

Our Home Group may be the first place where we learn how to have a relationship with others. We may meet our Sponsor there. We learn how to show up and be a part of something greater than ourselves.

**NEEDS MORE INPUT**



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**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,  
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# **The Armor Of Recovery**



**Literary Work in Progress  
Input & Review  
Material Only**

# Armor Of Recovery

We hear in our rooms that 'an addict alone is in bad company'. Our experience is that we need protection from ourselves, because by ourselves we have no power over the disease of addiction. The armor we need to put on are the tools and principles that help us build a relationship with other members, the God of our understanding and ourselves. This way we are never alone again. We surround ourselves with the help we need to recover.

There's a difference between just staying clean and being in recovery, when we just stay clean, we are completely exposed to the disease of addiction. When we start to recover on a daily basis, without reservations, we put on that armor of recovery that makes sure that the disease cannot take over our lives, it makes sure that we, just for today, never have to use against our will again.

Why do we need armor? Some might ask. Isn't being clean good enough to keep us from the insanity we lived before? After all who would want to return to those old ways? Our disease is constantly with us it never leaves. It watches for the weakest link to get in. We can't afford to have any weak links in our armor.

When we first wake up in the morning if we do not put this armor on we are vulnerable to the disease. We need this in order to stay in recovery today. Reading, writing, prayer, meditation, our sponsor, our home group and other addicts are all a part of this armor we wear.

By calling other addicts we protect ourselves from isolation. We let others in to our lives. We let others hear how we are and because addicts know each other best if we are hiding something normally someone will hear it in our voice. We also protect ourselves by ensuring that there are going to be other recovering addicts around. Phone calls help others know we care. It is one way of getting out of self. We do this on good days, and on bad days, it becomes a routine, and it becomes easier to get open and honest with another addict when we aren't having such a good day. Others can help us see our clouded thinking for what it is.

By writing each day we can see how our disease is affecting our lives. It keeps us rooted in reality. It helps us grow in ways that protect us from the lies of addiction. We can see things as they are rather than as we feel. Sometimes just getting things on paper helps us understand the insanity that our disease is keeping us in. We need the armor of writing to pierce our

innermost beings getting to the heart of the matter.

Reading NA literature helps us keep focused on recovery rather than the disease. It protects us from our own wandering eyes. We learn to stay focused on the solutions rather than the problems. We learn daily and by reading daily we are safeguarding our recovery.

Prayer keeps us safe by helping us remember we need a power Greater than ourselves to restore us to sanity. It keeps us looking for spiritual solutions rather than the using that controlled our lives for so long. It reminds us we are not the center of the universe and that there is a power greater than ourselves. When we pray a remarkable thing happens; we find the means, the ways, and energies, to perform tasks far beyond our capabilities.

Our home group is a safe place for us to share and be around other addicts who we trust. We learn how to be responsible and accountable in our home groups. We learn about participation and showing our gratitude towards the program when we get involved with our home groups. We care and share with others as others have done with us.