

ABBREVIATIONS

BB Big Book of Alcoholics Anonymous, 1st edition ©1939, 2nd edition ©1955,
 3rd edition ©1976, 4th edition ©2011.

BT Basic Text of Narcotics Anonymous, 5th edition ©1988.

12&12 Twelve Steps and Twelve Traditions - AA World Services Inc., ©1953,

Thirst for Freedom - David Stewart, ©1960. (Two copies of this book
 were found among Jimmy K's possessions at the time of his death.)

Book Titles

***Basic Text* - Name given to first book form publication of NA - ©1982**

“This basic text is based on an outline derived from our little white book.” Basic Text p. xi (1st Edition)

It Works How and Why, World Service Office of NA., ©1993

Living Clean, World Service Office of NA., ©2012

Cover of AA Big Book - 2nd Ed, ©1955

“This is the second edition of the big book, new and revised, the basic text for Alcoholics Anonymous.”

“The book ‘Alcoholics Anonymous’ became the basic text of the fellowship and it still is.” Forward to the *12 steps and 12 traditions*, AA World Service, ©1953.

Title of Chapter 5, AA Big Book, “How It Works”

Living Sober, World Service Office, AA ©1975

In an interview conducted January 2015, JW, an addict from Philadelphia, who drafted the original manuscript for a book to be called *Living Clean*, stated he took the term “living clean” directly from the AA book *Living Sober*. This manuscript was submitted to NA World Services in 1983 and is noted on the page xii, introduction to the current NA book, *Living Clean*, 2013

NA Primary Readings

WHO IS AN ADDICT?

“We are people in the grip of a continuing and progressive illness whose ends are always the same.” BT, 6th ed., p. 3

“jails, institutions and death.” BT, p. 3

WHAT IS THE NARCOTICS ANONYMOUS PROGRAM?

“NA is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem.” BT, p. 9

“This is a program of complete abstinence from all drugs” BT, p. 9

“We suggest that you keep an open mind and give yourself a break.” BT, p. 9

“We are convinced to a man that alcoholics of our types are in the grip of a progressive illness.” BB, p. 30

“Many pursue into the gates of insanity or death.” BB, p. 30

“Most of us have entered the final stage with its commitment to health resorts, sanitariums, hospitals, and jails. Sometimes there were screaming delirium and insanity. Death was often near.” BB, p. 107

“After that, he told me I was headed for one of three things—death, an asylum, or the penitentiary if I didn’t stop drinking. He told that right off the bat to anyone he ever talked to.”
Statement attributed to Dr. Bob as noted in *Dr. Bob and the Good Oldtimers*, World Service office AA © 1980

“Alcoholics Anonymous is a Fellowship of men and women...” AA Preamble, AA *Grapevine*© 1947

“Students of human relations are beginning to wonder how and why AA functions as a society.” *I2&I2*, AA, p. 16 © 1953

“The only relief we have to suggest is entire abstinence.” BB, xxviii, The Doctor’s Opinion

“Third all you really need is a truly open mind.” *I2&I2*, p. 16

NA Primary Readings

“Our program is a set of principles written so simply that we can follow them in our daily lives.” BT, p. 9

“The newcomer is the most important person at any meeting...” BT, p. 9

“We can only keep what we have by giving it away.” BT, p. 9

“How can a set of traditional principles, having no legal force at all, hold the Fellowship of Alcoholics Anonymous in unity and effectiveness?” *I2&I2*, p. 16 ©1953

“I’ve heard it said at meeting, after meeting that the newcomer is the most important person in the AA Fellowship.” AA *Grapevine*, ©September 1952.

“It is the great paradox of AA that we know we can seldom keep the precious gift of sobriety unless we give it away.” *I2&I2*, p. 151 ©1953

"We A.A.s surrender to win; we give away to keep; we suffer to get well, and we die to live." BB, 2nd ed., p. 336, The Professor and the Paradox “Most of us have come to know that in order to keep our sobriety we must share it, that the only way we can keep what we have gained in this program is giving it away.” AA *Grapevine*, 2nd Ed., ©1955

NA Primary Readings

HOW IT WORKS

(Chapter 4, Basic Text)

“If you want what we have to offer and are willing to make the effort to get it, then you are ready to take certain steps. These of the principle that made a recovery possible.” BT, p. 17

“This sounds like a big order, and we can’t do it all at once. We didn’t become addicted in one day, so remember - easy does it.” BT, p. 18

