ANONYMITY, Quotation #1

...[A]ddiction makes us one of a kind. Our personal stories may vary in individual pattern but, in the end, we all have the same thing in common. This common illness or disorder is addiction. (Basic Text, Chapter 8: Recovery and Relapse).

ANONYMITY, Quotation #2

Our spiritual foundation is not a question of whether we know each other’s last names; it’s that we accept each other regardless of who we are and what we have done (Guiding Principles, Tradition Twelve, opening essay).

ANONYMITY, Quotation #3

In anonymity, we are free to be ourselves and to carry and receive a message of hope with the addict who suffers, regardless of whenever, wherever, or whoever they might be (Guiding Principles, Tradition Twelve, closing meditation).

ANONYMITY, Quotation #4

The fact that we are anonymous means that the work we do in NA really can be selfless service. We don’t want or need credit for helping others; it’s what we do to save our own lives (Living Clean, Chapter 6, “Anonymity”).

ANONYMITY, Quotation #5

When we treat a member as an icon rather than as another addict seeking recovery, we deprive them of the opportunity to experience the recovery they may desperately need (Living Clean, Chapter 6, “Anonymity”).

ANONYMITY, Quotation #6

NA has no classes of membership and no second-class members. The common denominator in NA is the disease of addiction. We are all equally subject to its devastation. We share an equal right to recovery (It Works, Tradition Three, “Applying Spiritual Principles”).

ANONYMITY, Quotation #7

In keeping with Tradition Twelve, the “I” becomes “we.” The spiritual foundation becomes more important than any one group or individual (Basic Text, Tradition Twelve).

ANONYMITY, Quotation #8

In NA, in recovery, we are all equal. . . . A college degree, a trust fund, illiteracy, poverty—these circumstances that so powerfully affect so many other areas of our lives will neither help nor hinder our chances at recovery (It Works, Tradition Twelve).
DISCERNMENT, Quotation #1
Living in fellowship with other addicts, we learn discernment. The person we feel safe to talk to when our heart hurts may not be the same person we would choose to be our group treasurer (Guiding Principles, Tradition Two, opening meditation).

DISCERNMENT, Quotation #2
Discernment comes from hard experience: trusting people we shouldn’t, being hurt, and coming back anyway. As our respect for ourselves grows, we choose more carefully whom we confide in (Living Clean, Chapter 5, “Friendship”).

DISCERNMENT, Quotation #3
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 3, “Awakening to Our Spirituality”).

DISCERNMENT, Quotation #4
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).

DISCERNMENT, Quotation #5
...[W]e learn when to step forward and when to back away. Some struggles are worth fighting even if we know we cannot win, just as some are not worth fighting even though our victory is sure (Living Clean, Chapter 3, “Awakening to Our Spirituality”).

DISCERNMENT, Quotation #6
We learn to tell the difference between a principle we need to stand for and an opinion that we just won’t let go of (Living Clean, Chapter 3, “Awakening to Our Spirituality”).
EMPATHY, Quotation #1
As I sit here in my cell, I know there are people out there following in my footsteps, and it brings tears to my eyes, because I know the pain they are feeling (Behind the Walls, Is NA for you?).

EMPATHY, Quotation #2
That wordless language of recognition, belief and faith, which we call empathy, created the atmosphere in which we could feel time, touch reality and recognize spiritual values long lost to many of us (Basic Text, Chapter 8: We Do Recover).

EMPATHY, Quotation #3
Empathy means we get each other; we see the hidden darkness and love and hurt, and we understand (Living Clean, Chapter 5, “Fellowship”).

EMPATHY, Quotation #4
Empathy is the ability to connect with others at the level of the heart and the spirit (Living Clean, Chapter 5, “Friendship”).

EMPATHY, Quotation #5
We find people who have been through what we’re going through, and got through it clean. We need other people to walk us through hard times, and we need to reach out and help others as we heal (Living Clean, Chapter 1, “Growing Pains”).

EMPATHY, Quotation #6
One of the benefits of reaching out is finding that our most painful experiences can help someone else (Living Clean, Chapter 1, “Growing Pains”).
FAITH, Quotation #1
I know that faith in my Higher Power will not calm the storms of life, but it will calm my heart. I will let my faith shelter me in times of trouble (Just for Today, January 11).

FAITH, Quotation #2
When we find ourselves obsessed with a complication in our lives, we will do well to sharply remind ourselves of all that is going right (Just for Today, January 19).

FAITH, Quotation #3
Many of us use spiritual principles as a power greater than ourselves (It Works, Step Two).

FAITH, Quotation #4
Faith is what keeps us doing the footwork even when we can’t see the reason (Living Clean, Chapter 1, “Growing Pains”).

FAITH, Quotation #5
Getting through hard times strengthens our faith (Living Clean, Chapter 1, “Growing Pains”).

FAITH, Quotation #6
We plan for the future just for today and let go of the outcome, even when we really want it (Living Clean, Chapter 1, “Why We Stay”).

