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NARCOTICS ANONYMOUS

SELF ACCEPTANCE

WORLD SERVICE CONFERENCE
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that we are all right, that we are not perfect, but we can improve. We remember that we have the disease of addiction, and that it takes a long time to achieve self acceptance on a deep level. No matter how bad our lives have become, we are always accepted in the Fellowship of Narcotics Anonymous.

Accepting ourselves as we are resolves the problem of expecting human perfection. When we accept ourselves, we can accept others into our lives, unconditionally, probably for the first time. Our friendships become deep and we experience the warmth and caring which results from addicts sharing recovery and a new life.

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.