
26. p. 147; ¶4 L3-4
27. p. 147; ¶4 L4 & p. 148; ¶1 L1
28. p. 148; ¶1 L5-8
29. p. 148; ¶2 L1-2
30. p. 148; ¶2 L2-4
31. p. 148; ¶2 L6-8
32. p. 148; ¶3 L1
33. p. 148; ¶3 L2-4
34. p. 148; ¶3 L4-6
35. p. 148; ¶4 L3-5
36. p. 149; ¶1 L2-3

TRADITION THREE — LOCATION OF ANSWERS

---

- 37. p. 149; ¶2 L1-2
- 38. p. 149; ¶2 L2-4
- 39. p. 149; ¶2 L6-7
- 40. p. 149; ¶2 L9-12
- 41. p. 149; ¶2 L12-14
- 42. p. 149; ¶3 L1-2
- 43. p. 149; ¶3 L2-4
- 44. p. 149; ¶3 L4-7
- 45. p. 149; ¶3 L7-9
- 46. p. 149; ¶4 L1-2 & p. 150; ¶1 L1
- 47. p. 150; ¶1 L2-3
- 48. p. 150; ¶2 L1-2
- 49. p. 150; ¶2 L2-4

1. What does the Fourth Tradition allow for?
2. What do we learn comes with freedom?
3. What do we see as we accept responsibility?
4. What are NA groups?
5. What gives groups the creative freedom to find individual ways to carry the message?
6. What joins together the vastly diverse assortment of addicts who make up NA?
7. Why do groups have the freedom to vary their format and other meeting characteristics?
8. What does every group have the freedom to pursue?

TRADITION FOUR

---

9. What is tied to our ability to reach the still-using addicts?
10. How is the vitality of Narcotics Anonymous enhanced?
11. How do members grow in their personal recovery?
12. How do groups grow and become stronger?
13. What do groups reflect?
14. What is one of the most common ways in which groups express their autonomy?
15. How is a broad cross-section of addicts more likely to be reached?
16. What is the freedom of judgment expressed in the Third Tradition aimed at?
17. What are all groups encouraged to keep the focus of their meetings on?



18. What can a group that observes the Twelve Traditions and espouses the Twelve Steps consider itself?
  
19. What does this chapter say, in two different places, about balance and the Fourth Tradition?
  
20. What do we consider when we make decisions in our groups?
  
21. Who should we consider when deciding who is affected by our group?
  
22. What is helpful for us to remember?
  
23. What do many addicts first coming to NA look closely for?
  
24. What is not difficult to do to an addict?
  
25. What is important to think about?

TRADITION FOUR

---

26. What two things may help ensure that meetings will be available for those addicts yet to come?
27. How do we help protect our reputation as a fellowship?
28. What may happen if the public reputation of Narcotics Anonymous is somehow impaired?
29. How can a group inventory help the group's observation of the Fourth Tradition?
30. How does the Fourth Tradition guide us away from self-centeredness?
31. What principles help protect NA as a whole when applied to our group affairs?
32. How do we exercise our responsibility to the fellowship as groups?
33. When does our group exercise our autonomy in a responsible way?
34. How are we more receptive to new ways of reaching addicts?

35. Who do we encourage to contribute thoughts and ideas?
36. What does our attitude of open-mindedness help us remember?
37. What should any decision that we make as an autonomous group be founded in first?
38. When do NA meetings thrive?
39. What principle guides us to see NA as a greater whole?
40. What does love encourage us to do?
41. What does anonymity reminds us when applied to the Fourth Tradition?
42. What does autonomy give NA groups?
43. What comes first?
44. What do groups provide?

