



# THE BUZZ

Volume 3, Issue 7

September / October 2009

## Am I an Addict? From IP #7

This is NA Fellowship-approved literature

*Only you can answer this question.*

This may not be an easy thing to do. All through our usage, we told ourselves, "I can handle it." Even if this was true in the beginning, it is not so now. The drugs handled us. We lived to use and used to live. Very simply, an addict is a person whose life is controlled by drugs. Perhaps you admit you have a problem with drugs, but you don't consider yourself an addict. All of us have preconceived ideas about what an addict is. There is nothing shameful about being an addict once you begin to take positive action. If you can identify with our problems, you may be able to identify with our solution. The following questions were written by recovering addicts in Narcotics Anonymous. If you have doubts about whether or not you're an addict, take a few moments to read the questions below and answer them as honestly as you can.

1. Do you ever use alone?  
Yes  No
2. Have you ever substituted one drug for another, thinking that one particular drug was the problem?  
Yes  No
3. Have you ever manipulated or lied to a doctor to obtain prescription drugs? Yes  No
4. Have you ever stolen drugs or stolen to obtain drugs? Yes  No
5. Do you regularly use a drug when you wake up or when you go to bed?  
Yes  No
6. Have you ever taken one drug to overcome the effects of another? Yes  No
7. Do you avoid people or places that do not approve of you using drugs?  
Yes  No
8. Have you ever used a drug without knowing what it was or what it would do to you?  
Yes  No
9. Has your job or school performance ever suffered from the effects of your drug use? Yes  No
10. Have you ever been arrested as a result of using drugs? Yes  No
11. Have you ever lied about what or how much you use? Yes  No
12. Do you put the purchase of drugs ahead of your financial responsibilities? Yes  No
13. Have you ever tried to stop or control your using? Yes  No
14. Have you ever been in a jail, hospital, or drug rehabilitation center because of your using?  
Yes  No
15. Does using interfere with your sleeping or eating? Yes  No
16. Does the thought of running out of drugs terrify you? Yes  No
17. Do you feel it is impossible for you to live without drugs? Yes  No
18. Do you ever question your own sanity?

Central Minnesota Area  
Narcotics Anonymous

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## Am I An Addict? (cont.)

Yes  No

19. Is your drug use making life at home unhappy?

Yes  No

20. Have you ever thought you couldn't fit in or have a good time without drugs? Yes  No

21. Have you ever felt defensive, guilty, or ashamed about your using? Yes  No

22. Do you think a lot about drugs? Yes  No

23. Have you had irrational or indefinable fears? Yes  No

24. Has using affected your sexual relationships? Yes  No

25. Have you ever taken drugs you didn't prefer? Yes  No

26. Have you ever used drugs because of emotional pain or stress?

Yes  No

27. Have you ever overdosed on any drugs? Yes  No

28. Do you continue to use despite negative consequences?

Yes  No

29. Do you think you might have a drug problem? Yes  No

"Am I an addict?" This is a question only you can answer. We found that we all answered

different numbers of these questions "Yes." The actual number of "Yes" responses wasn't as

important as how we felt inside and how addiction had affected our lives.

Some of these questions don't even mention drugs. This is because addiction is an insidious disease that affects all areas of our lives—even

those areas which seem at first to have little to do with drugs. The different drugs we used were not as important as why we used them and what they did to us.

When we first read these questions, it was frightening for us to think we might be addicts. Some of us tried to dismiss these thoughts by saying:

"Oh, those questions don't make sense;" Or, "I'm different. I know I take drugs, but I'm not an addict. I have real emotional/family/job problems;" Or, "I'm just having a tough time getting it together right now;" Or, "I'll be able to stop when I find the right person/get the right job, etc."

If you are an addict, you must first admit that you have a problem with drugs before any progress can be made toward recovery. These questions, when honestly approached, may help to show you how using drugs has made your life unmanageable. Addiction is a disease which, without recovery, ends in jails, institutions, and death. Many of us came to Narcotics Anonymous because drugs had stopped doing what we needed them to do. Addiction takes our pride, self-esteem, family, loved ones, and even our desire to live. If you have not reached this point in your addiction, you don't have to. We have found that our own private hell was within us. If you want help, you can find it in the Fellowship of Narcotics Anonymous.

"We were searching for an answer when we reached out and found Narcotics Anonymous.

We came to our first NA meeting in defeat and didn't know what to expect. After sitting in a meeting, or

several meetings, we began to feel that people cared and were willing to help.

