

older I grew out of this and as the abuse progressed in my home I turned to crime, I was to one you turned to if wanted to get anything stolen from the store next to our school. From the start I was set to be the "best thief" they ever seen. To be accepted and liked. From star detective to amazing thief in a heartbeat. I usually "worked" alone. I have learned early on not to trust anyone. Shortly after this I used for the first time and I got blown away how in powering in felt. All my fears vanished and I was king of the world, I felt like that anyway. I'm also a musician so I've been standing on a lot of stages performing. Another way to feed my ego, to get accepted and admired. If I displayed my talents no one would know how scared and worthless I felt inside."

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NARCOTICS ANONYMOUS



EGO



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Literary Work in progress.

Please copy and share this with your local Home Group for Review and Input

This document was written in open participation by members of the Groups of The Anonymi Foundation.

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Ego is the main thing that affects us addicts. We made ourselves the center of the universe for years thinking only of our own wants. We told ourselves for years we could do it alone. We lived in isolation for so long that we forgot how to connect or feel connected with other human beings. We couldn't relate to other humans because it was always worse for us or we had it the best. We isolated more an more while our addiction progressed. The feelings of isolation we had where a product of our using and thinking. Our Basic Text says we always felt alone and separate because we thought of ourselves as better or worse. We felt inferior and superior at the same time. Selfishness and false pride caused us to feel apart from rather than a part of the human race.

Our ego was run by fear, quick fixes and low self esteem. We did not trust anyone and as our using progressed we didn't trust ourselves anymore. We have put all our trust in drugs and what they did to us. Anyone or anything that threatened our using became our enemy. In our desperation we could finally see that we had no control over our using and our lives. Not being able to stop using we still felt like we did not needed help. The way we see ourselves in contrast with others and the world around us is distorted most of the times because of our self obsession.

We couldn't admit fears because we didn't want to appear vulnerable to others. True self worth wasn't built because we wouldn't admit we were causing most of

our own problems with our own actions. We had trouble sharing and asking for help. In our self obsession we loose the ability to see reality as it really it. In NA the new reality we find is Hope.

We need the help we find in NA, we can not stay clean and recover on our own. We tried and failed. Practicing Honesty is a way in which we begin to surrender our ego. Knowing we need help, we start practicing this way of life daily. Our Basic Text tells us: 'We begin by asking for help, and this is accomplished by working the Twelve Steps. The foundation is the admission that we, of ourselves, have no power over addiction.' This can be difficult, especially if you have been around a while in Narcotics Anonymous. You turn on yourself and think you should know better, at this point, it is important to understand, that there is nothing that someone else didn't experienced already in the rooms who can help. You are not alone.

We all have that fear of being rejected and alone, we want to fit in and be a part of. Sometimes that leads us astray and away from our connection with our Higher Power and let ego and self-centredness take control. We may want to leave the rooms, because we start to think we were better or worse than others again. It is at this point that we need to practice the basics we learned in our program. We need to be ready to do everything it takes that we learn in our Step Work and the wisdom we find in our principles of our Traditions.

By thinking that we can do it alone and we can live 'our' way again, we isolate ourselves from the fellowship will surely lead to spiritual, mental, emotional relapse, and drug use will follow in the end. We know that ego and selfishness will either get us on our knees in our pain or lead us back to a life of total exclusion followed by the horrors of using again. Our ego has to go if we want to survive and stay clean.

We need to look at and be honest with our dilemma and remember that we are powerless over our addiction. Our Basic Text tells us: 'We are powerless not only over drugs, but our addiction as well. We need to admit this in order to recover. Addiction is a physical, mental and spiritual disease, affecting every area of our life.'

To surrender and this time on a deeper level, is a love Act, a freedom from our ego and our pain that we fought against for so long in fear of what would happen to us or what other people would think.

One member shares:

"So long I can remember I felt like a outsider looking in. Afraid of my own friends and parents. I quickly learned to adapt. I learned that if I'm doing my best to be the best in whatever I was doing, I would be accepted and allowed to be part of something. In school, in sports and so forth. In my early years I created a alternative reality where I was a star detective solving crime. In this parallel universe I was untouchable and in control. As I got