Balance, quotation #1: We need to strike a balance between being in denial of our feelings and letting them overwhelm us; we don’t want to go to either extreme (*The NA Step Working Guides*, Step Ten, “Feeling versus Doing”).

Balance, quotation #2: We remember to put our program first, and to respect our own limits. We strive every day to keep ourselves spiritually balanced (*Living Clean*, Chapter 3, “Conscious Contact”).

Balance, quotation #3: Each of us seeks our own balance that allows us to participate in the world without sacrificing our recovery or putting ourselves at risk (*Living Clean*, Chapter 5, “Bridging Two Worlds”).


Balance, quotation #5: So many things compete for our attention, and as addicts we have a tendency to think in extremes: all or nothing, right or wrong. Finding the balance is an ongoing negotiation (*Living Clean*, Chapter 1).

Balance, quotation #6: When our bodies, minds, and spirits are in harmony, our lives show the difference. We are able to live in balance (*Living Clean*, Chapter 3, “A Spiritual Journey”).

Balance, quotation #7: Sometimes we get confused and think that to live spiritually means that we are happy and get what we want, and that if we’re not happy or don’t get our way, something is out of balance. It would be nice if that were true, but recovery is not a fairy tale (*Living Clean*, Chapter 3, “Spirituality is Practical”).

Balance, quotation #8: Emotional balance is one of the first results of meditation, and our experience bears this out (Basic Text, Step 11).
Compassion, quotation #1: I have a deep compassion for the still-suffering addict, be it the addict who is sitting in the rooms of Narcotics Anonymous, the addict who has yet to find the rooms, or especially the addict who left and has yet to find the way back again (Basic Text, “Coming Home-Second Chance”).

Compassion, quotation #2: Our instinct is to meet disease with disease, but when we meet it with love and compassion instead, we create an opportunity for recovery (Guiding Principles, “Tradition 1, “For Members”).

Compassion, quotation #3: We reach out where we can, and make an effort to increase our compassion for those who don’t match our expectations or whose recovery doesn’t look like our own (Guiding Principles, Tradition 3, “For Members”).

Compassion, quotation #4: When we have compassion for ourselves, we give ourselves permission to be in the world, and that makes us much more useful to the world (Living Clean, Chapter 1, “Growing Pains”).

Compassion, quotation #5: When we see someone acting out on a defect that we have acted on ourselves, we feel compassionate rather than judgmental, for we know just exactly how much pain such behavior causes (IWHW, “Step 6”).
Creativity, quotation #1: Creative action is not a mysterious procedure, although it is an inside job in rebuilding or reintegrating our disordered and fractured personalities (Another Look IP#5, “4. Addiction is not a way of life”).

Creativity, quotation #2: Living fully is a creative expression of love for our Higher Power. To be fully alive, awake, and honest about who we are is a gift to us and from us (Living Clean, Chapter 3, “Creative Action of the Spirit”).

Creativity, quotation #3: Sharing with others keeps us from feeling isolated and alone. This process is a creative action of the spirit (Basic Text, “Recovery and Relapse”).

Creativity, quotation #4: Perhaps most of all, when we are spiritually connected, creativity flows through us (Living Clean, Chapter 6, “Work”).

Creativity, quotation #5: Creative action keeps us moving forward (Guiding Principles, “All Will be Well”).

Creativity, quotation #6: When we are engaged in creative action of the spirit, whether in our personal lives or in our service work, we may be surprised by the solutions that present themselves (Guiding Principles, “Introduction”).

Creativity, quotation #7: In creative action we find love and purpose (Guiding Principles, Tradition 1, “In Service”).

Creativity, quotation #8: Conflict can be a creative force as well as a challenge; active engagement sometimes helps to sharpen our thinking and spark excitement (Guiding Principles, Tradition 1, “In Service”).

Creativity, quotation #9: Some of us discover that we have talents for contributing to the world in other ways, whether through our creativity, our empathy, or our addict ability to focus on one thing and do it ‘til it’s done (Living Clean, Chapter 1, “A Vision of Hope”).
Goodwill, quotation #1: One of the purest expressions of goodwill in NA is our heartfelt desire for the newcomer to have freedom (*Guiding Principles*, Tradition 1, “For Members”).

Goodwill, quotation #2: Like so many things in recovery, how we do the work is as important as the work we do (*Guiding Principles*, Tradition 11).

Goodwill, quotation #3: Approaching members with an attitude of goodwill and with a lack of judgment will help fellowship development efforts be more productive (*Public Relations Handbook*).

Goodwill, quotation #4: When goodwill supports and motivates both the individual and the Fellowship, we are fully whole and wholly free (Basic Text, “Our Symbol”).

Goodwill, quotation #5: Good will is best exemplified in service; proper service is “Doing the right thing for the right reason” (Basic Text, “Our Symbol”).