## IT WORKS: HOW AND WHY STUDY GUIDE

### TRADITION FOUR — LOCATION OF ANSWERS

---

1. p. 151; ¶1 L5-7
2. p. 151; ¶2 L5-6
3. p. 151; ¶2 L7-10
4. p. 151; ¶3 L1
5. p. 152; ¶1 L1-2
6. p. 152; ¶1 L2-5
7. p. 152; ¶1 L8-11
8. p. 152; ¶1 L12-13
9. p. 152; ¶2 L2-5
10. p. 152; ¶2 L9-11
11. p. 152; ¶3 L5-6
12. p. 153; ¶1 L1-3
13. p. 153; ¶1 L3-4
14. p. 153; ¶2 L1-3
15. p. 153; ¶2 L12-14
16. p. 153; ¶3 L3-5
17. p. 153; ¶3 L6-8
18. p. 153; ¶3 L8-9 & p. 154; ¶1 L1-2
19. p. 154; ¶2 L2-4 & p. 156; ¶1 L1-2
20. p. 154; ¶2 L9-11
21. p. 154; ¶3 L3-7
22. p. 154; ¶3 L9-11
23. p. 154; ¶3 L11-12
24. p. 154; ¶3 L13
25. p. 154; ¶3 L13-15
26. p. 154; ¶3 L15-17 & p. 155; ¶1 L1-2
27. p. 155; ¶1 L9-12
28. p. 155; ¶1 L15-17
29. p. 155; ¶2 L3-9
30. p. 155; ¶2 L9-11
31. p. 156; ¶1 L5-7
32. p. 156; ¶2 L3-5
33. p. 156; ¶2 L5-8
34. p. 156; ¶3 L2-4
35. p. 156; ¶3 L5-6
36. p. 156; ¶3 L6-8
37. p. 157; ¶1 L1-3
38. p. 157; ¶1 L5-7
39. p. 157; ¶2 L1-2
40. p. 157; ¶2 L5-8
41. p. 157; ¶3 L1-3
42. p. 157; ¶4 L1-3
43. p. 157; ¶4 L6
44. p. 157; ¶2 L2-4

1. What is our primary purpose at the heart of?
2. How do NA groups become a channel for the healing power of recovery?
3. Why does Narcotics Anonymous exist?
4. What would happen if we were to espouse other ideas or pursue other goals?
5. How does the Fifth Tradition ask us to practice integrity?
6. What is the fundamental reason for our group's existence?
7. What is the message that we are asked to carry?
8. What happens when addicts experience the message of recovery?
9. What is our message?

TRADITION FIVE

---

10. What is the most basic guideline by which groups may examine their motives and their actions?
  
11. How can groups further our primary purpose?

**DISCUSSION QUESTION:**

**How does my group help create an atmosphere of recovery?**

12. What can cause us to ignore another addict who may be in pain and needs our encouragement?
  
13. What reputation should we try to establish?
  
14. What should serve us, not rule us?
  
15. What is our primary service?
  
16. What additional services help carry the message?

17. Why do groups usually assign responsibility for other services to area committees?

18. How do many groups help ensure that our primary purpose is still in focus?

**DISCUSSION QUESTION:**

**How does my group help ensure that our primary purpose is still in focus?**

19. What are some inventory questions that groups have used?

20. How is the impact of the Twelfth Step greatly multiplied?

21. What is even more impressive than sheer numbers of recovering addicts?

22. What can we draw on between meetings to stay clean?

23. What can members do to further our primary purpose?

TRADITION FIVE

---

24. Who is the message of recovery for?
25. What does the Fifth Tradition complement?
26. What are some of the principles we have applied to help us observe the Fifth Tradition?
27. How is integrity to the principles embodied in the Twelve Traditions demonstrated?
28. What special message does our fellowship have?
29. What responsibility does the Fifth Tradition give our groups?
30. What is each group responsible to become?
31. What is each member responsible for?



