

A.DISCUSSION ON DRUG ADDICTION

QUESTION; What chances has a person who has been using drugs 30 years, who has been diagnosed as a confirmed addict by psychiatrists, to stay off drugs.?

COMMENT: Irrespective of how long one has been using drugs they have a good chance to remain off drugs if they SINCERELY DESIRE TO DO SO. However if they allow themselves to think subjectively rather than objectively or have negative thoughts rather than positive thoughts, they have very little chance of staying off drugs whether they have been using them for one year or 30 years. It is very essential that they shut their minds to all negative thoughts. If a person thinks they will always be an addict they will always be an addict but if they will make some effort to DO SOMETHING ABOUT IT they have a good chance to stay off drugs. It is up to the addict himself whether or not he will always be an addict."I am the master of my fate,I am the captain of my soul."

QUESTION; If a person does not think he needs A.A.himself,can he contribute anything to A.A.by attending the meetings.?

COMMENT: If that person is familiar with the philosophy of A.A.,and then thinks he does not need such teachings he must be the supreme egoist. It would be well for him to attend A.A.meetings and try to absorb some of the teachings of the program. He would not contribute one thing to A.A.unless it was his own-self as material to be helped. He would have to get this own thinking straight first before he could even help himself, much less contribute anything toward helping anyone else. It is certain that the A.A.program could contribute a great deal to this type of individual -- and in the end it might be that after he absorbed some of the A.A.program,and started to live it in his daily life,he could then contribute something to A.A. -- but he certainly could not contribute anything as long as he thought he was so perfect that he did not need the help of God,or a Higher Power,and his fellow man.

QUESTION; Why does a drug addict resent being told what his thinking is not straight.?

COMMENT: Because he is a human being even if he is a drug addict.It is a human characteristic to resent being told that you are wrong about anything, The addict resents it more because he knows within his own mind that his thinking is,or has not been,straight; he probably has a guilt feeling and the resentment is a defense mechanism. If a person's thinking is straight they do not know the feeling of resentment,because they keep an open mind and an open heart.

REMEMBER: To keep your thinking straight -- That defects will creep into your life if given half a chance -- You are completely dependant upon God, AS YOU UNDERSTAND GOD -- To ask Him daily for His help,His mercy and His kindness -- To Try to carry the A.A.message to the alcoholic or addict who still suffers -- To pray daily.