Although our minds told us that we would never make it, the people in the fellowship gave us hope by insisting that we could recover. Surrounded by fellow addicts, we realized that we were not alone anymore. Recovery is what happens in our meetings. Our lives are at stake. We found that by putting recovery



***Am I an addict? This is a question only you can answer.***

## Newsletter Sub-committee's choice

6/09

### AM I AN ADDICT?

*"We do not have to think twice about this question, we know."*

*It is not by accident that this quote virtually leads the reader to the quiet privacy of their own thoughts.*

*When a naturally secretive person, like an addict, is confronted with a brutal truth, we tend to bolt! Often as not, denial has a shelf life far longer than the active addiction it was designed to protect. The average addict does not react well to such probing questions early in recovery. It is only after trust and bonds of empathy develop that addicts have a fair chance at answering such heavy truths.*

*The very word Addict carries a kind of baggage of its own. Most of the world uses the word to condemn or insinuate weakness or failure in another. Most of that world merely shows their ignorance of the disease we carry. It is through fear of our condition that they occasionally use it to*

*attack us. If we experience the hurtful insult over enough time, our very psyche may bend to the point of believing the worst of the judgments; that we are NOT worthy of this world.*

*When an addict is confronted with the possibility they (we) have no business sharing the air with Good or Normal people, denial lifts its ugly head and stops us from thinking about it. This is recipe for disaster can be avoided by listening to the success stories of other addicts and joining a circle banded together by a common truth. Our truth is that we are worthwhile people who live Just for Today in spite of our fatal disease. We are people who have found a new way of life for ourselves with the help and support of others. We are people who can finally ask the hard questions. We can confront the addict whose opinion we fear most. We can answer the question "am I an addict?" proudly thus: "Of course we are."*

*Once we arrive at this point, an odd warmth might embrace us in the knowledge we never have to do this alone. We can no longer*

*give liberty to the lie that we are doomed or that recovery is a myth. Hundreds of thousands of addicts are living productive and wondrous lives today in the membership roles of Narcotics Anonymous.*

*I do not wish for every addict in my community to do as I have, to hold my recovery over the head of 'Normies' like a weapon or perhaps an advantage over them. The addict in me would like nothing better than to sully the very program I work by destroying my humility and pushing me to invalidate my serenity with grandiosity.*

*Make no mistake. We truly do have an advantage over the majority of the world's population. We have the tools to build a life from the wreckage of our pasts. One of the most important tools is humility. Only a true supplicant can hear the quiet voice of their Higher Power when we ask "am I an addict?" Our H.P. never lies. Let's listen, OK?*

MG 6/09

**WE ALL HAVE CHOICES TO MAKE.**

**THERE IS SOMEONE IN THESE ROOMS THAT CAN HELP YOU. YOU'RE NOT ALONE.**



**Central Minnesota  
Area Narcotics  
Anonymous**

- NEXT ISSUE**
- ◆ Points of interest from IP #8
  - ◆ "Just For Today"
  - ◆ Subcommittee's Choice
  - ◆ Upcoming Events Calendar

If you have an event or article that you would like to see in The Buzz, please submit your offering to the subcommittee. Newsletters are brought to the ASC for editing one month prior to being sent to the printer. Next issue will be ready for editing in October. After that it will be hit and miss to add something prior to printing in September.

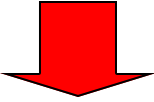
**GRATITUDE PRAYER**

*"Our gratitude speaks, when we care and when we share with others the N.A. way, that no addict seeking recovery need ever die from the horrors of addiction."*

**NEW MEETING(S)**

\* **Attn: Men's Steppin' in Recovery !!**  
Banner Bldg.  
907 8th Ave So  
St. Cloud  
Saturdays 10:00 AM-11:30 AM

If you know of a new meeting and you would like to see it in the newsletter, Please contact the subcommittee at the address below.



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**LOOKING FOR SOMETHING TO DO ? ACTIVITIES COULD USE YOUR HELP. THEY MEET AT 10:30 ON THE SECOND SATURDAY OF EVERY MONTH AT THE MCDONALD'S ON HWY. 10 YOUR IDEAS ARE ALWAYS WELCOME.**

Work cited  
IP #7

Please remember that the opinions expressed here are that of the individual. No one person can speak on behalf of this sub-committee or NA as a whole.

Content of this newsletter does not in anyway represent NA as a whole. It represents the views, opinions and concerns of the CMA Newsletter Subcommittee. Any constructive criticism shall be directed to the CMA Newsletter Subcommittee. Final Editing will be done at the ASC prior to final printing.

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