

## **Thoughtfulness**

When we share in a meeting and the room is quiet, attentive, and present to us—that's a priceless gift (*Guiding Principles*, Tradition 1, "For Groups").

It may be helpful to remember what made us feel welcome, and what made us feel uneasy or alienated, when we first came to meetings (*Guiding Principles*, Tradition 1, "For Groups").

We become increasingly aware of our choices, our motives, and our behavior. ...[W]e recognize the difference between thinking through to a decision and reacting or acting on impulse (*Living Clean*, Chapter 5, "Conscious Contact").

## **Self-support**

When we see that we can meet our own needs, we start to feel like we have a future (*Guiding Principles*, Tradition 7, opening meditation).

When we are willing to stand for our own dreams and beliefs, we are practicing a deeper kind of self-support (*Living Clean*, Chapter 6, "Finding Our Place in the World").

Belief in self-support is a massive leap of faith. We commit to the idea that we will be enough (*Guiding Principles*, Tradition 7, opening meditation).

## **Reliability**

We make a commitment to our home group, and if we are absent for some reason, we will be missed (IP #2: *The Group*, "Home Group").

We grow to be steady, reliable, loving people who can be a force for change in the lives of other addicts and beyond (*Living Clean*, Chapter 5: Relationships).

We keep our commitments, and that matters to the people around us (*Guiding Principles*, Tradition 1, "For Groups").

## **Passion**

Something different happens as we move into recovery motivated by passion, hope, and excitement. We are released into our own lives (*Living Clean*, Chapter 1, "Why We Stay").

Passion is a lot like desperation: It is a motivating, energizing force that can propel us forward (*Living Clean*, Chapter 1, "Desperation to Passion").

## **Joy**

As addicts, we know the pain of addiction but we also know the joy of recovery we have found in Narcotics Anonymous (Basic Text, Preface to the First Edition).

We come to understand that happiness is an inside job, a spiritual experience that can get stronger with recovery. We find that no matter what happens on the outside, joy can still live within us (*Living Clean*, Chapter 7, "Love").

## **Independence**

Learning to make decisions for ourselves also means accepting responsibility for those decisions (*Living Clean*, Chapter 6, “Finding Our Place in the World”).

We find that we can be happy in our own skin if we are willing to let go—not in the old sense of neglecting ourselves, but allowing ourselves to experience our freedom (*Living Clean*, Chapter 4, “Letting Ourselves Go”).

## **Encouragement**

As a group, it’s our job to be tolerant, listen well, hear the message through the mess, and encourage newer members to grow (*Guiding Principles*, Tradition 10, “For Groups”).

We are inspired by one another’s journeys. Being present to one another’s growth gives us the tools and inspiration to move forward ourselves (*Living Clean*, Chapter 2, “Connection to Others”).

## **Cooperation**

It’s essential in whatever way we give back that we are able to share with others and to cooperate, and these are not skills most of us bring to the rooms with us (*Living Clean*, Chapter 7, “Principles, Practice, and Perspective”).

Time and time again, in crises we have set aside our differences and worked for the common good (Basic Text, Tradition One).

## **Communication**

Taking a look at the difference between what we are saying, what is heard, and how people are responding to us can be the beginning of real change in all our relationships (*Living Clean*, Chapter 7, “Principles, Practice, and Perspective”).

We learn to listen carefully, and to communicate in a way that we can be heard (*Living Clean*, Chapter 5, “Being a Parent”).

## **Accountability**

Trusting each other doesn’t mean that we reject accountability; we put routines in place to protect ourselves, and our trusted servants, from the types of mistakes we, as addicts, are liable to make (*Guiding Principles*, Tradition 12, “In Service”).

Honest self-assessment is essential to recovery, but it is only possible if we are vulnerable enough to let someone in. We choose those mirrors carefully, seeking those we can trust to be honest, helpful, and kind (*Living Clean*, Chapter 6, “Anonymity”).