

[By young
ADDICTS,
FOR young
ADDICTS]



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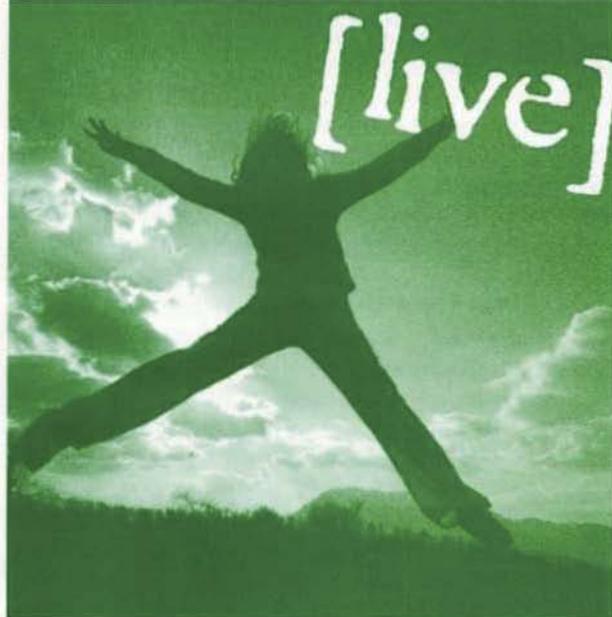
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This literature was developed by young members of Narcotics Anonymous who have stayed clean and found a new way of life. Young addicts around the world, speaking many different languages, are getting and staying clean in NA. We are writing this to share our experience in living the NA message that any addict, no matter how young, can stop using drugs, lose the desire to use, and find a new way to live.

As young members, most of us didn't come to Narcotics Anonymous looking for a new way of life. We were just tired of the lives we had. We spent a lot of our time feeling angry, lonely, hurt, or scared. Getting high was the only thing that seemed to help, but drugs quickly began to make life even harder. We were tired of the pain and confusion, but we didn't want to consider the idea that drugs were making our problems worse. Regardless of whether or not we thought we were addicts, the idea of giving up drugs was hard to imagine. If we did consider stopping, the idea usually didn't last long.

If this sounds familiar, you might be like us. This pamphlet is our chance to share what we've learned: We weren't too young to be addicts, and we're not too young to get clean. We stopped using and are discovering a new way of life. You may not see young members in the meetings you go to, but if you stay clean and keep coming back, you'll find us.

in situations when it's common to drink alcohol. We ask the people in our lives to support our decisions, and we need to rely on support from our sponsor and friends in recovery in these situations. We can ask NA members to be there with us if we're uncomfortable on our own. They help us remember that we can get through anything clean.

When I first got clean, I wondered how I would celebrate my graduation or my birthdays. What would happen when I could get into bars and buy alcohol? What if I ever got married, would we be able to toast? What would we serve the guests? ▼

More Will Be Revealed...

No matter how old, most people who come to NA have a lot of growing up to do. The core of our disease is self-obsession. That means that all newcomers struggle with the same childishness, regardless of their age. We learn to work a program of recovery alongside our fellow members, helping them when we can and accepting their help when it applies. We may look or feel different from older members, but we're all staying clean just for today. When we open up to other members, we learn that we have a lot more in common than we thought. Narcotics Anonymous makes it possible for addicts of any age to grow up and grow older, clean in recovery. Just for today, we have our whole lives ahead of us. By staying clean, we're free to become who we want to be.

