

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").