

Living Clean Workshop Chapter 1

Discussion Notes

Insert Chapter set up

Chapter 1. Why we are still here

- o Desperation to passion
- o Making NA a way of life
- o How do we stay
- o Why do we stay
- o Moving from the disease versus moving toward recovery
- o Transitioning out of “being a newcomer”
- o Spiral staircase – patterns in recovery not always linear
- o Moving from desperation to passion

Here are some other avenues to offering input for this project:
Complete the survey at: <http://www.na.org/conference/LC/index.htm>
Send an email to: LivingClean@na.org Or join us on the Discussion Boards, see www.na.org for more information
And, of course, you can mail to: PO Box 9999 Van Nuys, CA 91409

I acknowledge by participating in this workshop that the contents of my comments or written submissions may be used in the work, Living Clean, or any other works that may be developed by NA World Services, Inc. (NAWS). Furthermore, I acknowledge by participating in this workshop, that I have relinquished, in perpetuity, all ownership and/or author rights to the material contained in my comments or written submissions to NAWS.

Please print and sign your full name and date.

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Living Clean Workshop Chapter 2

Discussion Notes

Insert Chapter set up

Chapter 2. Who we are

- Change is Messy
- Reinventing ourselves
- Life Stage Stuff – seeing ourselves as we are becoming
- Self love/self respect
- Breaking patterns, practicing principles
- Isolation
- Alienation
- Other aspects of addiction – symptoms of the disease
- Embracing the positives
- Race ethnicity gender sexuality prejudice
- Using new tools
- Attitudes becoming attributes – internalizing the principles

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