

NARCOTICS ANONYMOUS

THE THIRTEEN STEPS

1. Admit the use of narcotics made my life seem more tolerable, but the drug had become an undesirable power over my life.
2. Came to realize that to face life without drugs I must develop an inner strength.
3. Make a decision to face the suffering of withdrawal.
4. Learn to accept my fears without drugs.
5. Find someone who has progressed this far and who is able to assist me.
6. Admit to him the nature and depth of my addiction.
7. Realize the seriousness of my shortcomings as I know them and accept the responsibility of facing them.
8. Admit before a group of N.A. Members these same shortcomings and explain how I am trying to overcome them.
9. List for my own understanding all the persons I have hurt.
10. Take a daily inventory of my actions and admit to myself those which are contrary to good conscience.
11. Realize that to maintain freedom from drugs I must share with others the experience from which I have benefited.
12. Determine a purpose in life and try with all the spiritual and physical power within me to move toward its fulfillment.
13. GOD HELP ME.

For Information, call: . 781-3774