FORGIVENESS, Quote #1
Recognizing our own humanness gives us the capacity to forgive others and not be as judgmental as we have been in the past (Step Working Guides, Step 9).

FORGIVENESS, Quote #2
We forgive ourselves, we forgive others, and we find peace—regardless of what others may think or feel or tell us (Living Clean, Chapter 5, “Amends and Reconciliation”).

FORGIVENESS, Quote #3
Walking with the knowledge that someone has not forgiven us is hard, but through it we find levels of forgiveness and acceptance that we may not have known were possible (Living Clean, Chapter 5, “Amends and Reconciliation”).

FORGIVENESS, Quote #4
Forgiving is its own reward. We start to find peace within ourselves. When we are free of guilt, shame, and resentment, our minds can be still (Living Clean, Chapter 7, “Love”).

FORGIVENESS, Quote #5
Sometimes the path to forgiving ourselves begins with forgiving another for their lack of forgiveness (Living Clean, Chapter 5, “Amends and Reconciliation”).

FORGIVENESS, Quote #6
Forgiveness is an action and a decision. We need a lot of forgiveness, and we also get to provide it. Forgiving is its own reward (Living Clean, Chapter 7, “Love”).
KINDNESS, Quotation #1
We approach people with love and kindness, carrying within ourselves a deep and abiding respect for the feelings of others (It Works, Step 9).

KINDNESS, Quotation #2
The lessons we learn in NA about sharing and caring, asking for help, and offering what we have to give are powerful tools we can use outside the fellowship as well. (Living Clean, Chapter 4, “Our Physical Selves”).

KINDNESS, Quotation #3
When someone we don’t know that well points out our generosity or loving kindness, we learn that people see goodness in us that perhaps we don’t see in ourselves. Our fellows reflect us back to ourselves and show us how we have changed (Living Clean, Chapter 2, “Connection to Others”).

KINDNESS, Quotation #4
We learn to treat others with kindness and respect and do what we can to support each other and our group. Sometimes we comfort each other merely by being present; at other times, a phone call or letter simply to say hello can make a world of difference (It Works, Tradition One).
PERSEVERANCE, Quotation #1
We may tire mentally in repeating our new ideas and tire physically in our new activities, yet we know that if we fail to repeat them we will surely take up our old practices. We suspect that if we do not use what we have, we will lose what we have (Basic Text, Chapter 7, “Recovery and Relapse”).

PERSEVERANCE, Quotation #2
The process of recovery isn’t easy. It takes great courage and perseverance to continue in recovery day after day (It Works, Step One).

PERSEVERANCE, Quotation #3
As new things are revealed, we feel renewed. We need to stay open-minded and willing to do that one extra thing, go to one extra meeting, stay on the phone one extra minute, and help a newcomer stay clean one extra day (Basic Text, Chapter 10, “More Will Be Revealed”).

PERSEVERANCE, Quotation #4
Caring for our spiritual condition is like cleaning the house: If we want the benefit, the work must be ongoing (Living Clean, Chapter One).
PRACTICALITY, Quote #1
Sometimes it's enough just to know that other NA members believe (in a higher power) and that their belief helps keep them clean (Just for Today, April 23).

PRACTICALITY, Quote #2
Our part...is to do the very best we can each day, showing up for life and doing what's put in front of us...We promise to do the best we can—not to fake it, not to pretend to be superhuman, but simply to do the footwork of recovery (Just for Today, February 18).

PRACTICALITY, Quote #3
We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel (Basic Text, Chapter 4, “How It Works”).

PRACTICALITY, Quote #4
It’s not what we think about our recovery that matters; it's what we do (Living Clean, Chapter One).

PRACTICALITY, Quote #5
Many of us believe that every day we abstain from using, or take suggestions from our sponsor, we are taking practical action on our decision to turn our will and lives over to the care of our Higher Power (NA Step Working Guides, Step 3, “Turning It Over”).
RESPECT, Quote #1
Practicing this principle doesn’t necessarily mean that others respect us; it means we offer others the respect we wish for ourselves, and that we respect ourselves enough to walk in dignity and quiet strength. *Guiding Principles, Tradition 11*.

RESPECT, Quote #2
We approach people with love and kindness, carrying within ourselves a deep and abiding respect for the feelings of others *It Works, Step 9*.

RESPECT, Quote #3
As we clean up our wreckage and live differently, we can respect our actions and find respect for ourselves in the process *Living Clean, Chapter 2, “Connection to Ourselves”*.

