W W W . N A H E L P . N L 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

so I've been standing on a lot of stages felt like that anyway. I'm also a musician 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."



Please copy and share this with your local

participation by members of the

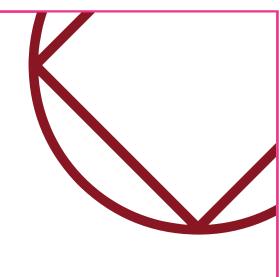
Please send your input to nahelp.org@gmail.com

Groups of The Anonymi Foundation. This document was written in open Home Group for Review and Input Literary Work in progress. Anonymi Foundation Allentown PA 18105 TM 09/08/2018 P.O. Box 4404

W W W. N A H E L P. O R G

ANONYMOUS NARCOTICS





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

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

We all have that fear of being rejected and alone, we want to fitt 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 Edge God Out. Following our ego, and isolation 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