

WHAT CAN I DO?

Begin your own program by taking Step One from the previous chapter, "How It Works." When we fully concede to our innermost selves that we are powerless over our addiction, we have taken a big step in our recovery. Many of us have had some reservations at this point, so give yourself a break and be as thorough as possible from the start. Go on to Step Two, and so forth, and as you go on you will come to an understanding of the program for yourself. If you are in an institution of any kind and have stopped using for the present, you can with a clear mind try this way of life.

Upon release, continue your daily program and contact a member of N.A. Do this by mail, by phone, or in person. Better yet, come to our meetings. Here you will find answers to some of the things that may be disturbing you now.

If you are not in an institution, the same holds true. Stop using for today. Most of us can do for eight or twelve hours what seems impossible for a longer period of time. If the obsession or compulsion becomes too great, put yourself on a five minute basis of not using. Minutes will grow to hours, and hours to days, so you will break the habit and gain some peace of mind. The real miracle happens when you realize that the need for drugs has in some way been lifted from you. You have stopped using and started to live.