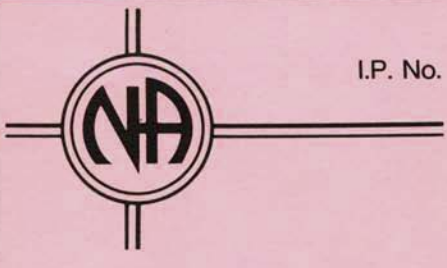

I.P. No. 19

NARCOTICS ANONYMOUS

SELF ACCEPTANCE

Copyright 1985 by
World Service Office, Inc.
P. O. Box 9999
Van Nuys, California 91409

and pride, but by renewing our faith in a Higher Power, we are given the hope, courage and strength to grow.

Self acceptance permits balance in our recovery. We no longer have to look for the approval of others because we are satisfied with being ourselves. We are free to gratefully emphasize our assets, to humbly move away from our defects, and to become the best recovering addicts we can be. Accepting ourselves as we are means 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.

This is N.A. Conference-approved literature.

ISBN No. 0-912075-28-7