“Three of these that are indispensable are honesty, open-mindedness and willingness. With these we are well in our way.” BT, p. 18

“We feel that our approach to the disease of addiction is completely realistic...” (Addiction as a disease) BT, p. 18

“The only way to keep from returning to active addiction is not to take that first drug” BT, p. 18

HOW IT WORKS

(Chapter 5, Big Book, AA)

“If you have decided you want what we have and are willing to go to any length to get it - then you are ready to take certain steps” BB, p. 58

“Many of us exclaimed, ‘what an order! I can’t go through with it.’ BB, p. 60

“We have 3 little mottoes which are apropos. Here, they are:

First Things First

Live and Let Live

Easy Does It” BB, p. 135

“Willingness, honesty and open-mindedness are the essentials of recovery. But these are indispensable.” BB, p. 570 2nd ed., ©1955

“Doc! What you mean-nothing! What! An incurable disease? Doc, you’re kidding me! You’re trying to scare me into stopping.” BB, p 196 1st ed., ©1939

“Again, it was the old, insidious insanity - that first drink.” BB, p. 154

“What sort of thinking dominates an alcoholic who repeats time after time, the desperate experiment of the first drink?” BB, p. 35

“Not only had I been off guard, I had made no fight whatever against the first drink.” BB, p. 41

NA Primary Readings

“If you are like us you know that one is too many and a thousand never enough.” BT, p. 18

“Only when he acknowledged his inability to deal with a circumstance that most people can meet with ease was he able to become a full member of this organization of those for whom ‘One drink is too many and a thousand aren’t enough’”- *Fortune Magazine* article about AA, ©February 1951, reprinted by AA and distributed to its members, indicating that the expression was in common usage throughout AA by the 1950s

“Remember! One drink is too much, a thousand not enough.”- Dick B., Once an Alcoholic, Always, *AA Grapevine*, ©December 1945.

“Like other incurable diseases, addiction can be arrested”
BT, p. 5

“Not an ex-alcoholic but always an alcoholic who has a disease which has been arrested.” *AA Grapevine*, ©December 1945

“The heart of NA beats when two addicts share their recovery.”
BT, p. 11

“Without unity, the heart of AA would cease to beat.” *12&12*, p. 129

MISCELLANEOUS NA QUOTES

“As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.” BT, p. 60

“We are willing to admit without reservation, that we are allergic to drugs.” BT, p. 5

“Many drugs require no extended period of use to trigger allergic reactions.” BT, p. 5

“Our experience indicates that medicine cannot cure our illness” BT, p. 5

“The disease is chronic, progressive, and fatal” BT, p. 7

“One aspect of our addiction was our inability to deal with life on life’s terms.” BT, p. 4

“So long as the positive forces are greater, we cannot fail. Happily, so far, the ties that bind us have been much stronger than those which might break us.” Bill W, AA *Grapevine*, ©September 1945 (Rules Dangerous but Unity Vital)

“We believe and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy.” BB, p. xxviii The Doctor’s Opinion

“These allergic types can never safely use alcohol in any form at all.” BB, p. xxviii The Doctor’s Opinion

“If we are planning to stop drinking, there must be no reservation of any kind.” BB, p. 33

“Faced with this problem, if a doctor is honest with himself, he must sometimes feel his own inadequacy. Although he gives all that is in him, it often is not enough.” BB, p. xxix The Doctor’s Opinion.

“We are convinced to a man that alcoholics of our type, are in the grip of a progressive illness.” BB, p. 30

“...continued to speak of alcoholism as an illness, a fatal malady.” BB, p. 92

“This was indeed the beginning of a fatal progression.” *I2&I2*, p. 23

“Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms I cannot be happy.” BB, 3rd ed. ©1976 p. 449, 4th ed. p. 417. (Doctor, Alcoholic, Addict Story written by Dr. Paul O. and described in great detail his use of opioids.)

MISCELLANEOUS NA QUOTES

“Addiction is a physical, mental, and spiritual disease.” BT,
p. 20

“The restoration of physical spiritual and mental health.” BB,
p. 574 (religious view of AA).