32. What is one of the greatest strengths in carrying the message?

33. What does unity of purpose do?

34. What do we, as groups, work together to ensure?

35. What are insignificant compared to our primary purpose?

36. How can groups practice the Fifth Tradition?

37. What unites meetings around the world?

38. How does the Fifth Tradition ask us to serve other addicts?

## IT WORKS: HOW AND WHY STUDY GUIDE

### TRADITION FIVE — LOCATION OF ANSWERS

---

- |  |                       |
|--|-----------------------|
| 1. p. 159; ¶1 L1                       | 22. p. 163; ¶1 L10-11 |
| 2. p. 159; ¶1 L2-4                     | 23. p. 163; ¶2 L2-7   |
| 3. p. 159; ¶1 L4-6                     | 24. p. 163; ¶3 L9-10  |
| 4. p. 159; ¶1 L6-8                     | 25. p. 164; ¶1 L1-2   |
| 5. p. 159; ¶1 L8-9                     | 26. p. 164; ¶1 L5-7   |
| 6. p. 159; ¶2 L1-3                     | 27. p. 164; ¶2 L1-3   |
| 7. p. 159; ¶3 L1-3                     | 28. p. 164; ¶2 L5-8   |
| 8. p. 160; ¶1 L7-9                     | 29. p. 164; ¶3 L1-3   |
| 9. p. 160; ¶10-13                      | 30. p. 164; ¶3 L3-5   |
| 10. p. 160; ¶2 L1-6                    | 31. p. 164; ¶3 L7-9   |
| 11. p. 160; ¶3 L1-11 & p. 161; ¶1 L1-2 | 32. p. 165; ¶1 L1-2   |
| 12. p. 161; ¶2 L5-7                    | 33. p. 165; ¶1 L2-3   |
| 13. p. 161; ¶3 L12-13                  | 34. p. 165; ¶1 L3-5   |
| 14. p. 161; ¶3 L14-16                  | 35. p. 165; ¶2 L1-2   |
| 15. p. 162; ¶1 L2                      | 36. p. 165; ¶2 L4-7   |
| 16. p. 162; ¶1 L4-6                    | 37. p. 165; ¶3 L1-3   |
| 17. p. 162; ¶1 L8-12                   | 38. p. 165; ¶3 L5-7   |
| 18. p. 162; ¶2 L1-3                    |                       |
| 19. p. 162; ¶2 L5-12                   |                       |
| 20. p. 163; ¶1 L4-5                    |                       |
| 21. p. 163; ¶1 L5-8                    |                       |

1. What can help our groups better fulfill their primary purpose?
2. What can lead to conflict?
3. How can cooperation with other organizations lead to conflict?
4. How does Tradition Six temper our zeal to carry the message?
5. What defines our fellowship?
6. What are we a society of?
7. When can the clarity of our primary purpose become muddied?
8. What three things does the Sixth Tradition warn us could blur the distinction between Narcotics Anonymous and other enterprises?
9. What is an endorsement?

TRADITION SIX

---

10. What is the ultimate endorsement?
11. What does Tradition Six allow us to devote all our energy to?
12. What is healthy for Narcotics Anonymous?
13. What does contact between our groups and the public provide?
14. What increases the chance that addicts seeking recovery will hear our message?
15. When should a group step back and examine its relationship with some other facility or organization?
16. What do we use to help us fulfill NA's primary purpose?
17. What happens when an NA group uses another organization's literature or speakers?

18. How do we free ourselves from distractions or confusion with the primary purpose of other organizations?
19. What are NA members and groups responsible for observing?
20. What can either enhance our efforts to fulfill our primary purpose or distract from it?
21. What is the basis of our freedom?
22. What happens when we adhere to the principles of recovery?
23. What are some of the principles that help us observe Tradition Six?
24. What is NA's role in society?
25. Why do we take care not to confuse our message with the beliefs or literature of other organizations?

TRADITION SIX

---

26. How do we demonstrate faith?

27. What does our faith lie in?

28. How are our contacts with others made simple and straightforward?

29. How do we generate harmony in relations with other organizations?

30. What is our identity as a fellowship founded in?

31. What aren't the relationships we have with outside organizations based on?

32. How do we observe the spirit of anonymity?

33. What happens when we take care to observe the boundaries set by our identity as

Narcotics Anonymous?

