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# NARCOTICS ANONYMOUS



## COMMITMENT

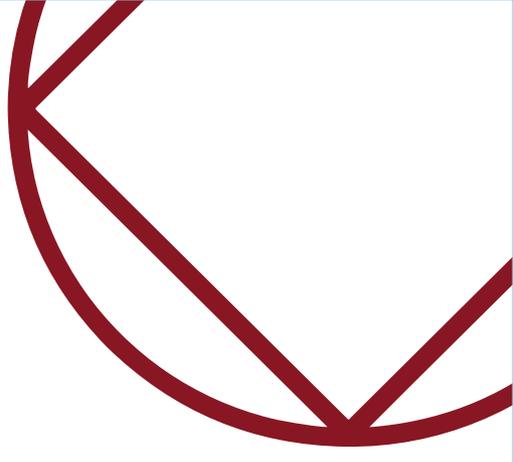
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Literary Work in progress. Please copy and share  
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This document was written in open  
participation by members of the  
Groups of The Anonymi Foundation.

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**A**s addicts many of us came to the rooms of Narcotics Anonymous with one major commitment, dope. We didn't want to face life with drugs, and couldn't imagine living without drugs. We would do whatever it took to stay in a state of delusion. We committed our lives to drugs and the lifestyle that came with them. The more committed we were the more pain we caused ourselves.

After coming to Narcotics Anonymous we learned about a different form of commitment. We learned about the spiritual principle of Commitment. It all starts with just being committed to doing the next right thing and following through with that commitment. For many of us our first real commitment was to the program. We had to take responsibility from the start to keep coming back in no matter what. We commit to a new way of living after we came to NA. We start following up suggestions found in the NA literature, meetings, and conversations with fellow NA members. We made a commitment to others in NA, our sponsor, step writing and following direction. We learned that if we want this to work we need to commit to a daily program and the principles. We have to commit to building relationships with God, NA, members, our Home Group and ourselves. We learn to commit to serving at our Home Group. Part of this is helping others. This helps because it becomes about others instead of our own wants and needs. We learn how to live clean through every situation. We are loyal to Narcotics Anonymous and the principles behind the 12 Steps and Traditions. Now clean we

have to face the world exactly as it is. We feel like running, hiding and fighting, but we know this will only bring more pain. No more running away. Many of us felt this is our last chance. We need help, and the NA program offers the help we need. We learn to practice the principles despite what our will wants.

Because of this commitment we are rewarded more than we ever felt possible. These commitments and daily routine help when we just do them. By committing ourselves to principles we find a new way of facing ourselves and the world

Where we couldn't Trust anyone before we begin to figure out who can be trusted. We Persevere through difficulties that before would have made us want to commit either suicide or homicide. We become a part of society rather than always feeling apart from it. We become human. Committing ourselves to simple suggestion will keep us safe from ourselves. We are no longer alone and have found friends who care. We build relationships never possible to us before.

We develop Honesty, Open Mindedness, and Willingness necessary to live life on life's terms. We gain Integrity and the feelings of respect for ourselves. We learn to love ourselves. These commitments and daily routine help us when we just do them. We don't have to have all the answers and negotiate about everything what we think is good for us.

We are masters of denial, obsession and self destruction, and are able to use anyone or anything to bring ourselves back to the pain from which we came. We realize this

and either let our disease trick us into returning to the life we so desperately wanted to rid ourselves of, or we dig in deeper and strengthen our level of commitment. We stay clean just for today living a new way of life that is happy, joyous and free. Our commitment to Narcotics Anonymous pays better than any job. We are set free from the burden of our past and have excitement for the life yet to live.

**This IP needs more input**