FAITH, Quotation #7
Faith propels us forward into action; we actually do the work that those we have faith in are telling us is necessary if we are to achieve what we want (Narcotics Anonymous Step Working Guides, Step Three, “Spiritual Principles”).

FAITH, Quotation #8
In the Third Step, faith gives us the capacity to actually make a decision and carry that decision into action (Narcotics Anonymous Step Working Guides, Step Three, “Spiritual Principles”).
GRATITUDE, Quotation #1
One of the ways we express our gratitude for the gifts of recovery is to help others find what we’ve found (Just for Today, January 30).

GRATITUDE, Quotation #2
Nothing could be further from the drive to rule or direct than this spirit of selfless service (Twelve Concepts of NA Service, Concept Twelve).

GRATITUDE, Quotation #3
When we feel the deepest gratitude, we can look back and see that our path to that moment was neither short nor straight (Living Clean, Chapter 1, “Keys to Freedom”).

GRATITUDE, Quotation #4
Gratitude in action is an engine for change: As we carry the message, our own lives transform (Guiding Principles, Tradition Five, opening meditation).

GRATITUDE, Quotation #5
Every act of service, no matter how small, is a contribution demonstrating our commitment and our gratitude (Guiding Principles, Tradition Seven, “Word by Word”).

GRATITUDE, Quotation #6
Gratitude and a sense of wonder change our perception (Guiding Principles, Tradition One, “For Members”).
HONESTY, Quotation #1
When we fully concede to our innermost selves that we are powerless over our addiction, we have taken a big step in our recovery (Basic Text, Chapter 5: What Can I Do?).

HONESTY, Quotation #2
Honesty is the antidote to our diseased thinking (Basic Text, Chapter 9: Just for Today).

HONESTY, Quotation #3
Honest self-assessment is one of the keys to our new way of life (Basic Text, Chapter 4, Step Four).

HONESTY, Quotation #4
Open, honest, and straightforward communication nurtures the spirit of service in our fellowship, and poisons the impulse to govern (Twelve Concepts of NA Service, Concept Twelve).

HONESTY, Quotation #5
In the beginning, we may have to consciously practice being honest. As we continue this practice, we find dishonesty progressively more uncomfortable, perhaps even agonizing; and gradually we notice that honesty has become more normal for us (Living Clean, Chapter 1, “Keys to Freedom”).

HONESTY, Quotation #6
The steps help us to increase our ability to be honest with ourselves and others (Living Clean, Chapter 1, “Growing Pains”).

HONESTY, Quotation #7
Honesty is a commitment to reality (Guiding Principles, Tradition One, “In Service”).

HONESTY, Quotation #8
Honesty begins with not lying, but that’s not where it ends. We start to recognize the difference between what’s true for us and what sounds good—or what we wish was true (Guiding Principles, Tradition Ten, opening meditation).
HOPE, Quotation #1
For many of us, early recovery was difficult. Facing the prospect of life without drugs can be very frightening (In-Prison #23 Staying Clean on the Outside).

HOPE, Quotation #2
While abstinence is the beginning, our only hope for recovery is a profound emotional and spiritual change. (It Works, Step One).

HOPE, Quotation #3
While abstinence is the beginning, our only hope for recovery is a profound emotional and spiritual change (Living Clean, Chapter 7, “Living Our Principles”).

HOPE, Quotation #4
When we see a member experience a real breakthrough with 20, or 30, or more years clean, we can see that, truly, recovery never stops (Living Clean, Chapter 7, “Love”).

HOPE, Quotation #5
We don’t have to deny reality to have hope or gratitude. We feel what we feel, and we do the footwork anyway. (Living Clean, Chapter 7, “Living Our Principles”).

HOPE, Quotation #6
When we can separate hope from wishing or expectation, it stops feeling like such a setup (Living Clean, Chapter 7, “Living Our Principles”).

HOPE, Quotation #7
We have a message of hope to carry. It’s a gift and an obligation (Living Clean, Chapter 2, “Connection to Others”).

HOPE, Quotation #8
We may not relate exactly to one another’s dreams, but we can relate to the hope, energy, and excitement of trying to realize them. We are inspired by one another’s journeys (Living Clean, Chapter 2, “Connection to Others”).

HOPE, Quotation #9
Hope begins when we think that it might be possible for us to stop using against our own will and stay clean. (Living Clean, Chapter 7, “Living Our Principles”).

HOPE, Quotation #10
We find [hope] again and again as our journey continues: In the dark moments when we realize we can go on anyway, and in our triumphs—it is possible (Living Clean, Chapter 7, “Living Our Principles”).

HOPE, Quotation #11
Narcotics Anonymous offers hope to addicts around the world, regardless of any real or imagined differences that might separate us (Guiding Principles, Tradition One, opening essay).

HOPE, Quotation #12
We hear the message and begin to understand we are not unique, and we are not alone. Feeling like we belong gives us hope (Guiding Principles, Tradition One, “For Groups”).
OPEN-MINDEDNESS, Quotation #1
Being open-minded allows us to hear something that might save our lives. It allows us to listen to opposing points of view, and come to conclusions of our own (Basic Text, Chapter 9: Just for Today).

