

## **48 MUSTS OF NA**

- 1. Everything that occurs in the course of N.A. service MUST be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. Introduction-Page xvi**
- 2. We MUST always remember that as individual members, groups, and service committees, we are not and should never be in competition with each other. Introduction-Page xvi**
- 3. We MUST face our problems and our feelings. Why are we here?  
Page 15**
- 4. We are people with the disease of addiction who MUST abstain from all drugs in order to recover. Chapter 4: How It Works-  
Page 18**
- 5. A second admission MUST be made before our foundation is complete. Step One-Page 21**
- 6. We MUST be done with the past, not cling to it. Step Four-Page 28.**
- 7. Assets MUST also be considered, if we are to get an accurate and complete picture of ourselves. Step Four-Page 28.**
- 8. Although He already knows, the admission MUST come from our own lips to be truly effective. Step Five-Page 31.**
- 9. We MUST carefully choose the person who is to hear our fifth Step. Step Five-Page 31.**
- 10. We MUST make sure that they know what we are doing and why we are doing it. Step Five-Page 31.**
- 11. We MUST be exact. Step Five-Page 32.**
- 12. We MUST realize that we are not perfect. Step Seven-Page 35.**

13. Our experience tells us that we **MUST** become willing for this step to have any effect. Step Eight-Page 36.
14. We **MUST** separate what was done to us from what we did to others. Step Eight-Page 37.
15. As with each step we **MUST** be thorough. Step Eight- Page 38
16. We **MUST** remember the pain that they have known. Step Nine-Page 40.
17. It is said that for meditation to be of value, the results **MUST** show in our daily lives. Step Eleven-Page 46.
18. We **MUST** give freely and gratefully that which has been freely and gratefully given to us. Step Eleven-Page 47.
19. Our disease involved much more than just using drugs, so our recovery **MUST** involve much more than simple abstinence. What Can I Do?-Page 53.
20. We **MUST** give up this old concept and face the fact that reality and life go on, whether we choose to accept them or not. What Can I Do?-Page 53.
21. When we are prepared, we **MUST** try out our newly found way of life. What Can I Do?-Page 55.
22. We **MUST** learn to adapt our life to the program. What Can I Do?-Page 55.
23. Unity is a **MUST** in Narcotics Anonymous. Tradition One-Page 60.
24. We **MUST** live and work together as a group to ensure that in a storm our ship does not sink and our members do not perish. Tradition One-Page 60.
25. We **MUST** be constantly on guard that our decisions are truly an expression of God's will. Tradition Two-Page 61.



- 26. An atmosphere of recovery in our groups is one of the most valued assets, and we MUST guard it carefully, lest we lose it to politics and personalities. Tradition Two-Page 61.**
- 27. We MUST remember that offices have been placed in trust, that we are trusted servants, and that at no time do any of us govern. Tradition Two-Page 61.**
- 28. Our Sixth Tradition tells us some of the things we MUST do to preserve and protect our primary purpose. Tradition Six-Page 66.**
- 29. We MUST first understand what N.A. is. Tradition Nine-Page 70.**
- 30. In order to achieve our spiritual aim, Narcotics Anonymous MUST be known and respected. Tradition Ten-Page 71.**
- 31. To improve ourselves takes effort and since there is no way in the world to graft a new idea on a closed mind, an opening MUST be made somehow. Recovery and Relapse-Page 75.**
- 32. We MUST relearn many things that we have forgotten and develop a new approach to life if we are to survive. Recovery and Relapse-Page 77.**
- 33. We realize we MUST do something. Recovery and Relapse-Page 78.**
- 34. When we feel the old urges come over us, we think there MUST be something wrong with us, and that other people in Narcotics Anonymous couldn't possibly understand. Recovery and Relapse-Page 79.**
- 35. We come here powerless and the power that we seek comes to us through other people in Narcotics Anonymous, but we MUST reach out for it. Recovery and Relapse-Page 79.**
- 36. Recovery found in Narcotics Anonymous MUST come from within, and no one stays clean for anyone but themselves. Recovery and Relapse-Page 80.**

- 37. If we have relapsed, it is important to keep in mind that we MUST get back to meetings as soon as possible. Recovery and Relapse-Page 80.**
- 38. We MUST totally surrender ourselves to the program. Recovery and Relapse-Page 81.**
- 39. We MUST use what we learn or we will lose it in a relapse. Relapse and Recovery-Page 81.**
- 40. We MUST use what we learn or we will lose it, no matter how long we have been clean. Recovery and Relapse-Page 82.**
- 41. Eventually we are shown that we MUST get honest or we will use again. Recovery and Relapse-Page 82.**
- 42. We MUST smash the illusion that we can do it alone. Recovery and Relapse-Page 82.**
- 43. Staying clean MUST always come first. Recovery and Relapse-Page 82.**
- 44. Some things we MUST accept, others we can change. Chapter 9: Living the Program-Page 92.**
- 45. We MUST be willing to do whatever is necessary to recover. Chapter 9: Living the Program-Page 93.**
- 46. We never know when the time will come when we MUST put forth all the effort and strength we have just to stay clean. Chapter 9: Living the Program-Page 93.**
- 47. No matter how painful life's tragedies can be for us, one thing is clear, we MUST not use, no matter what! More Will Be Revealed-Page 98.**
- 48. In order to receive, we MUST be willing to give. More Will Be Revealed-Page 102.**