



**Narcotics®
Anonymous**

I.P. No. R-7

Am I an Addict?

Revised

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not as important as why we used them and what they did to us.

When we first read these questions, it was frightening for us to think we might be addicts. Some of us tried to dismiss these thoughts by saying:

"Oh, those questions don't make sense,"

Or

"I'm different. I know I take drugs, but I'm not an addict. I have real emotional/family/job problems."

Or

"I'm just having a tough time getting it together right now."

Or

"I'll be able to stop when I find the right person/get the right job, etc.!"

If you are an addict you must first admit that you have a problem with drugs before any progress can be made toward recovery. These questions, when honestly approached, may help to show you how using drugs has made your life unmanageable. Addiction is a disease which, without recovery, ends in jails, institutions and death. Many of us came to Narcotics Anonymous because drugs had stopped doing what we needed them to do. Addiction takes our pride, self-esteem, family, loved ones, and even our desire to live. If you have not reached this point in your addiction, you don't have to. We have found that our own private hell was within us. If you want help, you can find it in the Fellowship of Narcotics Anonymous.

"We were searching for an answer when we reached out and found Narcotics Anonymous. We came to our first N.A. meeting in defeat and didn't know what to expect. After sitting in a

meeting, or several meetings, we began to feel that people cared and were willing to help. Although our minds told us we would never make it, the people in the Fellowship gave us hope by insisting that we could recover. Surrounded by fellow addicts, we realized that we were not alone anymore. Recovery is what happens in our meetings. Our lives are at stake. We found that by putting recovery first, the program works. We faced three disturbing realizations:

1. We are powerless over addiction and our lives are unmanageable;
2. Although we are not responsible for our disease, we are responsible for our recovery;
3. We can no longer blame people, places and things for our addiction. We must face our problems and our feelings.

The ultimate weapon for recovery is the recovering addict."¹

¹Narcotics Anonymous, 4th Edition, 1987, p. 15, Van Nuys, CA: World Service Office, Inc.



This is N.A. Conference-approved literature.

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