Commitment, Quotation #1
If there was anything in our lives that required a regular commitment, chances are that we only followed through if it wasn’t too hard, if it didn’t get in the way of our self-indulgence, or if we happened to feel like it (NA Step Working Guides, Step Ten, “Spiritual Principles”).

Commitment, Quotation #2
The strength of our mutual commitment to NA creates the unity that binds us together in spite of all that might divide us (It Works, Tradition One).

Commitment, Quotation #3
In joining together in a commitment to the greater good of Narcotics Anonymous, our own welfare is enhanced beyond measure (It Works, Tradition Twelve).

Connectedness, Quotation #1
We feel a real connection with others, knowing that we’re all subject to the same insecurities and failings and that we all have dreams for the future (NA Step Working Guides, Step Seven, “Preparing to Work Step Seven”).

Connectedness, Quotation #2
Through our self-disclosure, we feel connected with humanity, perhaps for the first time in our lives (It Works, Step Five).

Connectedness, Quotation #3
We try to minimize distractions so that we can concentrate on knowledge arising from our own spiritual connection (NA Step Working Guides, Step Eleven, “Prayer and Meditation”).

Discipline, Quotation #1
Discipline is not a practice that comes naturally to most addicts, and the need to say “no” to ourselves can be quite a challenge (Guiding Principles, Tradition Seven, “For Members”).

Discipline, Quotation #2
Discipline is commitment in action, a demonstration of our willingness (Living Clean, Chapter 6, “Commitment”).

Discipline, Quotation #3
What matters most are the actions we take. Consistent application of the tools of recovery changes us (Living Clean, Chapter 7, “Awakenings”).
**Flexibility, Quotation #1**  
The open-mindedness we practice in our recovery gives us the ability to be flexible when things change in ways we hadn’t expected (*Living Clean*, Chapter 6, “Getting Out of Our Own Way”).

**Flexibility, Quotation #2**  
The flexibility that relationships require comes more easily to us when we are practicing principles in our lives (*Living Clean*, Chapter 5, “The Courage to Trust”).

**Flexibility, Quotation #3**  
Just when we think we know all that recovery has to offer, more is revealed—if we are willing to accept the gift (*Living Clean*, Chapter Seven, “Awakenings”).

**Generosity, Quotation #1**  
Giving generously of ourselves, especially when we are in pain, is a path through some of our sorrow and confusion (*Living Clean*, Chapter Four, “Death, Dying, and Living with Grief”).

**Generosity, Quotation #2**  
Generosity is an antidote to fear, and when we give freely, our hearts are filled (*Guiding Principles*, Tradition Seven, closing meditation).

**Generosity, Quotation #3**  
When we allow another person to step up and help us, we give them a chance to express their own love and generosity (*Living Clean*, Chapter Seven, “Being of Service”).

**Generosity, Quotation #4**  
One small act of generosity can work wonders... (*It Works*, Step Twelve).

**Humor, Quotation #1**  
The way we share, this level of deep identification that makes NA feel so special to us—talking openly about feelings, finding humor in some of the darkest, most frightening things that have happened to us—is not always available outside the rooms (*Living Clean*, Chapter Two, “Connection to the World Around Us”).

**Humor, Quotation #2**  
One of the gifts of recovery is regaining our sense of humor (*Living Clean*, Chapter Seven, “The Lifelong Practice of Surrender”).
Optimism, Quotation #1
Being spiritually awake, we can see the miracles that surround us, even when life is difficult (*Living Clean*, Chapter Seven, “Awakenings”).

Optimism, Quotation #2
When we realize we’ve survived every emotion we ever had, we start to believe that we are going to be alright even when we don’t feel alright (*Living Clean*, Chapter Seven, “Living Our Principles”).

Optimism, Quotation #3
Just for today my thoughts will be on my recovery, living and enjoying life without the use of drugs (*Basic Text*, Chapter 9: Just for Today—Living the Program).

Tolerance, Quotation #1
We have found tolerance to be a principle that strengthens not only our own recovery but also our relationships with individuals who are a source of irritation to us (*Just for Today*, June 24, “Tolerance”).

Tolerance, Quotation #2
As we learn to gently accept ourselves, we can start to view others with the same accepting and tolerant heart (*Just for Today*, July 29, “Expectations”).

Tolerance, Quotation #3
Another member found that amends meant not tolerating abuse anymore, and felt she finally had permission to step away from a destructive household (*Living Clean*, Chapter Five, “Family”).

Unconditional Love, Quotation #1
...many of us have looked up and seen unconditional love in the eyes of the person hearing our Fifth Step (*It Works*, Step Five).

Unconditional Love, Quotation #2
We greet each other with the recognition reserved for survivors of the same nearly fatal catastrophe. This shared experience, more than anything else, contributes to the atmosphere of unconditional love in our meetings (*It Works*, Step Twelve).

We, Quotation #1
In NA, our identification as addicts is what we have in common (*In Times of Illness*, “Mental Health Issues”).

We, Quotation #2
Tradition One asks us to shift our perspective. For the first time, “we” comes before “me” (*Guiding Principles*, Tradition One, “For Members”).