

# Who is an Addict?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centred in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live.

Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

# Why Are We Here?

Before coming to the Fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves. Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until, in desperation, we sought help from each other in Narcotics Anonymous.

After coming to NA we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible.

# Anonymity Statement

Anonymity is the spiritual foundation of all our Traditions. The purpose of maintaining anonymity is to protect the fellowship as well as the members. Due to this event being held virtually, anonymity cannot be guaranteed. Event information has been made publicly available to ensure that any addict seeking recovery may attend. As an attendee, the following actions may assist to protect personal anonymity: renaming yourself and removing your last name before entering the meeting, changing your first name, turning off your video, and/or use of a non-identifiable photo or no-photo at all. We also request that you do not record this meeting or take screenshots to avoid breaking the anonymity of other members. Taking these precautions can help protect the anonymity of ourselves, others, and the fellowship to allow us the many benefits of gathering virtually to enhance our recovery.

Minutes Left:

5

Minutes Left:

2