# IT WORKS: HOW AND WHY STUDY GUIDE

## TRADITION SIX — LOCATION OF ANSWERS

---

1. p. 166; ¶1 L7-8
2. p. 166; ¶1 L9-10
3. p. 166; ¶1 L9-11
4. p. 166; ¶1 L11-13
5. p. 166; ¶2 L1
6. p. 166; ¶2 L1-3
7. p. 166; ¶2 L3-6
8. p. 166; ¶3 L1-3 & p. 167; ¶1 L1
9. p. 167; ¶1 L1-3
10. p. 167; ¶1 L4-7
11. p. 167; ¶2 L18-20
12. p. 168; ¶1 L4-5
13. p. 168; ¶1 L5-11
14. p. 168; ¶1 L11-13
15. p. 168; ¶2 L6-9
16. p. 169; ¶2 L7-9
17. p. 169; ¶2 L9-11
18. p. 169; ¶3 L12-15
19. p. 169; ¶4 L1-2 & p. 170; ¶1 L1
20. p. 170; ¶2 L3-5
21. p. 171; ¶1 L1-2
22. p. 171; ¶1 L2-5
23. p. 171; ¶1 L6-7
24. p. 171; ¶2 L1-7
25. p. 171; ¶3 L4-6
26. p. 171; ¶4 L1-3
27. p. 172; ¶1 L1-5
28. p. 172; ¶2 L4-7
29. p. 172; ¶2 L7-10
30. p. 172; ¶3 L1-3
31. p. 172; ¶3 L3-5
32. p. 173; ¶1 L1-3
33. p. 173; ¶2 L5-9

1. Why does Tradition Seven encourage us to decline funding from other organizations?
2. What happens when we pay our own expenses?

**DISCUSSION QUESTION:**

**How is autonomy related to self-support?**

3. How does the spirit of the Seventh Tradition go much farther than just the funds we contribute?
4. What does a group already have?
5. What happens to the group if it is without that message?
6. Where do most groups contribute after paying their basic expenses?
7. Why have service boards and committees been created?



8. What does the consistent commitment of a group's members provide?
9. What are two vital contributions that don't cost any money?
10. What questions may a group ask itself if it is having problems sustaining itself?
11. What can help deflate a group's sense of its needs to their proper size?
12. What does our group's decision to become fully self-supporting reflect?
13. What is an NA recovery group founded on?
14. What have we found that we need in order to survive and to grow?
15. How can money-raising activities affect our primary purpose?
16. Why are groups discouraged from engaging in fundraising activities?

### TRADITION SEVEN

---

17. What may a group want to consider if they are unable to provide for its own needs from the contributions of its members?
18. What does not depend on the amount of money we give?
19. What does the Seventh Tradition suggest avoiding?
20. What will we do if we want what the group has to offer us individually, and if our group wants to reap the benefits associated with self-support?
21. What are some of the principles which will strengthen our appreciation of the Seventh Tradition?
22. How do NA members generate a sense of gratitude among themselves?
23. How does the gratitude of the group speak?
24. What reflects the group's sense of responsibility for itself?

25. What illusion do we discard in recovery?

**DISCUSSION QUESTION:**

**How have I become self-supporting in my personal recovery?**

26. What helps our groups avoid the heated conflicts that often arise over the control of great resources?

27. What do we avoid when the simplicity of our primary purpose and of our needs is kept squarely in focus?

28. What does practical simplicity walk hand in hand with?

29. How are our needs met?

30. How are the needs of the group met?

31. What commitment did we make to one another as members of an NA group?

TRADITION SEVEN

---

32. What reflects the group's integrity?
  
33. What does anonymity mean in the context of Tradition Seven?
  
34. What are all parts of the responsibility of the group?
  
35. What spells freedom?
  
36. How does our NA group assure that it will always have the resources it needs to survive and continue fulfilling its primary purpose?

