

Abstinence is the basis of our program. Any mood or mind-altering chemical, prescription or not, is poison to our bodies.
(Page 85 line 31 - line 33)

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

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my 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 N.A. 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, I have nothing to fear.

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NARCOTICS ANONYMOUS



**WE'RE NOT
DOCTORS**



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WE'RE NOT DOCTOR'S

This is the answer we hear most of the time in meetings when others share about total abstinence from mood changing substances and mind altering chemicals. If we are not doctors then what are we? We are a program of recovering addicts seeking recovery from addiction. When we talk about addiction we are talking about being addicted to drugs. Our recovery program is one of total abstinence from all drugs. We are a spiritual not religious program that provides recovery by following the Twelve Steps of N.A. Then what is the controversy that we are facing in the N.A. fellowship when it comes to clean time?

First, we need to take a look at what the Basic Text states, when it comes to how we recover from addiction. The Basic Text talks about recovery through the twelve steps of N.A. If you pick up this book and think you're an addict read it and give yourself a chance, it may be what saves your life. Recover from what? Drug addiction is what we recover from, we thought the steps tell us we recover from addiction and you are right. Some long time member's share that drugs are just the tip of the iceberg, we do not recover from drugs instead we recover from what would take us back out there time and time again, our obsessive thinking .

Addiction tells us that we do not have the disease of addiction and that we have every other problem instead of addiction. It would rather have us believe that we have emotional and mental problems; we have been misdiagnose by the medical field many times before.

"Often doctors didn't understand our dilemma; they tried to help by giving us medication."

(Basic Text, Why Are We Here?)

Doctors have often misdiagnosed our disease, what can we expect after being evaluated even before we have fully detoxed. There answer at times has been to medicate us, often put on replacement drugs to help ease the pain of withdrawal or told that we would need medication for the rest of our life to live a normal life.

We come into NA from detoxes, treatment centers, prison, halfway homes, and referral agencies that have diagnosed us and have given us drugs to treat our disease and now we hear that this is a program of total abstinence from all drugs what are we to do? We hear we are not doctors, however we are told that the N.A. program can help us recover from addiction and that we should not use a day at a time. We are told NA does not have an opinion on outside issues; however NA does have an opinion on inside issues; our predecessors shared experience speaks of total abstinence from all mood changing substances and mind altering chemicals. If you have used any mood changing substances or mind altering chemicals you are not Totally abstinent today, So please just listen and get with the group members during the break or after the meeting. If you can identify with what is being shared, you will be able to make an informed decision if you are an addict that needs our help after a few meetings. Please read the Basic Text and the IP informational pamphlets and see if you can identify, remember we are not for everyone, only addicts seeking

recovery from addiction. If this is you give yourself a chance. Don't leave before the miracle happens.

Basic Text

"Most of us realized, that in our addictions, we were slowly committing suicide, but such cunning enemies of life are narcotics and sedation that we had lost the power to do anything about it. Jail did not help us at all. Medicine, religion and psychiatry seemed to have no answers for us that we could use. All these methods having failed for us, in desperation, we sought help from each other in Narcotics Anonymous." (2nd edition Basic Text, Why Are We Here)

Gray Book

"The mental aspect of addiction comes with our inability to deal with life on its own terms. We tried drugs and combinations of drugs in an effort to cope with a seemingly hostile world. We dreamed of finding the right medication or fix, the magic elixir that would solve our ultimate problem -Ourselves. This reliance on drugs had harmed us emotionally. The fact is that we cannot successfully handle any mind-changing or mood-altering substance."

(Page 5 line 31 - Page 6 line 1)

"The only way we keep from continuing a habit is not to take that first fix, pill, drink or toke. People like us know that one is too many and a thousand are never enough. We put great emphasis on this for we know that when we use drugs in any form, we release our addiction all over again. "

(Page 85 line 25 - line 30)