OPEN-MINDEDNESS, Quotation #2
A new idea cannot be grafted onto a closed mind (Basic Text, Chapter 9: Just for Today).

OPEN-MINDEDNESS, Quotation #3
Open-mindedness leads us to the very insights that have eluded us during our lives. It is this principle that allows us to participate in a discussion without jumping to conclusions or predetermining right and wrong (Basic Text, Chapter 9: Just for Today).

OPEN-MINDEDNESS, Quotation #4
New information can be hard for us to accept when it doesn’t come to us in the way we think it should. Whether the information itself is surprising or the messenger is not someone we usually look to for guidance, we may dismiss new ideas because we don’t like the package (Living Clean, Chapter 1, “Keys to Freedom”).

OPEN-MINDEDNESS, Quotation #5
Open-mindedness gives us the ability to see more and more clearly within ourselves as we go through the never-ending process of surrendering, taking inventory, and inviting change (Living Clean, Chapter 1, opening essay).

OPEN-MINDEDNESS, Quotation #6
The principle of open-mindedness helps us to remain teachable, and to look for teachers all around us (Living Clean, Chapter 5, “Being a Parent”).

OPEN-MINDEDNESS, Quotation #7
Staying open-minded and teachable about our basic principles allows our understanding to deepen and mature (Guiding Principles, Introduction, “In This Book”).

OPEN-MINDEDNESS, Quotation #8
Tradition Three asks us to practice open-mindedness toward ourselves, toward others, and toward the possibility of change (Guiding Principles, Tradition Three, “For Members”).
VIGILANCE, Quotation #1
If, after a period of time, we find ourselves in trouble with our recovery, we have probably stopped doing one or more of the things that helped us in the earlier stages of our recovery (Basic Text, Chapter 9: Just for Today).

VIGILANCE, Quotation #2
We can get stuck in patterns so quickly. Vigilance is necessary to keep old patterns from resurfacing (Living Clean, Chapter 2, “Connection to Ourselves”).

VIGILANCE, Quotation #3
Many of us leave not when things are horrible, but when we have one more spiritual hump to get over. We lose our way right before the miracle—sometimes again and again (Living Clean, Chapter 1, “Growing Pains”).

VIGILANCE, Quotation #4
We hang on fiercely, mistaking the attempt to control all the variables in our lives for vigilance in our recovery (Living Clean, Chapter 1, “Growing Pains”).

VIGILANCE, Quotation #5
We need to keep an eye on our passion, lest it become self-righteousness; and we keep an eye on our disagreements, lest we begin to harbor ill will toward our fellows. Vigilance is an inside job (Guiding Principles, Tradition Two, “In Service”).
WILLINGNESS, 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).

WILLINGNESS, Quotation #2
Willingness without action is fantasy (Living Clean, Chapter 6, “Commitment”).

WILLINGNESS, Quotation #3
When we first begin to think about recovery, many of us either don’t really believe it’s possible for us or just don’t understand how it will work, but we go ahead with the First Step anyway—and that’s our first experience with willingness (NA Step Working Guides, Step One, “Spiritual Principles”).

WILLINGNESS, Quotation #4
When we show up for life with willingness and an open mind, the next right thing tends to present itself (Living Clean, Chapter 3, “Spirituality Is Practical”).

WILLINGNESS, Quotation #5
We become willing to do the right thing and to let go of fear. We go from simply showing up and reporting for duty each day to a willingness to serve the greater good in the best way we can (Living Clean, Chapter 3, “Creative Action of the Spirit”).

WILLINGNESS, Quotation #6
Great or small, our awakenings show in our willingness to practice the principles and carry the message (Living Clean, Chapter 3, “Creative Action of the Spirit”).

WILLINGNESS, Quotation #7
Another door opens every time one closes: With self-acceptance comes a willingness to creatively explore new directions (Living Clean, Chapter 4, “Wellness and Health”).

WILLINGNESS, Quotation #8
When we show up with an open mind and a willingness to be of service, the rewards can be far greater than our efforts (Living Clean, Chapter 5, “Family”).

WILLINGNESS, Quotation #9
When we take the Serenity Prayer seriously and really consider what in our lives we do have the courage to change, we find that our ability to shape our lives is limited more by our willingness than by anything outside ourselves (Living Clean, Chapter 6, “Finding Our Place in the World”).

WILLINGNESS, Quotation #10
Our ability to enjoy our lives is directly related to our willingness to let go of our self-obsession (Living Clean, Chapter 7, “Love”).

WILLINGNESS, Quotation #11
Through some combination of desperation, courage, anguish, and hope, we find willingness (Guiding Principles, Tradition Three, opening essay).

WILLINGNESS, Quotation #12
Balancing willingness and humility means that we are able to step up to the work we are able to do, and also admit that sometimes we need help (Guiding Principles, Tradition Eight, “Spiritual Principles”).