RESPECT, Quote #4
We start by not engaging in self-abuse and gradually learn to treat our body, mind, and spirit with honor and respect *Living Clean, Chapter 4, “Wellness and Health”*.

RESPECT, Quote #5
When we regard one another with respect, we open the door to a different kind of communication *Living Clean, Chapter 7, “Principles, Practice, and Perspective”*. 
RESPONSIBILITY, Quote #1
We don’t always want to work our program, but we know the rewards we get when we take responsibility for our recovery—and the consequences when we do not (Living Clean, Chapter 1, “Keys to Freedom”).

RESPONSIBILITY, Quote #2
Finding the line between personal responsibility and willful control is a challenge (Living Clean, Chapter 4, “Letting Ourselves Go”).

RESPONSIBILITY, Quote #3
We can no longer blame people, places, and things for our addiction. We must face our problems and our feelings (Basic Text, Chapter 3, “Why Are We Here?”).

RESPONSIBILITY, Quote #4
We sometimes belittle the struggles we face as "gold-plated problems," but if we ignore them we may get a "gold-plated" relapse (Living Clean, Chapter 6, “Finding Our Place in the World”).

RESPONSIBILITY, Quote #5
Although we are not responsible for our disease, we are responsible for our recovery (Basic Text, Chapter 3, “Why Are We Here?”).
SERVICE, Quote #1
Everything that occurs in the course of NA service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers (Basic Text, Introduction).

SERVICE, Quote #2
Service changes our relationship to our own lives. We learn to put love & gratitude into action, and when we mobilize our good feelings they have a way of spreading through all our affairs (Living Clean, Chapter 7, “Being of Service”).

SERVICE, Quote #3
Service helps us feel like we belong. We have a place and a purpose. The experience can be humbling. Doing as the group asks, rather than as we choose, is a form of surrender. (Guiding Principles, Tradition One).

SERVICE, Quote #4
When we engage in selfless service, we find that all of the principles we have come to love and learn are called upon. It isn’t easy to get out of our own way, but that is precisely what frees us from our self-made prisons (Living Clean, Chapter 3, “Spirituality in Action”).

SERVICE, Quote #5
Everything we do to help an addict get the message is service. Service begins when we put ourselves aside and welcome the newcomer. That simple action might be the most important thing we ever do (Guiding Principles, Tradition Two).

SERVICE, Quote #6
We learn who we are precisely when we forget ourselves in service to others (Living Clean, Chapter 2, “Connection to a Higher Power”).

SERVICE, Quote #7
Service gives us opportunities to grow in ways that touch all parts of our lives (Basic Text, Chapter 9, “Just for Today—Living the Program”).

SERVICE, Quote #8
Just as making amends teaches us to be more forgiving, selfless service brings generosity, compassion, and awareness of purpose (Guiding Principles, Tradition Two).
SIMPlicity, Quotation #1
The simple, priceless gift we give each other is the recognition of our humanity (Guiding Principles, Tradition Eight).

SIMPlicity, Quotation #2
When we allow spirituality to be simple, we allow it to be universal (Living Clean, Chapter 3, “Spirituality Is Practical”).

SIMPlicity, Quotation #3
Clarity and simplicity are keys to our message...Narcotics Anonymous, all by itself, is enough. We promise freedom from active addiction (Guiding Principles, Tradition Ten).

SIMPlicity, Quotation #4
The simplicity of the sponsor/sponsee relationship—that of one addict helping another—can help both members get in touch with their own humanness while going through life’s struggles together (Sponsorship, Chapter 1, “What is Sponsorship?”).
UNDERSTANDING, Quotation #1
As with so much else that happens in NA, the free exchange of experience and ideas in an atmosphere of support and mutual respect leads to growth and understanding (Guiding Principles, Introduction).

UNDERSTANDING, Quotation #2
We begin to understand that other people have real feelings and that we are capable of hurting them if we are careless (It Works, Step Nine).

UNDERSTANDING, Quotation #3
Sometimes we come face-to-face with life’s most difficult circumstances. Our relationships with our sponsor and sponsees can offer the support and understanding we need to keep moving forward (Sponsorship, Chapter 4, “The Sponsorship Relationship”).

UNDERSTANDING, Quotation #4
Our fellowship matures and develops as each of us brings our increasing understanding to the table; we grow from one another’s experience when we are willing to share and to listen with an open mind (Living Clean, Chapter 3, “A Spiritual, Not Religious Program”).