Goodwill, quotation #6: By practicing open-mindedness, we nurture an attitude of goodwill toward others and become willing to serve with our common good in mind (*It Works*, “Tradition 2”).

Goodwill, quotation #7: In fact, the pyramid that is in our symbol is made up of relationships: with self, society, service, and God. Rooted in a base of goodwill, these are the relationships that bring us to a point of freedom (*Living Clean*, Chapter 5, Conscious Contact”).

Goodwill, quotation #8: It’s not selfish to know that having a purpose makes us feel better. If we are acting in goodwill—doing the right thing for the right reasons—we are sure to benefit (*Living Clean*, Chapter 7, “Principles, Practice, and Perspective”).
Grace, quotation #1: What we find is not that our Higher Power spares us the hardships of life, but that we receive the grace to get through them clean (*Living Clean*, Chapter 3, “Walking the Walk”).

Grace, quotation #2: The people in our lives are the means by which we experience grace. We see the miracle of change in others, and they reflect our own changes back to us (*Living Clean*, Chapter 5, “Relationships”).

Grace, quotation #3: When dancers move through space with intention and beauty, we say they are graceful. In the same way, when we move through our lives with intention and gratitude, we demonstrate grace; when we crash from one self-willed experience to another, creating damage and confusion, we are disgraceful (*Living Clean*, Chapter 7, “Awakenings”).

Grace, quotation #4: Spiritual awakening is a process. Maybe it is what the whole process is about. We nurture our awakening spirits and know that we are finally free to live in grace, integrity, and dignity (*Living Clean*, “Chapter 3, “Creative Action of Spirit”).

Grace, quotation #5: Each day, we are faced with new challenges. And each day, through working our program of recovery, we are given the grace to meet those challenges (*Just for Today*, May 27, “Meeting the day’s challenge”).

Grace, quotation #6: Anonymity opens us to grace (*Guiding Principles*, Tradition 12).
Harmony, quotation #1: We can come to these relationships in a spirit of harmony and love, or from a place of suspicion and fear (Guiding Principles, Tradition Twelve, “In Service”).

Harmony, quotation #2: Together we seek our Higher Power’s will and the power to carry that out. We know what it feels like to be in harmony with that conscience (Guiding Principles, Tradition Twelve, “For Members”).

Harmony, quotation #3: Sanity is living in harmony with reality (Living Clean, Chapter One, “A Vision of Hope”).

Harmony, quotation #4: When we practice living in harmony with our world, we become wiser about choosing our battles. We learn where we can use our energy to make a difference and where we need to let go (Living Clean, Chapter Three, “Awakening our Spirituality”).

Harmony, quotation #5: When our bodies, minds, and spirits are in harmony, our lives show the difference. We are able to live in balance (Living Clean, Chapter Three, “A Spiritual Journey”).

Harmony, quotation #6: We see ourselves as part of something greater, and seek to live in harmony with it. When we achieve that harmony, the freedom we feel is unmistakable (Living Clean, Chapter Three, “Spirituality is Practical”).
Humility, quotation #1: Humility is as much a part of staying clean as food and water are to staying alive (Basic Text, Step 7).

Humility, quotation #2: Understanding that we are not unique is a good indication of humility (It Works, Step 5).

Humility, quotation #3: A hard lesson in humility reminds us that we never graduate. When we stop practicing the basics, we are in trouble (Living Clean, Chapter 6, “Getting Out of Our Own Way”).

Humility, quotation #4: The practice of humility helps us be honest about our circumstances, We learn to live and give within the limits of our lives (Guiding Principles, Tradition Seven, “For Members”).

Humility, quotation #5: Being asked to lead, to serve, to accept responsibility, is a humbling experience for a recovering addict (A Guide to Local Service).

Humility, quotation #6: We all go through times when we need help of one kind or another. Asking for help may be as principled and as difficult as anything we ever do (Guiding Principles, Tradition Seven, “For Members”).

Humility, quotation #7: Humility is most easily identified as an acceptance of who we truly are—neither worse nor better than we believed we were when we were using, just human (NA Step Working Guides, Step One, “Spiritual Principles”).

Humility, quotation #8: It’s a tremendous struggle for most of us to stop relying on our own thinking and begin to ask for help, but when we do, we have begun to practice the principle of humility found in the Second Step (NA Step Working Guides, Step Two, “Spiritual Principles”).
Imperfection, quotation #1: Beyond our addiction, we are human beings: members of society who have gifts and flaws like everyone else (*Living Clean*, Chapter 5, “Friendship”).

Imperfection, quotation #2: The lifelong process of the Sixth Step is just that—a process. We’ve started the process of becoming entirely ready, and we will strive to increase our readiness throughout our lifetime (*It Works*, Step Four).

