



Simplicity is the key to our symbol; it imitates the simplicity of our Fellowship. All sorts of occult and esoteric connotations can be found in its simple outlines, but foremost in the minds of the Fellowship are easily understood meanings and relationships.

The outer circle denotes a universal and total program that has room within it for all manifestations of the recovering person.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Good will, the ground of both the Fellowship and the members of our society. Good will is best exemplified in service; proper service is "Doing the right thing for the right reason." When Good will supports and motivates both the individual and the Fellowship, we are fully whole and wholly free.

It is the four pyramid sides that rise from the base in a three-dimensional figure that represent Self, Society, Service, and God. All rise to the point of Freedom. All parts are closely related to the needs and aims of the addict who is seeking recovery, and to the purpose of the Fellowship which is to make recovery available to all. The greater the base, (as we grow in unity in numbers and in fellowship) the broader the sides of the pyramid, and the higher the point of freedom.



## THE TWELVE STEPS OF NARCOTICS ANONYMOUS

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for knowledge of His will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

## THE TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

1. Our common welfare should always come first; personal recovery depends on N.A. unity.
2. For our Group purpose there is but one ultimate authority - a loving God as He may express Himself in our Group conscience, our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each Group should be autonomous, except in matters affecting other Groups, or N.A., as a whole.
5. Each Group has but one primary purpose - to carry the message to the addict who still suffers.
6. An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility our outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every N.A. Group ought to be fully self-supporting, declining outside contributions.

8. Narcotics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. N.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

## TWELVE PRECEPTS OF SERVICE FOR NARCOTICS ANONYMOUS

1. Service is a Spiritual Principle.
2. Service should be inclusive not exclusive.
3. Our services are initiated and completed by our members.
4. Our service is for the addict who still suffers.
5. Our Service Structure is a tool.
6. The principle of Practical Spirituality is at the heart of our service.
7. The resources we need to fulfill our service projects will always be available when the time is right.
8. Our service should be simple and straightforward.
9. All service should be open and aboveboard.
10. The services we provide within our Service Structure should always be guided by principle.
11. Selfless service is our ideal.
12. Ultimately, our service projects are in God's hands.

## TWELVE SPIRITUAL TRUTHS FOR NARCOTICS ANONYMOUS

1. There are no "Good days" or "Bad days" there are just days.
2. There is a spiritual power greater than any individual.
3. Faith is the key to our new way of life.
4. Narcotics Anonymous is a spiritual program, not a religion.
5. Narcotics Anonymous is based on spiritual principles.
6. "True spiritual principles are never in conflict."
7. "What goes around, comes around."
8. Recovery is a spiritual journey.
9. Recovery is based on Divine Intervention.
10. God works through people: "I can't, we can".
11. Recovery is a series of surrenders.
12. The promise of recovery is freedom.