

When we start applying the principles we learn in the Steps & Traditions the transformation begins. If we just stay clean, our thinking will stay the same. We must not fall into a pattern of selective thinking if we want to achieve the Transformation in our lives the N.A. program has to offer us.



**Anonymi Foundation**

**P.O. Box 4404  
Allentown PA 18105**

**TM 06/29/2019**

**Literary Work in progress.  
Please copy & share this with your  
local home group for Review and  
Input.**

**Developed and Distributed by the  
Groups in A.S.I.S. for NA,  
The Anonymi Foundation**

**Please send your input to  
[nahelp.org@gmail.com](mailto:nahelp.org@gmail.com)**

**World:  
[www.nahelp.org](http://www.nahelp.org)  
[nahelp.org@gmail.com](mailto:nahelp.org@gmail.com)**

**Netherlands: [www.nahelp.nl](http://www.nahelp.nl)  
[nahelp.nl@gmail.com](mailto:nahelp.nl@gmail.com)**

**United Kingdom:  
[www.freerecovery.org.uk](http://www.freerecovery.org.uk)**

**Sweden: [www.nahelp.se](http://www.nahelp.se)  
[AntligenFriaNA@gmail.com](mailto:AntligenFriaNA@gmail.com)**

# **Transformation**



**NEEDS MORE INPUT**

**Literary Work in Progress**

**Input & Review**

**Material Only**

# Transformation

The program is more than a way to stay clean; it is a transformation, like a caterpillar unfolding into a butterfly. It is a way to become what you would like to be.

It's a beautiful thing the transformation we do in recovery. Do you remember how it was out there using? The pain; the desperation? We could not handle any area of life. For many of us, our living was reduced to an animal state, we were unable to express our thoughts and feelings, or even to feel at all.

Some of us were homeless, and our families and loved ones stayed clear from us and our destructiveness. Some of us worked very hard to try to maintain a facade that everything was alright, but the truth shined through the cracks. Nonetheless, everything circled around the getting, using and finding ways and means to get more. We tried to transform our reality to something manageable, so we either numbed or hyped ourselves with drugs. Those close to us could see how we transformed into someone they no longer recognized, both psychically, mentally and spiritually.

Many of us even tried to avoid our own reflection in the mirror. We needed some sort of transformation, we needed

help. When we face these two choices, to change or die, were ready for the ultimate spiritual transformation - Narcotics Anonymous. We bring spiritually dead people back to life.

*"We forget the social graces, acquire weird habits and mannerisms, forget how to work, forget how to express ourselves and show concern for others and we forget how to feel. We, as recovering addicts, have to relearn things forgotten and learn what we have missed."*

We carried feelings of worthlessness; we were ashamed of who we were. We thought that we were not good at anything, that we always failed, and that we were not worth the ground we walked upon.

When we got clean those feelings of worthlessness follow us, we feel that we are not good at anything or that we have nothing to contribute with, we are afraid to make everything worse just as we did when using, so maybe we choose to not be a part of because of these things. The great part in recovery is that we get to know ourselves and see that we have good parts, we get to experience success, find our self-worth and that we can contribute!

One powerful thing is that we can save lives, we are the only ones that can help suffering addicts, it's up to us to help them, it's our responsibility; that is

a gift that truly is great, that means we have transformed from worthless to lifesavers. We show by example that none of us are worthless, that every addict who wants to can lose the desire to use and find freedom from active addiction.

The Gray book talks about how we gradually come back to life and become a member of society again.

That it is great to see an addict with one day clean tell a newcomer that the program works when we live it. It is gift to see a newcomer come back to life, that is what the program can do with us. We become human beings again. Addiction took everything from us, and now we learn how to live a regain that what was taken from us; Our personalities.

There will be times where it all seems useless. It is in these moments that those who stay, will see what we mean with Transformation.

*"Becoming employed, socially acceptable, and reunited with our families does not make our lives manageable. Socially acceptability does not equal recovery."*

*"We have found that we had no choice except to completely change our old ways of thinking or go back to using."*