

CHAPTER NINE  
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 N.A.  
who believes in me and wants to help me in my  
recovery.  
JUST FOR TODAY I have a program. I will try to  
follow it to the best of my ability.  
JUST FOR TODAY through N.A. 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.

We knew our lives had become unmanageable, but some 1  
of us had a problem admitting the powerlessness over our 2  
addiction. When we came to our first meeting it was as 3  
though a big weight was lifted from our shoulders, guilt 4  
feelings rolled off and a feeling of peace came over us, 5  
as we realized that with our surrender to our Higher 6  
Power, would come the help we so desperately needed. We 7  
also felt the great feeling of warmth and love that came 8  
from the group. For the first time in many months, we 9  
were able to relax when we heard that we couldn't control 10  
our addictions. 11

The principles of surrender, admission of responsibil- 12  
ities, improving faith, and prayer and meditation, guide 13

1 us into a way of life in which all our resources center in  
2 God, become available to us.

3 A great many addicts have a hard time with acceptance  
4 in recovery. For so long, we have wanted and demanded  
5 that things go our way. When we came into the program of  
6 Narcotics Anonymous we were asked to learn to be patient  
7 and accepting. This is a critical point in our recovery.  
8 Not learning to accept is to continue to manage and con-  
9 trol. We know from our past experiences that our way of  
10 doing things did not work. When we refuse to practice  
11 acceptance we are, in effect, denying our faith in a  
12 Higher Power. This can lead to many problems and fail-  
13 ures.

14 Any addict clean, without the compulsion to use, is  
15 a miracle. We keep this miracle alive in ongoing recovery  
16 with positive attitudes and awareness involving personal  
17 growth. If after a period of time we find ourselves in  
18 trouble with our recovery, we have probably stopped doing  
19 one or more of the things which helped us in the earlier  
20 stages of recovery.

21 This lack of daily maintenance can show up in many  
22 ways. As our lives become more comfortable, many of us  
23 lapse into spiritual complacency, and we find ourselves  
24 in the same horror and loss of purpose from which we came.  
25 We forget we are given only a daily reprieve. We must ask  
26 for help each morning and remember to thank God at night.  
27 If we do not maintain our spiritual condition daily, some  
28 of us find the resulting pain and confusion lead to a  
29 return to drugs and our old way of life. Some have made  
30 it back from relapses...many have not.

31 What are you going to do when you have to face your  
32 first crisis? When the time comes we hope you will be well  
33 equipped with the tolls and the principles of the program  
34 of Narcotics Anonymous. The enemy we have to fight is our

own self-destructiveness. When we begin to work the 1  
program, we will like ourselves better. Much of the 2  
loneliness and fear will have been replaced by the love 3  
of the Fellowship and the security of being a part of a 4  
new way of life. It is important for us to remember to 5  
take it easy. 6

We have found through experience that you can not be 7  
too dumb for this program, but you can be too smart for it-- 8  
too smart to allow it to work for you in your life. Sur- 9  
render is brought about by suffering. Having been beaten 10  
by drugs we are powerless, not powerful. As powerless 11  
people, we should realize that we cannot stay clean on our 12  
own resources. Have we not tried before? We need to tap 13  
into the group's resources and surrender our way to their 14  
way. 15

As a result of working the Twelve Steps, regularly 16  
attending meetings, and practicing these principles in all 17  
our affairs, a spiritual awakening happens in our lives. 18  
God consciousness fills the empty place inside that nothing 19  
ever could before. We know a true peace. Circumstances 20  
which used to baffle us no longer do. We come to dwell in 21  
the fullness and abundance of life as a direct result of 22  
having worked the Steps and maintaining our spiritual 23  
condition. We find it necessary to continue to do so on a 24  
daily basis. 25

These are guidelines and suggestions. We have found 26  
they work for us. This is how we maintain our spiritual 27  
condition. We never have to be lonely again. Our Higher 28  
Power is accessible to us at all times. In the Fellowship 29  
of Narcotics Anonymous we have more friends than we ever 30  
believed possible. Finally, we are fulfilled and have come 31  
to know a real peace and a true sense of self-worth. 32

We have stressed that going to meetings, working the 33  
Twelve Steps, practicing these principles in all our affairs 34

1 and remembering to ask God for help in the morning and to  
2 thank Him at night, only worked for one day. On those  
3 days that we don't continue our daily maintenance we don't  
4 have a good day. Sometimes, after a few days of neglect-  
5 ing spiritual maintenance, things begin to really get out  
6 of hand in our lives. This is, hpefully, when our pain  
7 motivates us to renew our daily spiritual maintenance.

8 We need to be aware that although the spiritual life  
9 is the answer to all our problems, we live in today's  
10 world. If our spirituality cannot help us today, then we  
11 need to re-evaluate what we term spiritual. We need not  
12 immobilize ourselves with constant concern over our spirit-  
13 ual pride in this manner and it keeps us humble. We be-  
14 lieve that if it's not practical, it's not spiritual.

