

Inside front cover.

IS IT TRUE THAT ?

"Once an addict always an addict"

We in the fellowship of Narcotics Anonymous know this to
be false.

WE CAN RECOVER.

Narcotics Anonymous invites all who are interested in
relieving addiction to contact this group by addressing.

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So. Valley
~~Los Angeles~~, Calif.

I.

WHERE DO WE STAND.

The personal problem of addiction has existed, and has been mentioned in history and literature, since ancient times.

Medicine and society, past and present, with all the organizations and methods, at their disposal, have tried to solve this puzzle. Just recently, a dedicated man of great stature in the medical world, stated that only in rare and individual cases, did addiction yield to therapy in his field.

We know that many of the solutions offered us were worthwhile, but such cunning enemies of life are narcotics and sedation, that we had lost the power to accept and use them.

There was no way out left for us, all our own efforts failed, in extreme desperation, we sought help from ^{2a} each other in the fellowship of Narcotics Anonymous, and since 1953 a new and encouraging page, in recovery, is being unfolded.

We realize that the elimination of drugs from our lives, is but the first step away from a highly abnormal condition of mind and body. To take away drugs and give nothing to take their place, is no answer, something else must dominate and influence our lives. We believe this takes place when we give ourselves as completely as possible, to the simple program of Narcotics Anonymous.

Our using is only the immediate and apparent problem, the true addiction lies deeper in our emotional nature.

We could be called addictive personalities, since we take advantage of every possible means, to escape facing life and our responsibilities. We have to grow up and stop running away; facing reality is a painful process, but it is the way of recovery.

Practically all of us want to quit. We do not use because we want to, but because we have to ~~be driven by a compulsion~~ beyond our control. Willfulness is no explanation of addiction, for no ^{man} ~~one~~ person, in control of his faculties, would use as we do, knowing the ultimate pain and agony that it brings. We use because of forces within, that we can neither understand nor change by ourselves.

just to stay will, but when this wears out and we find that we can't function either or without drug. Yet when in this ditch we are driven to, by a craving beyond our control.

Our addictions are the outward symptoms of a deep emotional imbalance. We suffer from a physical sensitivity to drugs, so that once having begun to use, or substitute one drug for another, we start the phenomenon of craving, which shows itself in a compulsion that we are powerless to control ---no matter how much we want to stop. This allergy, for lack of a better word, we will always have; we can do nothing to change it, but having stopped and gone through withdrawal it becomes dormant and inactive.

The second part of our two-fold disease, is the mental obsession that leads us back again and again to narcotics and medication, for that elusive feeling of well-being that we *once* experienced...even though we know that the results are nearly always disastrous for us. These fixed ideas that we have are the things that we can and do change in Narcotics Anonymous.

By practicing the principles of the program, in all our affairs, we begin to grow spiritually. Our fears and anxieties, which show themselves in attitudes of discontent and frustration, lessen as the program is utilized in removing our resentments and hostilities. Driven by a hundred forms of fear and self-seeking, we step on peoples toes and they retaliate. Sometimes they seem to hurt us without reason, but we generally find that we had placed ourselves in a position to be hurt. Most of our troubles are of our own making, we are extreme examples of self-will run riot. If we would live we must be free of all forms of selfishness. Self-love, self-condemnation, false pride, self-pity and self-centeredness are gradually removed, as we become aware of new values in our lives. From this evolves a deep personality change.

This is not just a matter of changing our conduct but of altering our character.

