

13 STEPS OF NARCOTICS ANONYMOUS

1. Admit the use of narcotics made my life more tolerable, but the drug had become an undesirable power over my life.
2. Came to realize that to face life without drugs I must develop an inner strength.
3. Made a decision to face the suffering of withdrawal.
4. Learned to accept my fears without drugs.
5. Find someone who has progressed this far & is able to assist me.
6. Admit to him the nature & depth of my addiction.
7. Realize the seriousness of my shortcomings as I know them & accept responsibility for facing them.
8. Admit before a group of N.A. members these same shortcomings & explain how I am trying to overcome them.
9. List, for my own understanding, all the persons I have hurt.
10. Take a daily inventory of my actions & admit to myself those which are contrary to good conscience.
11. Realize that to maintain freedom from drugs I must share with others the experience from which I have benefited.
12. Determine a purpose in my life & try with all the spiritual & physical power within me to move towards this fulfillment.
13. GOD HELP ME !!!!!