

12 SUGGESTIONS THAT MAY BE OF HELP TO ANYONE ADDICTED TO DRUGS.

1. We should be convinced from our own experiences that our reaction to alcohol and drugs is so abnormal that any indulgence for us constitutes a totally impossible and undesirable way of life.
2. We should be completely sincere in our desire to stop using alcohol and habit forming drugs of any type. Once and for all NO COMPROMISE.
3. We should clearly understand that once we have attained sobriety and abstinence, we can NEVER again use alcohol or drugs.
4. We should be convinced that alcohol, narcotics and any habit forming drug brings to us, not happiness but unhappiness in its purest form.
5. We should come to realize that we have been trying to substitute a "drug phantasy" for real achievements in life.
6. We should realize that any reasonably intelligent and sincere person who is willing to make a sustained effort for a sufficient period of time is capable of learning to live without alcohol or drugs.
7. We should never be so foolish as to try to persuade ourselves that we can use alcohol or drugs "just once in a while". Remember that NO ALCOHOLIC OR ADDICT has ever been able to indulge in his "habit" just once in a while, without becoming a full-fledged alcoholic or addict in an incredibly short time.
8. We should learn to disregard the dumb advice and often dumber questions of well-meaning friends and relatives without becoming emotionally disturbed.
9. We should be particularly on guard during periods of our life when we are upset or depressed. We all are depressed occasionally but these depressions pass naturally, if given time. To turn to alcohol or drugs to blank out a depression is just as sensible as cutting off your head to cure a headache.
10. Whenever we find ourselves remembering the "pleasures" of using drugs or alcohol, remember also the dejection, degradation and heartaches that they brought us. Remember the abject misery of withdrawal from them, when you wake to find yourself a thoroughly beaten, friendless, and useless shell of the person you once were. Remember these things well and then try to think about something worthwhile.
11. We should learn to relax both physically and mentally without the use of alcohol, narcotics or any habit forming drug.
12. We should be exceedingly careful of drugs as a substitute for alcohol and never start SELF-ADMINISTRATION of any drug. The only way for us is to leave drugs strictly alone, except under the supervision of a competent medical practitioner, skilled in the treatment of addiction or alcoholism, prescribes and supervises such treatment. (To the narcotic addict or any addict to habit forming drugs, remember there is nothing that alcohol can do for you, that Good clean living and thinking cannot do better).

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