

FROM MAINLINE GROUP IN W. PALM BEACH FL

NARCOTICS ANONYMOUS Beginner's Meeting Checklist - Most of the subjects should be touched on at some time during the month.

ALL MEETINGS: STAYING AWAY FROM THAT FIRST PILL, DRINK, FIX, SMOKE, SNORT OR SNIFF

- 24 hour plan: One Day at a Time.
- Postponing the pill, drink, smoke, snort, fix, or sniff.
- HALT Don't get too hungry, angry, lonely, or tired!
- Eat properly, especially honey and sweets - lots of liquids. Maybe you will need vitamin supplements or calcium also.
- Avoid old habit patterns like "People, Places and Things"
- Watch for TRAPS of Resentments and Self-Pity.
- Get a lot of Telephone Numbers - and USE THEM!
- Identify yourself at meetings - try not to leave without speaking to at least one person. GO TO MEETINGS, MEETINGS, MEETINGS, "...if you put the body in the right place, the mind will follow."
- Identify, don't compare.

HONESTY, OPEN-MINDEDNESS, AND WILLINGNESS:

- especially Self-Honesty
- the closed mind is a bar to all knowledge
- willing to go to any length, HALF MEASURES WILL AVAIL YOU NOTHING...

SLOGANS:

- Easy Does It
- You Are Not Alone
- One Day at a Time
- But For the Grace of God ... (there go I)
- This Too Shall Pass
- KISS: Keep It Simple, Stupid!
- HALT: Hungry, Angry, Lonely, Tired
- HOW: Honesty, Open-mindedness, Willingness
- Think it Through
- Live and Let Live
- First Things First
- Stick with the Winners!
- Positive is Contagious (as is negative)

HIGHER POWER (this is a spiritual program, not a religious one)

- As You Understand It.
- Ask for Help in the morning and say "thank you" at night.
- Keep an Open Mind.
- Ask only for God's Will for you and the will to carry it out.
- "Act as if..."
- Let Go and Let God...
- How do YOU pray?

JOIN A GROUP, GET A SPONSOR, TELEPHONE NUMBERS, BE ACTIVE!!!

KEEP COMING BACK, IT WORKS!