“Alcoholism is a mental and physical issue.” *AA Grapevine*
©June 1949 (Dr. Silkworth)

“We commenced to search out the things in ourselves which
have brought us to physical, moral, and spiritual bankruptcy.”
12&12, p. 107

“Resentment is the number one offender... from it stems all
forms of spiritual disease, for we have not only been mentally
and physically ill, we have been spiritually sick.” BB, p. 64

“When the spiritual malady is overcome, we straighten out
mentally and physically.” BB, p. 64

“Our old friends, places and ideas are often a threat to our
recovery. We need to change our playmates, playgrounds, and
playthings.” BT, p. 15

“In our addiction we were dependent upon people, places, and
things.” BT, p. 71

“Certain people, places and things will bother us just so long as
we permit them to bother us.” *AA Grapevine*, ©June 1958

“We realize that we are never cured and that we carry the
disease within us the rest of our lives.” BT, p. 8

“We are not cured of alcoholism.” BB, p. 85

MISCELLANEOUS NA QUOTES

“Self-obsession is the core of our disease.” BT, p. 55

“Selfishness-Self-centeredness! That, we think, is the root of our troubles.” BB, p. 62

“Working the steps and maintaining abstinence gives us a daily reprieve from our self-imposed life sentences.” BT, p. 11

“Learning to live, depend on a higher power... he remains sober day by day.” BB p. 562, 3rd ed., p. 570, 4th ed.

“We constantly improve our old ideas and replace them with new ones.” BT, p. 11

“We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.” BB, p. 85

“Some of us have tried to hold onto our old ideas, the result was nil until we let go absolutely.” BB, p. 55

“We have hurt so long that we are willing to go any length to stay clean.” BT, p. 19

“...and are willing to go any length to get it, then you are ready to take certain steps.” BB, p. 58

“Some things we must accept, others we can change. The wisdom to know the difference comes with growth in our spiritual program.” BT, p. 95 (deconstructed serenity prayer)

An obituary with the serenity prayer brought to the attention of Bill W., ©May 1939. Copies were printed and circulated within AA.

Serenity Prayer appears twice in the *12&12*, p. 41 (“I” version) and p. 125 (“we” version)

MISCELLANEOUS NA QUOTES

“We had to reach our own bottom before we were willing to stop.” BT, p. 7

“It seemed as if we were at least two people instead of one, Dr. Jekyll and Mr. Hyde.” BT, p. 6

“Addiction is a disease that involves more than the use of drugs.” BT, 3

“When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all faced the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends -jails, institutions or death- or find a new way to live.” BT, p. 87

“Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the AA program unless they have hit bottom.” *I2&I2*, p. 24

“He is a real Dr. Jekyll and Mr. Hyde.” BB, p. 21

“Our liquor was but a symptom. So we had to get down to causes and conditions.” BB, p. 64

“If you are as seriously alcoholic as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and if we passed into the region from which there no return through human aid, we had but two alternatives: One was to go to bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, was to accept spiritual help.” BB, p. 25

“Instead of regarding the satisfaction of our material desires as the means by which we could live and function as human beings, we had taken these satisfactions to be the final end and aim of life.” *I2&I2*, p. 71

MISCELLANEOUS NA QUOTES

“A meeting a day for at least the first 90 days of recovery is a good idea.” BT, p. 55

“Our program is a way of life.” BT, p. 12

“The message is that, an addict, any addict, can stop using drugs, lose the desire to use, and find a new way to live.”
BT, p. 68

“I’d like to suggest that over a period of these three months, you decide to stay away from a drink 24 hours at a time and also decide to attend many meetings, every night if possible. Surely you can spare 90 days from your life.” *AA Grapevine*, 90 day Trial, ©January 1959

“A way of life”, a compendium of Cleveland Plain Dealer articles on early AA, ©1939

“Our way of life” First NA publication, Dan C., New York, ©1951

“Most persons eventually lose the desire to drink.” *AA Grapevine*, ©December 1945

“...once a psychic change has occurred, the very same person who seemed doomed... suddenly finds himself able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.” BB, xxix The Doctor’s Opinion

MISCELLANEOUS NA QUOTES

“The fact was that we could not use any mind-altering or mood-changing substance, including marijuana and alcohol, successfully.” BT, p. 4

“We have a disease, but we do recover.” BT, p. 8

“We are not connected with any political, religious or law enforcement groups.” BT, p. 9

“experience, strength, and hope” BT, p. 58

“The twelve steps are the positive tools that make our recovery possible.” BT, p. 10

“We found that by putting recovery first, the program works.” BT, p. 15

“These allergic types can never safely use alcohol in any form at all.” BB, p. xxviii The Doctor’s Opinion

“These pills are bad for alcoholics because they are mood changers.” *AA Grapevine*, ©September 1968

“Many could recover, if they had the opportunity we have enjoyed. BB, p. 19

“Many of them do recover if they have the capacity to honest.” BB, p. 58

“AA is not allied with any sect, denomination, politics, organization or institution.” AA preamble, ©1947

“Each day, somewhere in the world, recovery begins when an alcoholic talks with another alcoholic, sharing experience, strength and hope.” BB, p. xxii (Forward to the 3rd ed. ©1976.)

