

For example, we found that those who stayed clean on a continual basis generally followed the suggestions of the 12 Steps. We also take no pledges; we don't say that we will abstain from drugs "forever." Instead we try to follow what we call the "Twenty-Four Hour Plan." We concentrate on keeping clean for just the current 24 hours. We simply try to get through our day at a time without drugs. If we feel the urge to use, we neither yield nor resist. We merely defer taking any drug until tomorrow.

We try to keep our thinking honest and realistic where drugs are concerned. If we are tempted to use - and the temptation usually fades after the first period of transition into N.A. - we ask ourselves whether using drugs would be worth all the consequences we have experienced from using in the past. We bear in mind that we are perfectly free to get loaded, if we want to, that the choice between using and non-using is entirely up to us. Most important of all, we try to face up to the fact that no matter how long we may have been clean, we will always be addicts - and addicts, as far as we know, cannot use drugs normally.

We follow the experience of successful "oldtimers" in another respect. We usually keep coming regularly to meetings of the local N.A. group with which we have become affiliated.

There is no rule which makes such attendance compulsory. Nor can we always explain why we seem to get a lift out of hearing the personal stories and interpretations of other members. Most of us, however, feel that attendance at meetings and other informal contacts with fellow N.A. members are important factors in maintaining our objective to stay clean.

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(Aside from the minor revisions contained in the above text, the Literature Committee has two additional recommendations to make to the Conference regarding the I.P. "We Made A Decision":

1. Fold-over page: Delete the 12 Traditions and insert "How It Works", through Step 12, from the N.A. Pamphlet - as this I.P. is aimed at the new-newcomer.
2. Last page: Remove the last three I.P.'s from the available literature list. Also change #7 to "Quien, Que, Como, y Porque".

(Subject to approval by
World Service Conference)