



# NARCOTICS ANONYMOUS

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CALL (215) 276-2703

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# ANOTHER

# LOOK

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Approved Literature

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## ANOTHER LOOK

There are probably as many definitions of addiction as there are ways of thinking, based on both research and personal experience. It is not surprising that there are many areas of honest disagreement in the definitions that we hear. Some seem to fit the observed and known facts for some groups better than for others. If we can accept this as a fact, then perhaps another viewpoint ought to be examined in the hope that we can discover a way more basic to all addictions and more valid in establishing communication among all of us. If we can find greater agreement on *what Addiction is Not* then perhaps *what it is* may appear with greater clarity.

Maybe we can agree on some prime points.

### 1. ADDICTION IS NOT FREEDOM.

The very nature of our disorder and its observed symptoms points up this fact. We addicts value personal freedom highly, perhaps because we want it so much and experience it so seldom in the progress of our illness. Even in periods of abstinence freedom is curtailed. We are never quite sure if any action is based in a conscious desire for continued sobriety or an unconscious wish to return to using. We seek to manipulate people and conditions and control all our actions, thus we destroy spontaneity, an integral mark of freedom. We fail to realize that need for control springs from fear of losing control. This fear, based in part on past failures and disappointments in solving life's difficulties, prevents us from making meaningful choices; choices which, if acted upon, would remove the very fear which blocks us.

### 2. ADDICTION IS NOT PERSONAL GROWTH.

The monotonous, imitative, ritualistic, compulsive and obsessive routines of active addiction render us incapable of responsive or meaningful thought and action. Personal growth is creative effort and purposeful behavior; it presupposes choice, change and the capacity to face life on its own terms.

### 3. ADDICTION IS NOT GOODWILL.

Addiction insulates us from people, places, and things outside of our own world of getting, using, and finding ways and means to continue the process. Hostile, resentful, self-centered, and self-concerned — we cut off all outside interests as our illness progresses. We live in fear and suspicion of the very people we have to depend on for our needs. This touches every area of our lives and anything not completely familiar becomes alien and dangerous. Our world shrinks and isolation is its goal. This might well be the true nature of our disorder.

All that has been said above could be summed up in . . .

### 4. ADDICTION IS NOT A WAY OF LIFE.

The sick, self-seeking, self-centered, and self-enclosed world of the addict hardly qualifies as a way of life; at best, perhaps it is a way to survive for awhile. Even in this limited existence it is a way of despair, destruction, and death.

Any real, expanding and true life-style seems to demand the very things missing in addiction: **FREE-  
DOM, GOODWILL, PERSONAL GROWTH, and CREATIVE ACTION.**

With freedom, life is a meaningful, changing, and advancing process. It looks forward with a reasonable expectancy to a better and richer realization of our desires and a greater fulfillment of our personal selves.

Goodwill is an action that includes others besides ourselves. A way that considers others as important in their own lives as we are in ours. It is hard to tell whether goodwill is the key to empathy or vice-versa. If we accept empathy as the capacity to see ourselves in others knowingly, without losing our own identity, then we recognize a sameness in both and if we have accepted ourselves how can we reject another. Affection comes from seeing similarities, intolerance from differences we will not accept.

In personal growth we use both freedom and goodwill in cooperation with others. We realize we cannot live alone; that personal is also interpersonal. To find better balance, we examine personal, social, and spiritual values as well as material values; maturity seems to demand this kind of evaluation.

Self-creative action is not a mysterious procedure; although, it is an inside job in rebuilding or reintegrating our disordered and fractured personalities. Often it means simply to listen to those hunches and intuitive feelings that we think would benefit others or ourselves and act on them spontaneously. Here is where many basic principles of action become apparent. We are then able to make decisions based on principles that have real value to ourselves.

As we become more self-reliant and gain in self-respect, we know that we are neither superior nor inferior to anyone; our real value lies in being ourselves. Self-hood is a daily practice without end, a growing process of constant change and an awareness of self-extension and worth in humility.

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## JUST FOR TODAY

Tell yourself –

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in N.A. who believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.