

Phone Calls

It is important to build a network of recovering addicts that we can reach out to. We suggest making three or more phone calls daily. We reach out to these addicts who are applying the steps in their lives. By using phone calls, we stay connected to one another, build relationships, and let other people get to know who we are and what we struggle with.

These addicts care about our recovery and our lives. They assist us and support our recovery. Using the phone can also be a lifesaver. If we feel like using, or acting out, we pick up the phone and reach out for help. The relief we receive by asking another addict for help is our most powerful tool in time of need. We can attain restoration to sanity just for today, which leads us to the last tool, prayer.

Prayer

Daily prayer is the tie that binds all our tools together. We don't dictate who or what you pray to, for this is a spiritual not religious program. Making contact to a loving and caring God daily helps bring a broken spirit back to life. We cannot maintain a recovery lifestyle and continue to prosper and grow out of the horrors of addiction, without prayer.

We start and end each meeting with prayer. We invite God into our meetings, and into our lives. With daily prayer we practice the surrender that we need in order to receive help. The greater power that we talk about in NA is the only power that can heal our spirits and return us to spiritually and happy individuals.

Conclusion

These are 5 main utilizing tools that we need to practice daily. We do, however, suggest that you get a sponsor, in order to understand how to properly practice these tools and guide you through the 12 steps and traditions. We start using these tools once we have read this Information Pamphlet. Experienced members with clean time have shared, that a sponsor can really help you fully understand how and why we work these tools in order to stay clean and grow in this recovery process.



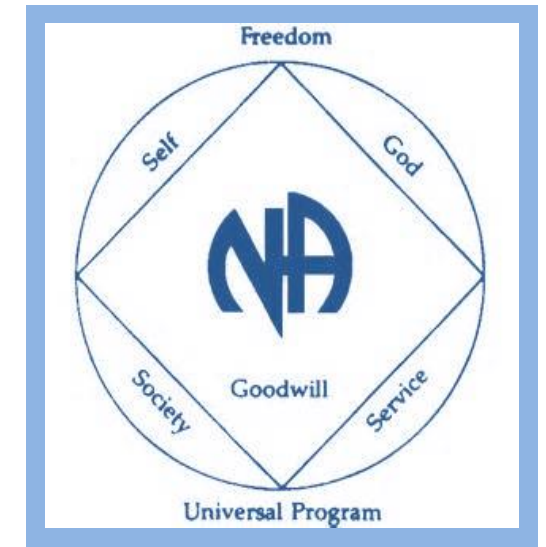
5 Tools of Recovery

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5 Essential tools

Any addict can lose the desire to use, and learn to function in the world as a productive member of society, but how, you ask yourself? This is not achieved without utilizing certain tools, which enable us to stay clean and grow. Whether you are a newcomer to the NA program or have been here for a while, these 5 tools help to build a foundation upon which we can achieve freedom from active addiction.

We have a disease called addiction and like any disease, if left untreated will progress and sicken us further. Once the drugs are taken away we are still sick because the drugs were only a symptom of our disease.

We must first and foremost remain abstinent from all mind and mood altering substances in order to begin our healthy process in recovery.

The 5 tools listed here from our experience will help strengthen us and reassure us that just for today we don't ever have to live the horrors of addiction again.

Meetings

The first thing we do is attend daily meetings, obtain a meeting list, and call the NA hotline to find meetings in your area. We need to replace old unhealthy habits with new ones. Going to a daily meeting does this, and is our first tool.

Being around other addicts helps build a support network, friendships, and relationships with people like us.

We get to a meeting no matter what is going on in our lives. By doing this daily we learn about commitment. Our disease is physical, mental, spiritual, and emotional by nature. Attending daily

meetings we find that we are not alone. This identification and empathy are essential to recover. We find that when we keep coming back long enough that miracles do happen.

We will find addicts at these meetings with substantial clean time and this helps show us that the program does work. It is helpful to plan which meeting we will attend and how we will get there a day ahead of time. We learn to put our hands up and share what is going on with us. By doing this other addicts listen, and share their experience, strength, and hope with us. They tell us to keep coming back or just stay, we begin to feel safe. We will also hear addicts share about getting a home group, a sponsor, and writing on the 12 steps. This leads us to our next recovery tool, writing.

Writing

Writing is a way to take our own inventory and look at it on paper. Addiction manifests itself in every area of our lives. Seeing ourselves on paper gives us a new perspective. The truth has a way of getting distorted when we only think or talk about ourselves. We seem to lack the ability to see our actions, reactions, and motives for what they really are by only thinking about them.

Another healthy habit to help us on our way to recovery is to write for at least 5 minutes daily. We can write a little, but we can never write too much. Once down on paper, we can look back on it, hindsight 20/20 vision. It helps us to recognize self-destructive patterns, and addictive behaviors, that make our lives unmanageable. We can also recognize growth. Writing can also be a release for some emotional pain we may be going through. For the newcomers, it helps to navigate the highs and lows of the emotional rollercoaster that we hear so

much about. A recovering addict needs writing to gain all that this program has to offer.

Reading

This is a learning process; we learn how to live life on life's terms. This requires reading. Reading NA literature helps assist us to gain an understanding of this program. This is another tool we have utilized to help us recover. We start by reading NA literature. We are able to relate to our literature, written by addicts, for addicts. It speaks to our spirits. One addict can best understand and help another addict. Reading helps balance our day, helps us get focused on our recovery and reminds us that we don't have all the answers. Some of us like to read first thing in the morning. It brings to life all that we hear at the meetings. Reading is another healthy habit that helps round out our recovery program.

We find that the therapeutic value of one addict helping another addict is unparalleled. This leads us to our next recovery tool which is getting and making phone calls.

