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NARCOTICS
ANONYMOUS



P. O. Box 1043
Studio City, California

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This booklet is dedicated to those who suffer from narcotics and sedation addiction. We, in Narcotics Anonymous, offer no cure, but we can honestly, positively, show you a way out, a way to quit using.

**DO YOU NEED
NARCOTICS ANONYMOUS?**

You do, if you are an addict.
Are you an addict?

Ask yourself these questions. Answer them as honestly as you can.

1. Do you lose time from work due to "using"?
2. Is "using" making your home life unhappy?
3. Do you "fix" because you are shy with other people?
4. Is "using" affecting your reputation?
5. Have you ever felt remorse after "fixing"?
6. Have you ever gotten into financial difficulties as a result of "using"?
7. Do you turn to lower companions and an inferior environment when "using"?
8. Does your "using" make you careless of your family's welfare?
9. Has your ambition decreased since "using"?
10. Do you crave a "fix" at a definite time daily?
11. Do you want a "fix" the next morning?

JUST FOR TODAY

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of narcotics.

JUST FOR TODAY I will have faith in someone in Narcotics Anonymous who believes in me and wants to help me to recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through Narcotics Anonymous, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way of life, even for today, I have nothing to fear.

*For information regarding time and place
of Narcotics Anonymous meetings, write to:*

NARCOTICS ANONYMOUS

P. O. Box 1043

Studio City, Calif.

NARCOTICS ANONYMOUS

P. O. Box 13023

So. Eastern Station

San Diego, Calif.

