**AUTONOMY**

**Autonomy, Quotation #1:** We develop the ability to choose what is right for us and to stand for it even when it’s not what others believe. We don’t have to be defensive to stand up for ourselves and our principles (*Living Clean*, Chapter 6, “Finding Our Place in the World”).

**Autonomy, Quotation #2:** Autonomy offers us the freedom to try new things, and we demonstrate courage when we make new efforts to better carry our message (*Guiding Principles*, Tradition Four, “For Groups”).

**Autonomy, Quotation #3:** Autonomy allows us to express who we are with integrity and to carry a message: the truth of our own experience, in our own way (*Guiding Principles*, Tradition Four, opening meditation).

**Autonomy, Quotation #4:** We define ourselves by our choices (*Living Clean*, Chapter 2, “Connection to Others”).

**Autonomy, Quotation #5:** Allowing our partners and ourselves to experience personal autonomy means we can grow and change at our own pace... (*Living Clean*, Chapter 5, “Romantic Relationships”).

**Autonomy, Quotation #6:** Autonomy encourages groups to become strong and lively but also reminds them that they are a vital part of a greater whole: the Fellowship of Narcotics Anonymous (*It Works*, Tradition Four).

**CONSCIENCE**

**Conscience, Quotation #1:** We learn to listen to our conscience—that still, small voice within that tells us if we’re heading in the right direction (*Living Clean*, Chapter 3, “Spirituality Is Practical”).

**Conscience, Quotation #2:** We come to know our intentions. We get better at hearing our own voice, our own conscience (*Living Clean*, Chapter 5, “Conscious Contact”).

**Conscience, Quotation #3:** We need to stay in tune with the voice of our conscience and listen to what it’s telling us. When we get a nagging feeling that something isn’t quite right, we should pay attention to it (*It Works*, Step Ten).

**Conscience, Quotation #4:** In the end, we are the ones who must live with our conscience. In order to do so comfortably, we must decide what is, and what is not, morally acceptable in our lives (*It Works*, Step Ten).

**COURAGE**

**Courage, Quotation #1:** We find the courage to follow our heart, to listen to the voice within, to create, to commit, to explore, and to live (*Living Clean*, Chapter 3, “Creative Action of the Spirit”).

**Courage, Quotation #2:** There are times when we must find the courage to be the lone voice on an issue or stand up for principle against a strong majority (*Guiding Principles*, Tradition Two, opening essay).
Courage, Quotation #3: We draw on the courage we acquired in Step Four and find that we are far more brave than we ever dreamed possible. This bravery is demonstrated not by our lack of fear but by the action we take in spite of our fear (It Works, Step Five).

Courage, Quotation #4: We built our foundation not by pretending, but by going through the struggle honestly and courageously, and accepting help along the way (Living Clean, Chapter 5: Relationships).

Courage, Quotation #5: We learn to resolve challenges as they arise and to have the courage to say what we think and how we feel, even when it’s uncomfortable (Living Clean, Chapter 5, “Romantic Relationships”).

Courage, Quotation #6: When we see that we’ve been afraid to go forward in a particular area of our lives, we can resolve to take a few risks, drawing our courage from our Higher Power (It Works, Step Ten).

Courage, Quotation #7: Despite our fear, we do what’s necessary and draw on the endless well of courage we can find by tapping into a Power greater than ourselves (It Works, Step Eleven).

Courage, Quotation #8: We had to believe in a Power that would supply us with courage and love us through the pain involved in reviewing the results of our addiction (It Works, Step Eight).

**DISCIPLINE**

Discipline, Quotation #1: As we find freedom from our disease through practicing the principles of the program, we learn that discipline is actually a part of that freedom: We have the ability to pursue our dreams, and we get there one goal at a time (Living Clean, Chapter 4, “Wellness and Health”).

Discipline, Quotation #2: What begins as discipline develops into habit, and eventually it becomes a pleasure (Living Clean, Chapter 6, “Work”).

Discipline, Quotation #3: Regular spiritual practice teaches us the discipline to follow through on other commitments (Living Clean, Chapter 3, “Conscious Contact”).

Discipline, Quotation #4: 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 #5: We resolve to make prayer and meditation as much a part of our daily routine as eating and sleeping, and then we employ the necessary self-discipline to achieve our resolve (It Works, Step Eleven).