# IT WORKS: HOW AND WHY STUDY GUIDE

## TRADITION SEVEN — LOCATION OF ANSWERS

---

1. p. 174; ¶1 L5-8
2. p. 174; ¶1 L8-9
3. p. 175; ¶3 L2-6
4. p. 175; ¶4 L1-3
5. p. 175; ¶4 L6 & p. 176; ¶1 L1
6. p. 176; ¶3 L1-3
7. p. 176; ¶3 L9-13
8. p. 177; ¶1 L4-7
9. p. 177; ¶7-10
10. p. 177; ¶2 L4-9
11. p. 177; ¶2 L9-12
12. p. 178; ¶1 L4-8
13. p. 178; ¶2 L4-6
14. p. 178; ¶2 L8-9
15. p. 179; ¶1 L7-20
16. p. 179; ¶2 L1-5
17. p. 179; ¶2 L5-8
18. p. 180; ¶1 L2-5
19. p. 180; ¶3 L10-13
20. p. 181; ¶2 L9-13
21. p. 181; ¶3 L10-13 & p. 182; ¶3 L8-9
22. p. 182; ¶1 L4-6
23. p. 182; ¶1 L8-10
24. p. 182; ¶2 L1-3
25. p. 182; ¶2 L3-5
26. p. 182; ¶3 L8-10 & p. 183; ¶1 L1
27. p. 183; ¶1 L1-4
28. p. 183; ¶2 L2-3
29. p. 183; ¶2 L3-4
30. p. 183; ¶2 L7-9
31. p. 183; ¶3 L1-2
32. p. 183; ¶3 L3-4
33. p. 183; ¶4 L2-8
34. p. 183; ¶4 L8-9 & p. 184; ¶1 L1-2
35. p. 184; ¶2 L1-3
36. p. 184; ¶2 L9-13

1. What does Tradition Eight remind us?
2. What is the heart of NA recovery from addiction?
3. What do we mean when we say that Narcotics Anonymous should remain forever non-professional?
4. What is irrelevant at an NA meeting?
5. Where does the therapeutic value in the message we share with one another lie?
6. What does Tradition Eight make a distinction between?
7. What principles underlie the Eighth Tradition?
8. When does an NA group exercise humility?
9. Where does the value of our program come from?
10. How do we further exercise humility?

11. What mustn't we allow to prevent our fellowship from hiring the help it needs to support its services?
12. What shouldn't we hire special workers for?
13. What must we exercise when employing professional assistance for our services?
14. What can we distinguish between by exercising prudence?
15. What are all group members experts in?
16. How does Tradition Eight support the integrity of the NA group?
17. How do we reaffirm our belief that the therapeutic value of one addict helping another is without parallel?
18. What is the heart of our program?
19. How will our fellowship and our recovery remain vital?

TRADITION EIGHT—LOCATION OF ANSWERS

---

1. p. 185; ¶2 L4-7
2. p. 185; ¶2 L7-9
3. p. 186; ¶1 L1-6
4. p. 186; ¶2 L3-4
5. p. 186; ¶2 L5-8
6. p. 186; ¶3 L5-7
7. p. 187; ¶1 L2-5
8. p. 187; ¶2 L1-2
9. p. 187; ¶2 L7-9
10. p. 187; ¶3 L1-3
11. p. 187; ¶3 L8-10
12. p. 187; ¶4 L1-2
13. p. 187; ¶4 L2-3
14. p. 188; ¶1 L2-5
15. p. 188; ¶2 L5-7
16. p. 188; ¶3 L1-6
17. p. 188; ¶3 L9-13
18. p. 188; ¶3 L12-13
19. p. 188; ¶3 L13-15



1. What does our White Booklet say NA is?
2. Why do we meet regularly?
3. What is our membership requirement?
4. What is our primary purpose?
5. Why do our groups work well?
6. What is Tradition Nine not an excuse for?
7. What does Tradition Nine recognize?
8. What does the Ninth Tradition suggest?
9. What does this arrangement ensure?