Imperfection, quotation #3: None of us is perfectly good or perfectly bad. We are people who have assets and liabilities. Most importantly, we are human (*Basic Text*, Step 1).

Imperfection, quotation #4: We begin to trust that our needs will be met, and to see the imperfections in our circumstances as opportunities rather than barriers to growth (*Living Clean*, Chapter 6, “Money”).

Imperfection, quotation #5: Accepting that we make mistakes and that they are not the end of the world or the end of a relationship is part of coming to terms with our own humanity (*Living Clean*, Chapter 5, “Friendship”).
Intimacy, quotation #1: Caring and sharing the NA way is the ultimate weapon against our alienating, isolating, destructive disease (Living Clean, Chapter 5, “Relationships”).

Intimacy, quotation #2: Intimacy is conscious contact with another human being. We connect. As we get close to others we see the divine in them, and we see it in ourselves as well (Living Clean, Chapter 5, “Conscious Contact”).

Intimacy, quotation #3: Having honest, open dialogue with our sponsor brings us to a new level of trust. As we experience intimacy in that relationship, our ability to be intimate with our partners and with others increases as well (Living Clean, Chapter 4, “Sex”).

Intimacy, quotation #4: For those of us who used sex as a way to move through the world, it may take quite some time to figure out the difference between being sexual and being intimate (Living Clean, Chapter 4, “Sex”).
Maturity, quotation #1: Doing the right thing when no one is looking is an act of service to what we believe in. Some of us call this integrity; the Sixth Step calls it character. Whatever we call it, this practice is the discipline that forms the basis of our growing maturity (Living Clean, Chapter 5, “Friendship”).

Maturity, quotation #2: Facing uncomfortable situations and taking loving action is a demonstration of maturity and grace maturity (Living Clean, Chapter 7, “Principles, Practice, and Perspective”).

Maturity, quotation #3: Emotional maturity is our reward for letting go of anger and resentment. (Living Clean, Chapter 7, “Principles, Practice, and Perspective”).

Maturity, quotation #4: Maturity comes to us when we use spiritual principles rather than defects to deal with reality (Living Clean, Chapter 3, “Awakening Our Spirit”).

Maturity, quotation #5: Amending our behavior is something we do not to get a response from others, but to change our own relationship to ourselves, our Higher Power, and the world around us. As we learn to show up without anger, resentment, or fear, we develop an emotional maturity that we might not have expected (Living Clean, Chapter 5, “Family”).

Maturity, quotation #6: As we mature in recovery, we learn to exercise sound judgment in how we make decisions, place our trust, and meet our responsibilities (Guiding Principles, Tradition Four, opening essay).

Maturity, quotation #7: As many of us stay clean for some time, we work on developing an understanding of God for ourselves. Our growing understanding reflects our experiences. We mature into an understanding of God that gives us peace and serenity (NA Step Working Guides, Step Three, “The God of Our Understanding”).

Maturity, quotation #8: We find that we have choices about how to act. We begin to have the maturity and wisdom to slow down and consider all aspects of a situation before acting (NA Step Working Guides, Step Two, “Restoration to Sanity”).
Resilience, quotation #1: It’s never too late to start over, reconnect with the fellowship, work steps, have a spiritual awakening, and find a new way to live. As long as we are willing to stay clean and keep coming back, our recovery continues to unfold in ways we couldn’t imagine (Living Clean, preface).

Resilience, quotation #2: As we progress, we learn that we can always begin a new journey in recovery, and we can start over whenever we need to. We don’t need to blow up our lives to get a fresh start (Living Clean, Chapter 3, “Spirituality in Action”).

Resilience, quotation #5: Our hope is renewed throughout our recovery. Each time something new is revealed to us about our disease, the pain of that realization is accompanied by a surge of hope (NA Step Working Guides, Step 2, “Hope”).

Resilience, quotation #4: It can be surprising when an emotional conflict leads to a renewal of faith, but when a storm passes, the resilience of our Fellowship and the love we feel within it can bring us to a new level of surrender (Guiding Principles, Tradition Two, “In Service”).
Vulnerability, quotation #1: By asking for help, we can change. Sharing is risky at times, but by becoming vulnerable we are able to grow (Basic Text, “Just for Today”).

Vulnerability, quotation #2: Each time we make ourselves vulnerable and find someone there for us, we come to a new level of safety and trust (Living Clean, Chapter 5, “Fellowship”).

Vulnerability, quotation #3: Honest self-assessment is essential to recovery, but it is only possible if we are vulnerable enough to let someone in (Living Clean, Chapter 6, “Anonymity”).

Vulnerability, quotation #4: When we’ve just shared something excruciatingly painful, and our feelings of vulnerability are so overwhelming that we want to shut down before we hear what our sponsor has to say, we’re at a defining moment in our recovery and we need to choose the courageous path (NA Step Working Guides, Step 5).