

And there are those completely abstinent, whose other dishonorable slips prevent them from enjoying complete recovery & acceptance within society.

# Relapse + Recovery parallel basically

<sup>as</sup> ~~is~~ <sup>consider</sup> many ~~of~~ continuous abstinences & recovery ~~are~~ <sup>as</sup> ~~considered~~ synonymous ~~and~~ <sup>therefore</sup> not worthy, while relapsers are sort of pushed aside or worse yet used as statistics that in no way give a true picture of the entire addiction pattern. As in the recovery program of N. A. have noted, with some satisfaction, that many of the relapsers, ~~when~~ <sup>where</sup> again active, ~~in~~ <sup>their present</sup> ~~addiction~~ or substitute addiction have dropped many of the parallel behaviors that characterized them in the past, this change alone is significant to us. ~~Honesty~~ <sup>in some degree</sup> ~~of~~ <sup>of</sup> ~~these people~~ <sup>of</sup> ~~has~~ <sup>penetrated</sup> the character ~~of~~ <sup>of</sup> ~~these people~~ <sup>of</sup> ~~that~~ <sup>in some cases</sup> we do not find ~~it~~ <sup>is</sup> ~~completely~~ <sup>completely</sup> ~~abstinent~~ <sup>abstinent</sup> whose other dishonorable ~~may~~ <sup>may</sup> continue to cause them trouble with society or the law. ~~Complete~~ <sup>Complete</sup> & continued abstinence however is still the best ground for growth & in close association & identification with others in N. A. groups our chances for recovery & complete freedom in a changing creative form are enhanced a hundred fold. Altho all addicts are the same in kind we do as individuals differ in degree of sickness & rate of recovery. There may be times when a relapse ~~can~~ <sup>can</sup> the groundwork for complete freedom & as others

only a grim & obstinate willfulness to hang on  
to sobriety come hell or high water, until a crisis  
passes that freedom can be achieved. An addict  
who, by any means can <sup>love</sup> reach even for a time  
the need or desire to use and ~~that~~ has free  
choice over impulsive thinking & compulsive  
action has reached a turning point that  
may be the decisive factor for that individual  
in his recovery

The feeling of independence & freedom, hangs here  
at times in the balance. ~~The realization~~ To step  
out alone & run our own lives again, draws us,  
yet we seem to know that what we have has  
come from dependence on <sup>power greater than ourselves</sup> ~~higher power~~ & giving  
& accepting help from others in acts of empathy.

Many times in our recovery the old bugaboos  
will haunt us, life may again become  
meaningless, monotonous & boring, we may  
try ~~to~~ repeating the new ideas we have learned  
& yet we know that if we fail to repeat them  
we will ~~surely~~ surely take up our old  
practices, we suspect that if we do not use  
what we have, we will lose what we have.

These times are often the periods of our greatest  
growth, our minds & bodies seem tired of it  
and the deep dynamic forces of turnover or  
true conversion may be working to give

There are many theories regarding addiction by many learned ~~people~~ researchers - doctors & psychiatrists.

Much search & research has resulted in acres of printed pages on the subject. The results have agreed that more thought & research is needed to more thoroughly understand the total problem. We in H.A. have always felt that the practical knowledge ~~for recovery~~ with recovery as its goal would come from recovered addicts with long ~~long~~ periods of abstinence. However until recently where could anyone find more than a bare long term recovery. Altho' we may not know all that addiction is we do know exactly what it is not, ~~therefore~~ & this knowledge is enough to start a program of ~~recovery~~ abstinence & recovery. True science ~~is~~ by its own impersonal attitude & method ~~and~~ studies action & reaction & draws knowledgeable conclusions. ~~It does not~~ It neither forces nor predicts avatars of personal growth. Personal growth is <sup>humble</sup> missing in the active addict, it is only possible in an environment of freedom with choices of possible ~~actions~~ personal actions. Since personal freedom ~~is~~ is what addiction is not, then our greatest need is creative thinking & action in finding a solution to this lack. ~~Study~~ Time given to study of our problem by us is wasted, let us leave this to those best qualified by talent & learning, they will surely discover much in their fields which can add to our ~~recovery~~ growth in <sup>and in</sup> complete recovery.

In scientific method it would be possible to predict a number of probabilities, but in dealing with the personal, multiple or infinite variations of thought & behavior ~~is~~ would more likely be the rule. Man's aptitude <sup>for</sup> ~~for~~ <sup>all</sup> ~~creativity~~ <sup>creative</sup> aptitude for good or ill can scarcely be prophesied.

We could not face life headlong in the past because our way was always a collision course.

Why is it necessary  
when  
The open mind - ~~where~~ does it start?  
how does it grow?  
why does it lead?

Willingness — } why  
                          } when  
                          } how  
Honesty — } where

If we do not know what <sup>self-</sup>honesty is then certainly we must be familiar with what it is not, ~~namely dishonesty~~ and if there is dissatisfaction with this ~~why is the other necessary?~~ why does it become necessary? Does it spring from dissatisfaction - from frustration - from a feeling of being limited.

Anything that curtails the freedom to be ourselves no matter where we are, could be claimed as a form of self-deceit. Why should we find it necessary to show a false front? We evidently don't care very much for the self we ~~know~~ <sup>are</sup> or we would not go to the limits we do to hide it. We must ask ourselves what we really are both in actuality & in potential. It is the hidden ideals in the potential that prods us either to falsify or change. We become the ~~image of our own likeness & image is the father of the self.~~ We become the likeness of our own image & image is the result of aware or hidden thought.