Each chapter contains

introduction

introductory exercises

main sections
Each group has but one primary purpose—
to carry the message to the addict who still suffers.

Each Tradition embodies a variety of spiritual principles. The list of principles and values below may be useful as we consider applications of this Tradition. Explore them in writing or discussion with your sponsor or other NA members. If other principles or values not listed below seem relevant for you, include those as well.

integrity        responsibility        unity        anonymity        commitment
empathy          service              purpose        open-mindedness    surrender
fidelity         consistency          vigilance        passion            compassion
security         hope

Example: consistency
Consistency is a spiritual principle that keeps us doing what we do. It begins with the refrain, “Keep coming back!” Coming to meetings regularly helps us stay clean, and it also carries a message of hope: We keep coming back because it works. The group depends on its members, and members depend on the group being true to its purpose. Showing up consistently, sharing honestly, and treating others with respect all further our primary purpose. A consistent message is powerful. When our actions and message are clear and consistent, our groups cannot fail.