### TRADITION NINE

---

10. What is development of service based squarely on?
11. How do we assure that our service boards and committees will remain directly responsible to those they serve?
12. What do responsible service boards and committees do?
13. How do we create an atmosphere of responsibility that serves our fellowship and its primary purpose well?
14. Why should organized service work be kept distinct from the groups?
15. What is the basis for organizing boards and committees?
16. What do we not establish?
17. What does the Ninth Tradition exhort?

18. What are our leaders?
19. Who do our leaders take their directions from?
20. What defines NA?
21. What do our groups, service boards, and committees practice so that no one personality ever dominates?
22. What are these boards and committees subject to?
23. What are groups responsible to consider?
24. What will complicate the simplicity of NA?
25. What should groups do as long as a committee remains active?
26. What are boards and committees called to faithfully execute?

TRADITION NINE

---

27. What can our service boards and committees do with a minimum of organization?
28. What assures that the simple, spontaneous atmosphere of recovery shared one addict to another in the NA group in never organized, legislated, or regulated out of existence?

# IT WORKS: HOW AND WHY STUDY GUIDE

## TRADITION NINE — LOCATION OF ANSWERS

---

- |                                      |                       |
|--------------------------------------|-----------------------|
| 1. p. 189; ¶1 L1-3                   | 19. p. 193; ¶3 L5-8   |
| 2. p. 189; ¶1 L3-5                   | 20. p. 193; ¶3 L8-10  |
| 3. p. 189; ¶1 L11-12                 | 21. p. 193; ¶3 L10-14 |
| 4. p. 189; ¶1 L12-13                 | 22. p. 194; ¶2 L3-6   |
| 5. p. 189; ¶1 L18-21                 | 23. p. 194; ¶3 L3-5   |
| 6. p. 189; ¶2 L1-3                   | 24. p. 194; ¶3 L6-8   |
| 7. p. 189; ¶2 L2-3 & p. 190; ¶1 L1-2 | 25. p. 195; ¶1 L1-3   |
| 8. p. 190; ¶1 L2-5                   | 26. p. 195; ¶2 L5-8   |
| 9. p. 190; ¶1 L8-12                  | 27. p. 195; ¶2 L8-12  |
| 10. p. 191; ¶2 L17-19                | 28. p. 195; ¶2 L12-15 |
| 11. p. 192; ¶1 L3-6                  |                       |
| 12. p. 192; ¶2 L6-9                  |                       |
| 13. p. 192; ¶2 L9-13                 |                       |
| 14. p. 193; ¶2 L1-4                  |                       |
| 15. p. 193; ¶2 L4-5                  |                       |
| 16. p. 193; ¶2 L7-8                  |                       |
| 17. p. 193; ¶3 L2-5                  |                       |
| 18. p. 193; ¶3 L6-7                  |                       |

1. What is Narcotics Anonymous?
2. What is our primary purpose, as groups and as a fellowship?
3. How do we avoid becoming embroiled in public controversies that could distract us from our primary purpose?
4. When may we find ourselves treading on controversial ground?
5. What can't we deny?
6. How will we stay as far as possible from public controversy?
7. Who does Tradition Ten restrict and who does it not restrict?
8. Who can become members?
9. What is the only caution Tradition Ten offers individual NA members?

10. How may we be able to avoid complications when speaking in public, before they arise?
  
11. What is material for sharing in NA meetings?
  
12. What can distract our meetings from their primary purpose?
  
13. How will we avoid the kind of controversy that distracts us from our recovery?
  
14. What spiritual principles are contained in Tradition Ten?
  
15. What is foremost among the principles our groups and our fellowship apply in practicing Tradition Ten?
  
16. What have we agreed as a fellowship to take positions on?

**DISCUSSION QUESTION:**

**What are some of my “personal opinions” that have detracted from the unity in my home group?**

17. What are we as groups and as a fellowship responsible for?
18. What must we do to do these things effectively?
19. Why might we not be able to avoid all public controversy?
20. How do individuals responsibly exercise the Tenth Tradition?
21. Why do we speak carefully, guarding the neutrality that is so important to the welfare of us all?
22. What must we do in all our contacts with society?
23. What do we have to share with the public?



