

One addict shared :

“This I feeling starts off as a feeling that leads into strong action. The feeling of being grateful lets me be humble for this program and what today has given me. Gratitude let me get out of myself to practice humility to its fullest and not in my best of ways but in my gods best of way. Gratitude can also help me deepen my surrender even in the most hardest times. Because those feeling that are hard to deal with like pain, grief, fear and hurt. Are feelings that I never wanted to look at or work through when I was using.” –

We come to understand how our 12th Step shows our Gratitude. Having had a spiritual awakening as a result of those Steps (the first 11), we tried to carry this message to addicts, and to practice these principles in all our affairs. If we haven't had those spiri- tual awakenings, we can't carry the full mes- sage. Our Gratitude speaks as we become Grateful for the gift of life that NA has given us through our 12 Steps and 12 Traditions. We then share that message with others as how could we keep such a wonderful gift that was given to us to ourselves. We want others to have the same gift we have been given. Service is not a chore or a job it is a joy to be able to have something to share with those that are right where we were before.

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

# NARCOTICS ANONYMOUS



Gratitude is an  
Action Word



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TM 05/16/2020

Literary Work in progress.

Please copy and share this with your local  
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participation by members of the  
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W W W . N A H E L P . O R G

## **GRATITUDE: A WORD OF ACTION**

Gratitude is not just saying “Thank you” or the feeling that things are going our way, it’s much more than that... When using we were not that grateful of anything, we basically destroyed anything that came in our way; material things, relationships and our own lives. Our loved ones maybe tried a lot to help us, to try to save our lives. We were not grateful for those things, they where but obstacles between us and our using. We could be jealous of other’s and wished people no good in life, because we have had such a “shitty luck” so should other’s. When we reached the end of the road, we were granted a choice, either do we continue this path, to jails, institutions and death. Or try a new way of life.

Our literature states: “an honest look is often a grateful one”. Often we are doin better than we are feeling. Being clean today and not having to live in the pain of using and finding ways and means to get more is the most obvious change we can be grateful for. Clean we can still feel like we are in pain because of our old ways of thinking and acting. Self pity is an enemy of gratefulness and can take away all our energy. When we are truly grateful for what has been given to us it becomes easier to do the right thing for the right reason, one day at a time and leave the results to something greater. After all we already have been given what we where looking for for so long, a way out of addiction and the pain it causes in our lives. We must learn how to care for it so it stays available for others as well.

When we receive a gift from someone today, if we are grateful, we will take care of that gift, maintain it and care for it. If we are grateful for it, we do not throw it in the dumpster. When we first came to NA, it was hard for us to experience gratitude, but as recovery progressed, so did we. We are able to see that progress today, that it’s possible to stay clean. With the help of other’s, we can see where we came from and how far we have gone since, when we see the proof that the program works for us just as for many others, we feel gratitude. We see that we weren’t the only ones with problems, that we are not alone as we have thought for so long. NA and God have granted us the gift of life, freedom! And if we are grateful, we will take care of that gift, do the actions necessary to maintain that gift, and want that gift for others. How we do that is through the program of Narcotics Anonymous, to be example for others; working the steps with guidance from our sponsor’s, pray and meditate daily, searching for Gods will, go to meetings, communicate with other addicts and get involved in service, to help carrying the message so maybe others also can experience that beautiful gift of life.

The message we carry needs to be clear, so addicts are granted the opportunity to accept or decline our way of life, we can not adapt the program to every individual’s life, but we can adapt our lives to the program.

We are grateful for Gods grace and Narcotics Anonymous. Do we give back, help fulfilling our primary purpose, to contribute with any means we can, and try to live according to

the principles we were taught by God and NA? We do not take for granted that everyone else will put in the work and do all the service, so we don’t have to, that is not gratitude. We give freely and gratefully of our time to serve. We share our experience, strength and hope on recovery and how we apply the spiritual principles in our lives. We need to care for each other, help each other recover from this disease and to carry the message to the addicts who still suffers.

We are grateful for everything in our life today, good or bad things. We can learn something from all experiences if we keep an open mind and appreciate the moments as they are. It’s a blessing to be grateful for what we have today, we don’t always have to chase more physical things, to focus on what we do not have. We can appreciate life as it is.

Our gratefulness is shown in how we live, not in what we say. We hear that a grateful addict won’t use. A grateful addict does more than that. We give, we love, we care, and we carry our message to the still suffering addict. Things we take for granted are the first things we will lose to the disease of addiction.

*It’s great to put out gratitude in writing by doing a gratitude list, to put our blessings on paper helps us see that there’s something other than ourselves that have granted us these blessings it helps us see and feel gratitude for Gods doing in our life. “My gratitude speaks... When I care and When I share with others the N.A. Way.” – Basic Text: Third Edition, Revised*