**FLEXIBILITY**

Flexibility, Quotation #1: Growing through the changes doesn’t necessarily mean agreeing with them. But good-natured flexibility is a key to happy recovery (Living Clean, Chapter 7, “Principles, Practice, and Perspective”).
Flexibility, Quotation #2: Our widespread growth and development is a testament to the value of our flexibility and reliance on the simple guidance offered by our Traditions (Guiding Principles, Tradition 9, “In Service”).

Flexibility, Quotation #3: The flexibility that relationships require comes more easily to us when we are practicing principles in our lives (Living Clean, Chapter 5, “Romantic Relationships”).

**FIDELITY**

Fidelity, Quotation #1: Fidelity suggests that we are true and faithful to our message, that it is consistent on all occasions (Guiding Principles, Tradition Ten, “Spiritual Principles”).

**INDIVIDUALITY**

Individuality, Quotation #1: We are mindful of our behavior and our surroundings without giving up our individuality (Living Clean, Chapter 6, “Moving Beyond ‘Social Acceptability’”).

Individuality, Quotation #2: The idea of a spiritual awakening takes many different forms in the different personalities that we find in the Fellowship (Basic Text, Chapter 4: How It Works, Step Twelve).

Individuality, Quotation #3: Each one of us finds our way to live spiritually, and allows us to make choices about how we live (Living Clean, Chapter 3, “A Spiritual, Not Religious Program”).

**LISTENING**

Listening, Quotation #1: In service, we listen well by listening for common ground rather than for ways to prove that our idea is better (Guiding Principles, Tradition Four, “In Service”).

Listening, Quotation #2: We learn to actively cultivate our listening skills, using our ears more than our mouths in conversation (It Works, Tradition Two).

Listening, Quotation #3: Active listening is a form of meditation. Some of the most important messages are delivered through some unlikely people (Living Clean, Chapter 3, “Conscious Contact”).

**POWERLESSNESS**

Powerlessness, Quotation #1: The First Step of Narcotics Anonymous is unique. Rather than addressing a single symptom or substance, we admit our powerlessness over the disease that drives us (Guiding Principles, Tradition Five, “For Members”).

Powerlessness, Quotation #2: By admitting our own powerlessness, we open our minds to an entirely new idea: the possibility that something greater than ourselves might be powerful enough to relieve our obsession to use drugs (It Works, Step Two).

Powerlessness, Quotation #3: When we admit our powerlessness and our inability to manage our own lives, we open the door to recovery (Basic Text, Chapter 4: How It Works, Step One).
TRUST

Trust, Quotation #1: We do not have to understand this program for it to work. All we have to do is to follow direction (Basic Text, Chapter 8: We Do Recover).

Trust, Quotation #2: Over and over, we see members from rival nations or neighborhoods, from different faiths or families, come to love and trust each other in the rooms of NA (Guiding Principles, Tradition Ten, closing meditation).

Trust, Quotation #3: Through our developing relationship with our sponsor, we learn about the principle of trust (It Works, Step 1).

Trust, Quotation #4: This may be the first time we’ve ever trusted another person enough to tell her or him about ourselves and allow that person to get to know us (It Works, Step 5).

Trust, Quotation #5: Even though we do not know how our lives will change as we work this step [Step Three], we can learn to trust that our Higher Power will care for us better than we could (It Works, Step 3).

Trust, Quotation #6: Simply allowing someone to be with us as we go about our lives can be priceless (Living Clean, Chapter 2: “Connection to Others”).

SERENITY

Serenity, Quotation #1: Serenity doesn’t mean that we don’t experience dramatic events. It gives us the clarity of mind to go through them (Living Clean, Chapter 7: “Living Our Principles”).

Serenity, Quotation #2: The Serenity Prayer is a tool we use again and again in our recovery; considering what we can change and what we cannot becomes increasingly powerful (Living Clean, Chapter 2: “Connection to the World Around Us”).

“WE”

We, Quotation #1: In NA, our identification as addicts is what we have in common (In Times of Illness).

We, Quotation #2: It is not shameful to relapse—the shame is in not coming back. We must smash the illusion that we can do it alone (Basic Text, Chapter 7: Recovery & Relapse).

We, Quotation #3: Together we rise to the point of freedom. We need one another to get there, and one of the most beautiful things we do in the fellowship is support one another in pursuit of our dreams (Living Clean, Chapter 2: “Connection to Others”).