“Here are the steps we took, which are suggested as a program of recovery.” BB, p. 59

“We all have to put recovery above everything.” BB, p. 143

MISCELLANEOUS NA QUOTES

“Until we let go of our reservations, no matter what they are, the foundation of our recovery is in danger.” BT, p. 21

“In ridding ourselves of all reservations, we surrender.” BT, p. 21

“Help for addicts begins only when we are able to admit complete defeat.” BT, p. 22

“Many of us have said, ‘take my will and my life.’” BT, p. 26 (Third Step Prayer)

“It is advisable that before we start, we go over the first three steps with a sponsor.” BT, p. 28 (Concept of Sponsorship)

“A grateful addict will not use.” popular phrase NA

“For us, to use is to die, often in more ways than one” BT, p. 82

“If we are planning to stop drinking, there must be no reservation of any kind.” BB, p. 33

“Without a complete, whole-hearted ‘surrender’ at the start of each day, much of the good that we think, or do, is lost to us.” *AA Grapevine*, ©January 1945

“Complete and unconditional surrender of our will...” *AA Grapevine*, ©September 1946

“Like myself, he had admitted complete defeat.” BB, p. 11

“We were now at Step Three. Many of us said to our maker, as we understood him, ‘God I offer myself to thee...that I may better do thy will... may I do thy will always.’” BB, p. 63 (Third Step Prayer)

“Often it is while working on this step with our sponsors.” *I2&I2*, p. 58

“Our sponsors declared that we were the victim of a mental obsession.” *I2&I2*, p. 22

“A grateful alcoholic will not drink.” *AA Grapevine*, ©August 1961

“And with us, to drink is to die.” BB, p. 66

“For us of AA, to drink is to die; to love God and fellow man is to live.” (Bill W.) *AA Grapevine*, ©October 1947

MISCELLANEOUS NA QUOTES

“Are we too hungry, angry, lonely, or tired?” BT p. 43

“Don’t let yourself get too tired, too hungry, or too lonely,”
Living Sober, A.A. World Services ©1975

“Understanding these traditions comes slowly over a period of time.” BT, p. 61

“Understanding comes slowly from practicing the twelve steps.” *Little Red Book*, Hazelden Press, ©1957 p. 40 (popular guide to AA Big Book)

“Give yourself a break and be as thorough as possible from the start.” BT, p. 54

“...we beg of you to be fearless and thorough from the very start.” BB, p. 58

“The twelve steps are used as a program of recovery.”
BT, p. 58

“Here are the steps we took which are suggested as a program of recovery.” BB, p. 58

“We have seen the program work for any addict who honestly and sincerely wants to stop.” BT, p. 10

“It works if we have the proper attitude and we work at it.” BB, p. 86

“It works -It really does” BB, p. 88

“This is a simple, spiritual - not religious - program, known as Narcotics Anonymous.” BT, p. 87

“AA is a spiritual program but not a religious program.” AA *Grapevine*, ©February 1948.

“We come to know happiness, joy and freedom.” BT, p. 91

“We are sure God wants us to be happy, joyous and free.” BB, p. 133

MISCELLANEOUS NA QUOTES

“The physical aspect of our disease is the compulsive use of drugs; the inability to stop using once we have started. The mental aspect of our disease is the obsession, or overpowering desire to use even when we are destroying our lives.” BT, p. 20

“We can live and let live easier when we know the areas in which we owe amends.” BT, p. 38

“We must give freely and gratefully that which has been freely and gratefully given to us.” BT, p. 49

“The twelve steps of Narcotic Anonymous, as adapted from AA, are the basis of our recovery program. We have only broadened their perspective.” BT, xxv

“We can constantly improve our old ideas and replace them with new ones.” BT, p. 11

“By staying clean, we begin to practice spiritual principles such as... honesty, open mindedness, willingness...” BT, p. 51

“Our liquor was but a symptom. So we had to get down to causes and conditions.” BB, p. 64

