

NARCOTICS ANONYMOUS



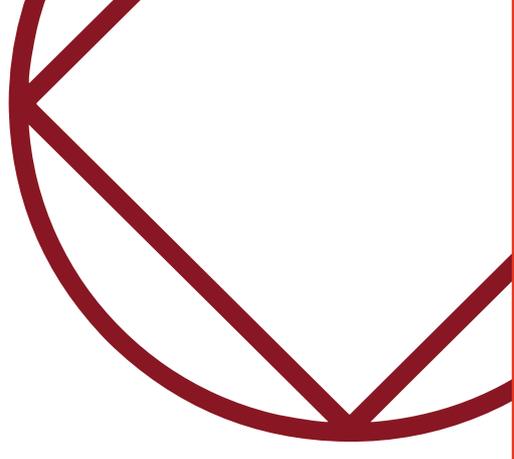
RESERVATIONS

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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.

Please send your input to
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We sit down with pen and paper and write. We begin to see what makes ourselves tick. We peel the layers off like an onion getting to our core. It all starts with Honesty. Then we get a little more Honest and see our insanity for what it is. We avoid reservations by practicing vigilance. We don't let ourselves become complacent. We remind ourselves where the disease of addiction took us, and we examine ourselves to see how it is affecting our lives currently.

We learn the only Hope we have is in turning our will and our lives over to the care of a loving caring God. We practice the principles daily until we are living them instead of working or practicing them. We don't have to lie to ourselves anymore. Other addicts help us see our reservations by being our eyes and ears if we don't recognise them. Many a time another addict will share what they see with us and if we are open minded we listen and help those suggestions change our lives.

The Basic Texts tells us that a relapse is never an accident, its a sign that we have had a reservation in our program. What do they mean with the word Reservation? There was something we where not willing to do, or something we where not willing to give up. We have set ourselves up for future drama and pain, and can now use it as a reason to go back to our old ways which always leads us back to using. We need to get honest about our reservations. Using the tools this Program gives us freely we are now able so surrender daily to a new way of life. We need to be willing to do certain things daily, and be willing to not use no matter what.

We no longer need to go to these old places and people, we have a meeting to go to and new NA friends who need us. We no longer need to be in isolation, we can call our new friends and go out for coffee. We can always find a reason to isolate ourself, to get angry, to be depressed, just like we always found a reason to use. These things can also be reservations, we reserve a place and time for ourselves to be lonely, negative, depressed, etc. We choose the disease in stead of recovery at that time. Just like we rationalised our using, we can rationalise our anger, isolation, depression, etc. 'We tell ourselves we deserve a day off because we have been to all those meetings already.' 'We don't need to join those NA people in the park because it looks like it is gonna start raining soon' 'We already called someone yesterday so today we don't need to today.' 'We have made a reservation with isolation, so we tell ourselves that we don't need to join for coffee after the meeting because we really have to watch that movie at home.'

To overcome these reservations we need to surrender completely. We work the steps with our sponsor, we get involved with our home group, we attend the meetings daily, we call daily and we pray daily. These are simple things we can do that will help us get honest. Because doing these things will interfere with our reservations, we need to look them in the eye and see them for what they are, get honest about them and let them go. We begin to see how our insanity works, and how we want to keep doing the things that in the end hurt us, just because we think it will bring us the comfort we are looking for.

In time we will find comfort in our new way of live, and find the hope that we never have to use again.

This IP needs more input