

Honesty in Recovery

The first step into recovery requires honesty.

When we are honest with ourselves,
and people we come into contact with,
then we step onto the path of positive growth.

Therein lay endless opportunities when we become
truthful and straight forward in conduct.

Honestly working the Steps of Narcotics Anonymous
will abundantly enhance your understanding of yourself,
your addictions, your character defects and personality traits.

What a difference true honesty can make
when working the program of N.A.

To be honest with yourself during recovery,
you should not deceive yourself.

We should be honest with ourselves concerning our character,
especially about how we feel, our thought process,
how we carry ourselves, and how we act
and behave towards varying circumstances.

There are countless advantages from being honest with ourselves.
In our recovery, we are better able to notice our character defects,
shortcomings, negative thoughts, anger, and personality flaws.

When we are honest with ourselves
we gain the capacity for positive change to occur.
Our desire for positive change helps us to feel better about ourselves.
We become more aware of our true person,
enabling us to have the opportunity to make the
required changes necessary to grow in our recovery.

In our journey, it is just as important to be honest
not just to ourselves, but also with our dealings with others.

Why should we lie our lives away?
Now we have the chance to make amends, heal our past wounds,
rebuild our relationships based on trust,
along with many other things that would be possible
if we maintain self-honesty, as well as outward honesty.

An ever-increasing amount of opportunities
for personal growth in our recovery
awaits us as we are honest about our addiction,
our addictive behaviors and our powerlessness.
You will reap the benefits of working an honest program.

By being honest, we are open to utilize
the many other spiritual principles offered in N.A.

I've learned that I must be honest
regarding all aspects of my life
if I am to continue along the road
that leads to further personal growth,
spiritual enrichment and positive change.

I am grateful to share this message,
and it is my hope that we all can
adopt these principles in all our affairs.
Thank you.

My name is Terry, and I am an addict.