24. What principle underlies the practicality of the Tenth Tradition?

25. What doesn't Narcotics Anonymous claim to have an answer to?

26. What are we?

27. Why do we speak simply about our program?

## IT WORKS: HOW AND WHY STUDY GUIDE

### TRADITION TEN — LOCATION OF ANSWERS

---

1. p. 196; ¶1 L1-3
2. p. 196; ¶1 L3-5
3. p. 196; ¶1 L6-9
4. p. 197; ¶2 L1-3
5. p. 197; ¶2 L9-10
6. p. 197; ¶2 L16-20
7. p. 197; ¶3 L1-3
8. p. 197; ¶3 L5-6
9. p. 198; ¶2 L1-3
10. p. 198; ¶2 L11-13
11. p. 198; ¶3L4-9
12. p. 199; ¶2 L1-3
13. p. 199; ¶2 L12-14
14. p. 199; ¶3 L1-3; p. 200; ¶2 L1; p. 201;  
¶2 L1-3; p. 201; ¶3 L1-2 & p. 201; ¶4  
L3-6
15. p. 199; ¶3 L1-3
16. p. 200; ¶1 L1-4
17. p. 200; ¶2 L1-5
18. p. 200; ¶2 L6-7
19. p. 200; ¶2 L8-12
20. p. 200; ¶3 L1-7
21. p. 200; ¶3 L11 & p. 201; ¶1 L1-4
22. p. 201; ¶2 L9-11
23. p. 201; ¶3 L5-6
24. p. 201; ¶4 L3-6
25. p. 201; ¶4 L6 & p. 202; ¶1 L1
26. p. 202; ¶1 L6-9
27. p. 202; ¶1 L9-12

1. What other five traditions address various aspects of our relations with the public?
2. What does the Third and Fifth Traditions talk about?
3. What does the existence of a public relations policy imply?
4. Why do we deliberately and energetically cultivate good public relations?
5. What type of anonymity doesn't Tradition Eleven speak to?
6. Why do we want to be better known by the public?
7. What is one way to take part in NA's public relations program?
8. What don't we want to make about NA in public relations activities?
9. What can be greatly affected by NA's messengers?

### TRADITION ELEVEN

---

10. Why do we never do PI work alone?
11. What truism applies to our public relations efforts?
12. When may it be appropriate to share a bit of our story and the recovery we've found in Narcotics Anonymous?
13. When do individual addicts become our strongest attraction?
14. What reflects on our NA recovery and the NA Fellowship?
15. What do we want as responsible NA members?
16. What is Tradition Eleven an expression of?
17. What is our primary purpose as a fellowship?
18. What do we need to gain public goodwill and attract addicts to our meetings?

19. What don't we need to build our public relations?
  
20. What do we have faith in?
  
21. What must we do to be of maximum service to the still-suffering addict?
  
22. What is the primary purpose of our public relations efforts?

## IT WORKS: HOW AND WHY STUDY GUIDE

### TRADITION ELEVEN — LOCATION OF ANSWERS

---

1. p. 203; ¶1 L4,6,7 & 8
2. p. 203; ¶1 L4-6
3. p. 203; ¶2 L5-8
4. p. 204; ¶1 L1-5
5. p. 204; ¶1 L6-7
6. p. 204; ¶1 L7-11
7. p. 204; ¶1 L11-13
8. p. 204; ¶2 L1-4
9. p. 205; ¶1 L6-7
10. p. 205; ¶2 L4-10
11. p. 205; ¶2 L10-13
12. p. 206; ¶1 L10-13
13. p. 206; ¶2 L3-5
14. p. 206; ¶3 L6 & p. 207; ¶1 L1
15. p. 207; ¶1 L2-4
16. p. 207; ¶2 L1-2
17. p. 207; ¶2 L2-4
18. p. 207; ¶2 L6-8
19. p. 207; ¶2 L8-10
20. p. 207; ¶2 L10-12
21. p. 207; ¶3 L3-5
22. p. 208; ¶1 L7-10

1. What do we seek to replace self-will with in our personal recovery?
2. Where does our fellowship take its collective guidance from?
3. What is anonymity essential in preserving?
4. What do we put first when given a choice between fulfilling our own wishes and preserving our fellowship's common welfare?
5. What principle comes before the fulfillment of our personal wishes?
6. How does the principle of anonymity underlie our tradition of membership?

