

# NARCOTICS® ANONYMOUS

## IN TIMES OF ILLNESS

UNAPPROVED LITERATURE  
NOT FOR USE IN N.A. MEETINGS

For Review and Input Only  
Input due May 31, 1989

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NARCOTICS

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1 yet has the courage to stay clean and maintain a conscious contact with a God of  
2 their understanding, deserves every bit of love and support we can provide.

3 \*\*\*\*\*

4 Living the Twelve Steps of Narcotics Anonymous with honesty, willingness,  
5 and courage, coupled with our belief and faith in a Higher Power, allow us to find  
6 the truth about ourselves and make it possible to live life on life's terms.  
7 Although life may sometimes bring us pain or sickness, experience has shown that  
8 when we utilize these resources and spiritual principles we find the help necessary  
9 to accept our illness and medical treatment.

10 We suggest the following for the recovering addict who may be confronted  
11 with illness during recovery. Begin your program of recovery before illness strikes.  
12 Pray and meditate. Read N.A. literature. Go to as many N.A. meetings as possible.  
13 Work closely with a sponsor and practice the Twelve Steps and Traditions. Reach  
14 out to other N.A. members, informing them of your condition and requesting their  
15 support. Share your thoughts and feelings honestly and openly.

16 Identify yourself as a recovering addict to your doctor. Honestly evaluate  
17 your condition and explore the alternatives to medication. Talk to your doctor or  
18 pharmacist before taking over-the-counter drugs. Arrange for an N.A. member to  
19 be with you immediately following surgery or other medical treatment involving  
20 drugs.

21 Continue to practice the Twelve Steps. If we maintain our spiritual  
22 foundation, check our motives, and share our thoughts and feelings, we are able to  
23 stay clean and continue on our path of recovery in Narcotics Anonymous.  
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