15 We believe, that as recovering addicts, we have a lot  
16 to be grateful for. When things don't work for us, it is  
17 a direct result of our own self will.

18 Our new found way of life may have its problems.  
19 When we ask for help, the road ahead won't be so rocky.  
20 Sometimes, after turning over our will and life to our  
21 Higher Power, we choose to take it back and begin managing  
22 our lives again. The principle of surrender, is admission  
23 of responsibility when we are at fault, and practicing  
24 faith.

25 Even though, by the grace of God, we have been given  
26 an answer to our problems, we often take things back into  
27 our hands. Again and again, we must ask God to do for us  
28 what we cannot do for ourselves. How many times had we  
29 looked at a job well done, and said, "See what a good job  
30 I've done?"...forgetting where the ability really came  
31 from.

32 We begin to see how only our Higher Power can restore  
33 us to sanity when the obsession to use surfaces and self  
34 will runs riot. We gradually turn our will and life over

to the care of God as we understand Him. We no longer feel 1  
alone; we have found a partner in our Higher Power, who is 2  
with us all the time. We cease trying to control, and 3  
surrender. Gradually, as we become more and more God- 4  
centered than self centered, our despair turns to hope. 5  
Self-pity and resentments are replaced by tolerance and 6  
faith. 7

If our surrender to our disease is complete, the rest 8  
of our recovery is dependent upon our belief in a loving 9  
God of our own understanding. Remember, as recovering 10  
addicts, our fellow members love us and will not fail to 11  
respond to our sincere desire for help. We believe God 12  
works the same way. 13

We find that we receive guidance when we ask for 14  
knowledge of God's will for us. This is the emotional 15  
stability we so badly need. We are given the freedom, 16  
serenity, and happiness we had so desperately sought. 17  
Before going to sleep, we take a few moments out of our 18  
routine to thank God for keeping us clean that day and 19  
for helping us with our living problems. 20

With our Higher Power guiding us, we may never again 21  
have to deal with using, but we will always have to deal 22  
with staying clean. 23

A lot happens in one day, both negative and positive, 24  
and if we don't take the time to appreciate both, chances 25  
are we will miss something that will help us grow. As we 26  
begin to live in the present, burdens of the past and the 27  
anxieties of the future slip away. We are granted the 28  
serenity to accept the things we cannot change, and thus 29  
lose our quickness to anger and sensitivity to criticism. 30

Normal living is possible. The Twelve Steps of 31  
Narcotics Anonymous are a progressive recovery process 32  
established in our normal living. Our recovery is depend- 33  
ent on our belief in a loving God who cares for us, and will 34

1 do for us whatever we found impossible to do ourselves.

2       Resentments are one of the biggest road blocks to  
3 recovery. They deaden our spiritual growth. Resentments  
4 are a direct result of our self will acting out its most  
5 extreme nature--violence. We must let go, with love, and  
6 ask God to relieve us of the burden of self will. Anger  
7 and fear will fall by the wayside.

8       Change involves the unknown, the great source of fear.  
9 The same Power that has helped us deal with our obsession  
10 will be the guide and source of courage when we ask for it.  
11 The wisdom to know the difference involves growth in the  
12 program. Regular attendance at meetings is our best baro-  
13 meter in this respect.

14       The Fellowship, after a meeting, is a good opportunity  
15 to share things we didn't get to discuss at the meeting.  
16 It is also a good time to talk one-on-one with our sponsors.  
17 When we talk about our questions and answers, many parts of  
18 the message surface for the first time and become clearer  
19 to us. These initial ventures into the realm of sharing  
20 freely are the beginnings of honesty, open mindedness, and  
21 willingness as a way of life.

22       These principles for living will guide us in recovery  
23 when we learn how to use them. We succeed in life each time  
24 we practice them. We no longer need to make excuses for  
25 who we are. New ideas are available to us.

26       Honesty, the search for the truth, is our most diffi-  
27 cult and yet most challenging objective. We may not be able  
28 to maintain rigorous honesty, but we must always strive for  
29 it. Honesty must start at home. If we are not first honest  
30 with ourselves, we can't be honest with others. The best  
31 way to practice honesty is by taking a daily inventory.

32       Our life is a diary wherein we mean to write one story,  
33 and quite often write another. It is when we compare the  
34 two that we have our most humble hour.

It is important while doing our daily inventory that 1  
we remember to look at our assets as well as our defects. 2  
So often, we get caught up in striving for growth and 3  
eliminating our defects, that we forget about our assets. 4  
We have found when we focus on our assets our defects 5  
will also change. Our inventory allows us to realize our 6  
daily growth. 7

Rigorously practicing the few simple guidelines for 8  
living in this chapter, we succeed daily. Although daily 9  
inventory may have a fair share of red ink, these guide- 10  
lines, when practiced, give us sufficient black ink to 11  
balance the day's ledger. 12

JUST FOR TODAY, WE WILL LIVE!!!! 13