

NA Information Pamphlets (IPs) and Service Pamphlets (SPs) Explained

South Dade Area - Literature Distribution Liaison

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- 1) **IP #1 - Who, What, How & Why** - This pamphlet contains excerpts from the NA White Booklet, including "Who is an addict?," "What is the NA Program?," and "NA's Twelve Steps and Twelve Traditions."
- 2) **IP #2 - The Group (Pamphlet)** - A simple guide to how the NA group works, including descriptions of how a group starts and what group officers do.
- 3) **IP #5 - Another Look** - This pamphlet encourages addicts to take a second look at their drug use and identify those things addiction cannot provide them. "Any lifestyle seeking spiritual fulfillment seems to demand the very things missing in addiction: Freedom, goodwill, creative action, and personal growth."
- 4) **IP #6 - Recovery & Relapse** - An excerpt from the NA White Booklet, this pamphlet identifies the early warning signs of relapse and tells the addict how to avoid it.
- 5) **IP #7 - Am I An Addict?** - Twenty-nine questions to help a drug user decide if he or she is an addict.
- 6) **IP #8 - Just For Today** - Five positive thoughts for the recovering addict is the focus of this pamphlet. Living "just for today" means learning to live "in the now" rather than dwelling on resentments or projections.
- 7) **IP #9 - Living the Program** - A daily inventory worksheet to help the addicts keep track of what they are doing to maintain and advance their recovery.
- 8) **IP #11 - Sponsorship (Revised)** - Sponsorship is a vital part of the NA program, where an experienced member guides a newer member. This newly revised introductory pamphlet helps provide an understanding of sponsorship.
- 9) **IP #12 - The Triangle of Self-Obsession** - "Resentment, anger and fear make up the Triangle of Self-Obsession. All of our defects of character are forms of these three reactions. Self-obsession is at the heart of our insanity."
- 10) **IP #13 - Youth & Recovery** - This pamphlet focuses on crises young people often face on the road to recovery: hitting bottom, making a decision to enter recovery, and dealing with peer pressure and family problems.
- 11) **IP #14 - One Addict's Experience with Self-Acceptance, Faith and Commitment** - One recovering addict describes his introduction to Narcotics Anonymous and his journey through NA's first three steps.
- 12) **IP #15 - Public Information and the NA Member** - A description of NA's public relations program and how the individual member can help.
- 13) **IP #16 - For the Newcomer** - An explanation of the basics of the NA program for addicts attending their first meeting. The pamphlet focuses on the effects of addiction, NA's Twelve Steps of recovery, what it feels like to be newly "clean," sponsorship, and confidentiality of membership.

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14) **IP #17 - For Those in Treatment** - "Treatment can help you start to live life drug-free," says this pamphlet. "The support of other recovering addicts and an ongoing recovery program can help you continue living without the use of drugs. In this pamphlet, we offer some suggestions to help you in your transition from treatment to continuing recovery in Narcotics Anonymous."

15) **IP #19 - Self-Acceptance** - This pamphlet identifies a critical problem: "The lack of self-acceptance is a problem for many recovering addicts." It also identifies a potential solution to this problem: the Twelve Steps of Narcotics Anonymous.

16) **IP #20 - Hospitals & Institutions Service and the NA Member** - Addiction drives thousands to "jails, institutions, and death." That is why Narcotics Anonymous puts top priority on carrying its recovery message to addicts in hospitals and institutions. This pamphlet is an overview of H&I outreach to addicts in correctional facilities, addiction treatment centers, and mental health units.

17) **IP #21 - The Loner: Staying Clean in Isolation** - Many addicts around the world are geographically isolated from other recovering addicts and cannot attend regular NA meetings; other addicts are prevented from attending meetings by illness, work schedules, and other factors. This pamphlet describes how these members can participate in the NA program and find the support they need through the NA Loner Group, facilitated by the fellowship's World Service Office.

18) **IP #22 - Welcome to Narcotics Anonymous** - This piece reinforces the message of the pamphlet "For the Newcomer," assuring the addict who has just arrived in NA that he or she can learn "to live drug-free a day at a time; and whenever a day is too long, then five minutes at a time. We can do together what we could not do alone."

19) **IP #23 - Staying Clean on the Outside** - Many of us first heard the Narcotics Anonymous message of recovery while in a hospital or institution of some kind," this pamphlet begins. "Transition from such places to the outside world is not easy under any circumstances," and this pamphlet attempts to help the reader through that transition.

20) **IP #24 - "Hey! What's the Basket For?"** - This pamphlet focuses on NA's principle of self-support, explaining the importance of membership contributions and what they are used for in NA groups and within the NA service structure.

21) **IP #25 - Self-Support: Principle and Practice** - Examines the principle of self-support as it relates to being of service in Narcotics Anonymous, and the practices common among our members, groups, areas, and regions regarding Seventh Tradition donations.

22) **IP #26 - Accessibility for Those with Additional Needs** - This pamphlet, an abbreviated version of the Additional Needs Resource Information, provides information on how we can best assist addicts with additional needs. It emphasizes our primary purpose as it relates to:

- (a) deaf/hearing impaired;
- (b) blind/visually impaired; and
- (c) physically impaired in wheelchairs or walkers.

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23) **An Introduction to NA (Service Pamphlet)** – Our meetings can seem strange and uncomfortable to those new to our fellowship. This piece may be a resource for referring professionals and a welcoming introduction to visitors and to newer members. (*This piece has been pulled from circulation pending further discussion.*)

24) **Disruptive and Violent Behavior in NA Meetings (Service Pamphlet)** - This piece is aimed toward groups looking for possible solutions to issues of disruptive and violent behavior at NA meetings.

25) **Group Business Meetings (Service Pamphlet)** - While all groups are autonomous, this pamphlet includes thoughts on effective group business meetings as well as a sample format and discussion topics.

26) **Group Trusted Servants: Roles and Responsibilities (Service Pamphlet)** - Groups are the first place most of us learn to serve NA. This piece summarizes and updates information from The Group Booklet and describes group service positions.

27) **NA Groups and Medication (Service Pamphlet)** - This pamphlet is a resource intended to help groups maintain unity as they navigate issues about which individual members hold a wide variety of opinions and feelings.