**DISCUSSION QUESTION:**

**How else does the principle of anonymity support the Third Tradition?**

### TRADITION TWELVE

---

7. How does the principle of anonymity lie at the core of our Fellowship's understanding of group conscience?
8. What principles come before the personalities of our trusted servants?
9. What is each group free to do?
10. What restriction does our fellowship place on this near-total liberty?
11. What draws our autonomous groups together for the common welfare of them all?
12. How does anonymity shape our primary purpose?
13. What don't we use the NA name for?
14. How will society see our usefulness?



15. Why do we choose to receive support from our members anonymously?
16. What goes hand-in-hand with the principle of collective responsibility?
17. What do the principles of selfless giving and collective responsibility assure?
18. What do we use in place of professional Twelfth Steppers?
19. How do we strengthen the empathy that joins us together?
20. What do we place the principle of anonymous, selfless giving before?
21. How is the principle of anonymity applied in the way we structure our service organization?
22. What emphasizes our fellowship's belief in the value of anonymity in service?

TRADITION TWELVE

---

**DISCUSSION QUESTION:**

**How does my home group practice rotation of service positions?**

23. What is the guiding force behind NA services?
24. What don't we present in our interactions with society?
25. What do we base the credibility of our program on?
26. What practical functions does Twelfth Tradition anonymity serve?
27. What does the anonymity spoken of in our Twelfth Tradition mean?
28. What would happen to our personal recovery without anonymity?
29. What is our strength?
30. How is our own welfare enhanced?

31. How do we find a power not only greater than our own but greater than the sum of all its parts?
  
32. How do we find our own needs served?
  
33. How is our own spiritual growth enhanced beyond measure?
  
34. What is the only hope we have of maintaining unity amidst the tremendous diversity we find in Narcotics Anonymous?

## IT WORKS: HOW AND WHY STUDY GUIDE

### TRADITION TWELVE — LOCATION OF ANSWERS

---

1. p. 209; ¶1 L1-2
2. p. 209; ¶1 L3-5
3. p. 209; ¶2 L1-2
4. p. 209; ¶2 L5-9
5. p. 209; ¶2 L11-12
6. p. 210; ¶1 L1-7
7. p. 210; ¶2 L1-5
8. p. 210; ¶2 L16-18
9. p. 210; ¶3 L3-5 & p. 211; ¶1 L1
10. p. 211; ¶1 L1-4
11. p. 211; ¶1 L9-10
12. p. 211; ¶2 L1-9
13. p. 211; ¶3 L5-9
14. p. 211; ¶3 L9-10
15. p. 212; ¶2 L3-5
16. p. 212; ¶2 L8-11
17. p. 212; ¶2 L11-12
18. p. 212; ¶3 L2-6
19. p. 212; ¶3 L8-10
20. p. 212; ¶3 L10-13
21. p. 212; ¶4 L1-2 & p. 213; ¶1 L1-11
22. p. 213; ¶2 L5-7
23. p. 213; ¶2 L15-16
24. p. 214; ¶1 L5-7
25. p. 214; ¶2 L3-6
26. p. 214; ¶3 L1-10; ¶4 L1-2 & p. 215; ¶1 L1
27. p. 215; ¶2 L3-6
28. p. 215; ¶3 L2-4
29. p. 216; ¶1 L1-2
30. p. 216; ¶1 L5-7
31. p. 216; ¶1 L7-11
32. p. 216; ¶1 L11-13
33. p. 216; ¶1 L14-18
34. p. 216; ¶2 L1-5



NOTES

---

---