

While our emotional stability is the last for us to recover it seems it always starts the relapse process if we are not careful to watch how our emotions affect our lives. We can do this even before we gain emotional stability as it helps us grow towards it. Eventually we are able to not let our emotions get the best of us and can instead live life on life's terms.

NEEDS MORE INPUT.



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**Literary Work in progress.
Please copy & share this with your
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**Developed and Distributed by the
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The Four Folds Of Recovery In N.A.



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The Four Folds Of Recovery

The disease of addiction is a disease that affects every area of our lives, physical, mental, spiritual and emotional. So that means we need to take action to recover in all those areas, and how do we do that? This is our experience.

Physical

By getting clean and being total abstinent from all drugs we start to recover in the program of Narcotics Anonymous, we lose the compulsion to use, we are granted freedom. Our message is "That an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live. Our message is hope and the promise of freedom." We don't have to use anymore! We, however, need to remember that there's a difference between just being clean and recovery, being physically clean and spiritually dirty will eventually take us back out there.

When we start to recover we would stop hurting ourselves physically. While using we didn't take care of our self physically, many of us walks in to NA with a lot of scars, diseases or injuries as a result of our using, it would be good to get ourselves checked out and do the action necessary to recovery from those conditions. When we came to NA we hear many talk about doing differently, to change, we need to stop treat our bodies as a garbage bin that is hurting us and are affecting other areas in our life. Our Basic Texts tells us that we need to keep a watchful eye on our daily H.A.L.T.S maintenance. When we live physically dirty it affects our mental state in a negative way. When we take care of our bodies

physically it makes mental recovery possible.

Mental

With the physical recovery in balance we make mental recovery possible. We need to get rid of the insanity in our lives. The 2nd Step says that "We came to believe in a power greater than ourselves that could restore us to sanity." So here again, by working these Steps we can get our sanity restored by a Greater Power, if we allow it and get out of the way. We need some hope after accepting and admitting the powerlessness and unmanageability that the first Step shows us. We learn to start relying on a greater power rather than our own thinking. Eventually we start to see that the areas we thought would never change do change. We begin to truly believe and trust that our Greater Power has our best interests in mind. We learn to let go more and more as the layers of insanity are peeled away by each surrender. Before, the obsession of our self controlled our lives. We sought relief by our own means rather than seeking a power Greater than ourselves to help with the mental anguish that being stuck in our own self made prison can cause.

Spiritual

The hole we carry within us that we've tried to fill with drugs and other things, but nothing has ever fit the hole. When we came to NA we learned that this hole is God sized and the anything that fits in that hole is spirituality. Through this program that is now possible, we put our faith in God and let God take care of us in Gods way, we surrender and stop trying to fill the

hole that get our lives even more unmanageable. By recovering spiritually, we will recover in all other areas of life. To do so we need to first and foremost get abstinent from all mind altering and mood changing chemicals. "That is what we call becoming God-centered instead of Self-centered." We continue to grow learning we are not the center of the universe but rather that we are a part of. We are able to be humbled and seek a better relationship a God of our understanding. We learn how to live by spiritual principles such as Honesty, Open mindedness and Willingness as well as a multitude of others.

Emotional

Emotional recovery is a result when we recover in the other areas in our lives, when physical, mental, and spiritual recovery are in balance, we gain emotional stability. We've been told that emotional stability is the last part in which we recover. By maintaining our spiritual condition daily, we find emotional stability. One result of meditation is emotional balance. Emotional is the first to go and the last to come back. It requires daily maintenance. We lose our emotional state first, than we start to question God in our lives again. We start to question the meaning of life. We struggle with Prayer and we have a hard time feeling God in our lives.