

## November 18, Self-discovery

*"The Tenth Step can help us correct our living problems and prevent their recurrence."*

Basic Text, p. 42



Just for Today: I will do the best I can with what I have today. Each day I'll learn something new that will help me tomorrow.

### Just For Today- February 9

Self-Acceptance- IP No. 19- "Self-Acceptance"



"When we accept ourselves, we can accept others into our lives, unconditionally probably for the first time."

From our earliest memories, many of us felt like we never belonged. No matter how big the gathering, we always felt apart from the crowd. We had a hard time "fitting in". Deep down, we believed that if we really let others get to know us, they would reject us. Perhaps our addiction began to germinate in this climate of self-centeredness. Many of us hid the pain of our alienation with an attitude of defiance. In effect, we told the world, "You don't need me? Well, I don't need any of you, either. I've got my drugs and I can take care of myself!" The further our addiction progressed, the higher the walls we built around ourselves. Those walls begin to fall when we start finding acceptance from other recovering addicts. With this acceptance from others, we begin to learn the important principle of self-acceptance. And when we start to accept ourselves, we can allow others to take part in our lives without fear of rejection.



Just for today: I am accepted in NA; I fit in. Today, it's safe to start letting others into my life.

H&I has two service positions available.

Alternate Secretary and Alternate Literature Coordinator.

If you are interested in either of these positions or would like to join H&I to bring the message of NA to addicts in Hospitals and Institutions,

We invite you to come to our monthly Zoom meeting.



We meet on the last Sunday of the month at 5 PM and the

Zoom link is: 865 550 0289 and the Password is 050749.

Mark your calendar... The next meeting is Sunday, October 26th.



# SCANA

SOUTH COAST AREA OF NARCOTICS ANONYMOUS

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Spiritual Principle of the Day- June 5  
Valuing Self-Acceptance over Validation- Page 162



"We no longer have to look for the approval of others because we are satisfied with being ourselves."

IP #19, Self-Acceptance, "The Twelve Steps are the solution"

For many of us, needing others' approval--or seeking validation--is perched near the top of our character defects list. We have lived in constant fear of making the wrong choices and others knowing our faults, weaknesses, and mistakes. We did everything we could to avoid being judged and actively, sometimes obsessively, sought others to tell us we were worthy, lovable, desirable, or cool. After a lifetime of self-deprecation, self-pity, and self-harm, how do we gain self-acceptance?

Self-awareness is key to self-acceptance. Working our Steps sparks that awareness. By sharing our inventories, assessing our defects, and struggling not to act on them, we gain a new perspective: We have been our own most vigorous judges and harshest punishers, not others. We harmed ourselves with the delusion that others' approval would make us satisfied with being ourselves. The emptiness we feel cannot be filled by validation from others. We have to find it within ourselves.

Understanding what doesn't work is a good place to start. And soon, we see that self-acceptance is an inside job that doesn't happen with a flip of a switch. We work hard to accept ourselves as we are now, so we can make the changes we want to see. We can lovingly reintegrate parts of ourselves we used to disown because they were of no use to us in active addiction. Recovery helps us revamp mistakes into learning experiences rather than excuses to rag on ourselves and quit trying. As we continue to take personal inventory, we discover how we want to live our lives, who we want to spend them with, and what makes our hearts sing.

Self-acceptance allows us to value someone's insight without living for their approval or, for that matter, bowing to their condemnation.

I know my strengths and my liabilities today, and I'm working to accept both. Others have a role in my life, but it's not to determine my worth.

## Narcotics Anonymous



I accept myself  
**SO THAT**  
I may accept others.

★ Would you like to be featured in our upcoming Clean Sheets? Please share your NA-related stories, poems, memes, cartoons, your individual experiences-working steps, how NA has helped you, Being of Service...

★ Are you having an aNAversary soon- Please share your Clean Date so we can celebrate your Recovery!

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