Part 1: Hitting Bottom

Youth and Recovery

Part 2: Made a Decision

During this decision, we found our recovery. We had to make a decision to ask for help. We had been struggling for months, and we needed to make a change. We had to change our ways, and we knew we needed to make a change.

Part 3: Peer Pressure

To recover at our young age, we had to make a decision. We had to change our ways, and we knew we needed to make a change. We had to make a decision, and we had to change.

Part 4: Family Problems

So far, we have made a decision, and we have to change our ways. We need to change, and we need to change. We need to change, and we need to change.

Being OK with the feelings behind the reasons for our struggles, we found our recovery. We had to make a decision, and we had to change.

An addiction is such that

Times can be hard, and people can be hard to deal with. People can be hard to deal with, and times can be hard. People can be hard to deal with, and times can be hard.

The nature of our addiction is such that
were required of both ourselves and our families to re-establish that trust. We found that we could help our families to trust us by being more responsible and considerate. By letting them see the change in us through actions, as well as our words, we eventually regained their trust.

Part 5: JUST FOR TODAY

We have seen young addicts who are clean for many years. A question often asked is, "How did they do it?" Since most addicts rebel against the idea of making a commitment to stay clean forever, we suggest staying clean just for today. It is our experience that by making a decision to stay clean just for today, or even just for this moment, we find the necessary strength to gain recovery. Just for today, we deal with today's problems. Just for today, we accept where we are. Just for today, we work our program. We go to meetings, we share, we care, and we hug. We begin to live the Steps and experience the N.A. way of life. We learn to live and live to love. We try to keep life simple, just for today.

We have come to realize that we can't live in yesterday, and we don't know what tomorrow brings. However, we do know that we can stay clean, JUST FOR TODAY.

Part 6: MESSAGE OF HOPE

"N.A. offers only one promise and that is freedom from active addiction..." There is a spiritual program of recovery available today for all addicts. We no longer have to suffer and die without hope.

After coming to N.A., we have found that our problems haven't disappeared, but we have learned how to deal with them. We have seen our lives change for the better. We have learned to accept those things which we could not change. Through total acceptance of the fact of our addiction, we have found a true freedom in Narcotics Anonymous.

Bucks County Literature Conference

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