



**Narcotics Anonymous®**

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IP No. 23

**Staying  
Clean on  
the Outside**

is our way of taking responsibility for our recovery. Instead of picking up that first drug, we do the following:

- ★ Don't use, no matter what
- ★ Go to an NA meeting
- ★ Ask your Higher Power to keep you clean today
- ★ Call your sponsor
- ★ Read NA literature
- ★ Talk to other recovering addicts
- ★ Work the Twelve Steps of Narcotics Anonymous

We've discussed some of the things to do to stay clean; we should also discuss some things to avoid. In NA meetings, we often hear that we must change our old way of living. This means that we don't use drugs, no matter what! We have also found that we cannot afford to frequent bars and clubs or associate with people who use drugs. When we allow ourselves to hang around old acquaintances and places, we are setting ourselves up for relapse. When it comes to the disease of addiction, we are powerless. These people and these places never helped us stay clean before. It would be foolish to think things will be different now.

For an addict, there is no substitute for the fellowship of others actively engaged in recovery. It is important to give ourselves a break and give our recovery a chance. There are many new friends waiting for us in Narcotics Anonymous, and a new world of experiences lies ahead.

Some of us had to adjust our expectations of a completely different world once we were released. Narcotics Anonymous cannot miraculously change the world around

us. It does offer us hope, freedom, and a way to live differently in the world by changing ourselves. We may find some situations which are no different than before but, through the program of Narcotics Anonymous, we can change the way we respond to them. Changing ourselves does change our lives.

We want you to know that you are welcome in Narcotics Anonymous. NA has helped hundreds of thousands of addicts to live clean, to accept life on its own terms, and to develop a life that is truly worth living.

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