“More than twenty five years ago, at Towns Hospital, New York, he told Lois and me, what the disease of alcoholism actually is. Bill W. AA *Grapevine*, ©March 1960

“Live and let live.” BB, p. 135

“While I lay in the hospital, the thought came that there were thousands of hopeless alcoholics who might be glad to have what had been so freely given to me.” BB, p. 14

“This present volume poses to broaden and deepen the understanding of the twelve steps as first written in the earlier work.” *12&12*, p. 17

“But our old ideas are nil until we let go absolutely.” BB, p. 58

“Willingness, honesty, and open mindedness are the essentials of recovery.” BB, *appendix 2*, p. 568

MISCELLANEOUS NA QUOTES

“As addicts, we have an incurable disease called addiction.”
BT, p. 7

“His human will had failed. Doctors had pronounced him
incurable.” BB, p. 11

“We live a day at a time...” BT, p. 99

“Let the alcoholic continue his program day by day.” BB, p. 99

“Recovery begins with surrender.” BT, p. 89

“We surrender to win.” AA *Grapevine*, ©December 1953

“There is one thing more than anything else that will defeat us
in our recovery; this is an attitude of indifference or intolerance
toward spiritual principles.” BT, p. 18

“He can only be defeated by an attitude of intolerance or
belligerent denial.” BB, Appendix 2 Spiritual Experience, p.
568

“Narcotics Anonymous offers only one promise and that is
freedom from active addiction.” BT, p. 106

“Whenever I use the word ‘recovery’ I mean freedom from
active addiction.” *Thirst for Freedom* p. 227

“We must smash the illusion that we can do it alone.”
BT, p. 85

“The delusion that we are like other people or presently may
be has to be smashed.” BB, p. 30

“This point we wish to emphasize to smash home on our
alcoholic readers that it has been revealed to us out of bitter
experience.” BB, p. 89

“More will be revealed.” BT, Chapter 10

“Our book is meant to be suggestive only. We realize we know
only a little. God will constantly disclose more to you and to
us.” BB, p. 164

MISCELLANEOUS NA QUOTES

“We saw that will power alone would not work for any length of time.” BT, p. 21

“Rigorous honesty is the most important tool in learning to live for today.” BT, p. 96

“We do recover to live clean and happy lives” BT, p. 53

“We must use what we learned or we will lose it, no matter how long we have been clean.” BT, p. 87

“We were in a grip of a hopeless dilemma, the solution of which is spiritual in nature.” BT, Introduction, p. xxvi

“The relief of ‘letting go and letting God’ helps us develop a life that is worth living” BT p. 26

“Words mean nothing until we put them into action (BT, 5th Ed., p. 56)

“My own will power just wouldn’t work on alcohol” *12&12*, p. 63

“Our sponsors declared that we were victims of a mental obsession so subtly powerful that no amount of human will power could break it. *12&12*, p. 22

“They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty” BB, p. 58

“Any alcoholic can recover.” BB, p. 568

“Use it or Lose it.” AA *Grapevine* ©, April 1956

“We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body.” Forward to BB, p. xii

“With most of us this ability to ‘let go and let God’ does not come automatically...” AA *Grapevine*, ©March 1945

“Now we need more action, without which we find that ‘Faith without works is dead.’ (BB, p. 76)

MISCELLANEOUS NA QUOTES

“Tell yourself just for today my thoughts will be on my recovery...” BT, Chapter 9

Just for Today
Tell yourself:

Just for today my thoughts will be on my recovery, living and enjoying life

without the use of drugs.

Just for today I will have faith in someone in NA who believes in me

and wants to help me in my recovery.

Just for today I will have a program. I will try to follow it to the best of my ability.

Just for today, through NA, I will try to get a better perspective on my life.

Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.

So long as I follow that way, I have nothing to fear.

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“Just for Today” Poem published in Boston Globe, ©1916

“Just for today I will try to live through this day only and not tackle my whole problem at once.” AA *Grapevine*, ©1955

Just for Today

May 1955
Vol. 11 No. 12

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do--just for exercise. I will not show anyone that my feelings are hurt: they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

(A lot of people have written in asking where they can find this well-known item. . .so, to save trouble for all concerned, here it is. We'd like to give the usual credit line, but we too have run across it in many places, and frankly we don't know whose it is. Any ideas?--Ed.)

“the new A.A. member sets about to reorder his life around four main ideas- the *Self*, *Society*, *Service* and *God*.” *Thirst for Freedom* p. 122