

WORLD SERVICE CONFERENCE  
OF NARCOTICS ANONYMOUS

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To: WSC Conference Participants  
From: WSCLC Steps Ad Hoc Committee  
Re: Step outlines  
Date: April 25, 1990

The Steps Ad Hoc Committee, with the concurrence of the WSCLC, has decided to distribute the step outlines in keeping with our efforts to inform the fellowship of our progress. These are preliminary content outlines that the committee has developed for their own use. They *are not* for review and input by area and regional literature committees. We are however, always open toward comments and suggestions.

The development of these outlines and their intended use are covered in detail in the Steps report. Briefly, they reflect the focus on the spiritual principles inherent in each step and how they manifest themselves throughout our recovery. The committee used several sources of fellowship input as well as some older outlines to draft these current outlines. (Chicago and L.A. drafts, review and approval forms)

Presently, the ad hoc group is studying all the source material to identify additional input to "flesh-out" the outlines. These outlines will then be used to create a preliminary draft of each step.

We feel extremely optimistic about the progress of our work. Thank you for your continued support, and allowing us to serve.

WSC STEPS AD HOC COMMITTEE

DRAFT OUTLINES

INTRODUCTION

1. Principles thread through steps
  - a. Evolve individually and collectively
2. Move from negative to positive
  - a. Talk about addiction honestly
  - b. Talk about what's good in recovery
  - c. The steps represent the solutions to the pain we suffered
3. Sponsorship theme introduced in this step and inserted gently throughout.
4. Theme of patience--how long it takes to incorporate these steps--should be inserted throughout.
5. The first step is the beginning of recovery.

## STEP ONE

Identification

1. Addiction (drug aspect)
  - a. Discuss the disease in all its aspects; physical/spiritual/mental/emotional
2. Pain
  - a. Point at which we all identify
  - b. It's what brought us here
  - c. Levels of defeat
  - d. A positive indicator that something wrong

Spiritual Principles

1. Surrender
  - a. Powerless over addiction leads to surrender and freedom
  - b. Without surrender the other steps cannot work.
  - c. Freedom comes from being able to admit powerlessness.
  - d. Surrender brings sense of peace
2. Unmanageability and hopelessness
  - a. What brought us to this point--unmanageability of pain
  - b. The hope recovery offers
  - c. Recognition of lack of control over our lives sets the stage for surrender
  - d. The loss of self is essential in the spiritual path.
3. "Honesty"--a profound concept
  - a. Implies reality vs fantasy and denial
  - b. What is our essential nature?
  - c. Looking at powerlessness and unmanageability of our lives requires honesty
  - d. Our lives
4. Working this step at different stages of recovery
  - a. Our recovery is an ongoing process of surrendering to our powerlessness and unmanageability and the pain attached to our addiction whether it is to drugs, people, places or situations.
5. Solution - begins in Step One

Spiritual Journey

1. Through admitting defeat, we become "a part of" the "we" that is N.A.
2. Surrender brings sense of relief and makes us pliable or willing to seek solutions. Surrender is opportunity to identify with other addicts.
3. Sponsorship

## STEP TWO

Identification

1. Sanity
  - a. Recognizing the sanity of those in recovery allows us to have hope that change is possible for us as well.
  - b. restoration of sanity
  - c. need help and hope
2. Insanity
  - a. Initial glimpse at the true nature of disease
  - b. Insanity: the great equalizer
  - c. Experiences (insane)
    1. social unacceptability
    2. mental obsession
    3. reliance on drugs
  - d. Inability to maintain our sanity on our own

Transition from Step One

1. Powerlessness, fear, self-centeredness require power greater than ourselves
2. Surrender leads to Step Two
3. Surrender leads to
  - a. Beginning to feel love, acceptance
  - b. Freedom
    1. gives us a sense of openness
    2. openness leads to Step Two
  - c. i.e., surrender causes openness
4. First mention of the spiritual solutions to the mental obsession of the disease

Spiritual Principles

1. This is our first inkling of faith, trust
2. Belief in some power greater than us is sanity
3. Open-mindedness develops toward the principles of trust, faith, hope
4. Willingness to try something different
5. Get a glimpse of humility, though don't yet recognize its impact

Spiritual Journey

1. There are many principles that work hand-in-hand with one another throughout the steps. At times, many of the words we use to describe spiritual principles are interchangeable. Various levels of recovery and understanding determine how we define these terms.

