

## NA 12 STEPS BOOK%0A

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## 12 Steps of Narcotics Anonymous

The following are the 12 Steps of Narcotics Anonymous, also referred to as NA. Narcotics Anonymous offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings.

**Twelve Steps - The 12 Steps of Overeaters Anonymous**  
For an in-depth study of the Twelve Steps, read *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition available from our bookstore. Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

**The Twelve Steps & Twelve Traditions of Overeaters Anonymous**

This book first outlines the 12 steps of AA as they apply to the disease of compulsive over (or under) eating. At first, the Twelve Traditions may seem like a rule book in how to run a meeting, but it Required reading for any who find that food rules their thoughts.

**The Narcotics Anonymous Step Working Guides: Narcotics ...**

If you are ready to work with a sponsor to complete your 12-steps, this guide is straight to the point and indispensable. I completed my 12-steps the first time using this workbook and I still use it today when working with newcomers.

**Twelve Steps of Narcotics Anonymous**

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

**The Narcotics Anonymous Step Working Guide - Coastal ...**

The Narcotics Anonymous Step Working Guides unfamiliar, we should feel free to make use of a dictionary. These guides are meant to be used by NA members at any stage of recovery, whether it's our first

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**The Twelve Steps of Narcotics Anonymous - NA Recovery**

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. 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 NA

The Twelve Traditions of NA We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well. 1. Our common welfare should come first; personal recovery depends on NA unity. 2. For our

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#### OA 12 Steps and 12 Traditions Overeaters Anonymous for ...

OA 12 Steps and 12 Traditions. Twelve Steps. The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food. The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and application of spiritual insights recorded by thinkers throughout the