



**Narcotics
Anonymous®**

IP No. 13

Youth and Recovery

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Part 5: Just for today

We have seen young addicts who are clean for many years. A question often asked is, "How did they do it?" Since most addicts rebel against the idea of making a commitment to stay clean forever, we suggest staying clean just for today. It is our experience that by making a decision to stay clean just for today, or even just for this moment, we find the necessary strength to gain recovery. Just for today, we deal with today's problems. Just for today, we accept where we are. Just for today, we work our program, we go to meetings, we share, we care, and we hug. We begin to live the steps and experience the NA way of life. We learn to live and live to love. We try to keep life simple, just for today.

We have come to realize that we can't live in yesterday, and we don't know what tomorrow brings. However, we do know that we can stay clean, just for today.

Part 6: Message of hope

"NA offers only one promise and that is freedom from active addiction." There is a spiritual program of recovery available today for all addicts. We no longer have to suffer and die without hope.

After coming to NA, we have found that our problems haven't disappeared, but we have learned how to deal with them. We have seen our lives change for the better. We have learned to accept those things which we could not change. Through total acceptance of the fact of our addiction, we have found a true freedom in Narcotics Anonymous.

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