



My story

My name is Victoria, and I am an addict. My clean date is February 4, 2024. I have a sponsor whom I have been working the steps with, and my recovery has become an important part of my life.

I first started using at the age of 13. By the age of 19, I started going out to parties every weekend. At 21, my first serious boyfriend and I broke up. I became really depressed and started going to the bar every weekend, either with friends or by myself. Around the same time, I started doing cocaine. Soon after, I had a new boyfriend who was also my dealer. I was 24 when I started using large amounts all the time.

I quickly ruined my nose and eventually couldn't do drugs anymore or even breathe through my nose. My mom took me to the hospital, where I was diagnosed with a serious infection in my nose and referred to an ENT. The ENT told me that I needed surgery, but I had to stay clean for a year before I could have the surgery.

Shortly after being told this, I was hanging out with some so-called friends and started using meth. Once I started using again, my life quickly went downhill.

After using for about a year, my dad told me I couldn't come and go as I pleased and that I had to come home when he was home. I started living out of my car with my cat. After a few months, my mom was going on vacation and asked me to house-sit for her. That eventually turned into me living with my mom.

Continued in the next column →



I got my first drug charge at the age of 30. I wasn't arrested with my first charge, but three days later, I got pulled over again and was arrested. When I got to the jail, they released me. Two days later, the police showed up at my mom's house to arrest me for the first charge.

I was given bond, but my parents wouldn't answer the phone. When I called my dad, he hung up on me. A friend paid my bond, and I got out of jail and went right back to doing the same things I had been doing, even though I was on pretrial.

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Three months later, I tried to take fake urine into pretrial and was arrested. I spent three months in jail. While I was there, I started going to meetings. When I got out of jail, I continued going to meetings.

At about six months clean, I got a job that I really enjoyed. Two weeks later, my job told me that because of my background check, they had to let me go. Instead of going to a meeting, I went back to what I knew best: using. That didn't last long.

My probation officer showed up at my mom's house to test me. I admitted to her that I had been using and asked her for help. She arrested me, but she also called my dad and told him about a year-long rehab program in Winchester.

I was in jail for 10 days and waited a long 13 hours to be released. When I finally got to rehab and was allowed to call my brother, he told me that he had also gotten clean to help support me. That meant so much to me.

After getting to rehab, every time we went to a meeting, I got people's phone numbers and started building a network. Coming into the program of Narcotics Anonymous changed my life.

Since coming into NA, I have had seven intense surgeries on my nose. Before my first surgery, I was extremely scared. I reached out to my network and trusted them enough to talk about how I felt and what I was afraid of. After every surgery, I went to meetings no matter how I felt or how I looked. I learned that I didn't have to go through things alone.

Today, I have two and a half years clean. I have had the same job for almost two years, and I truly enjoy my life today.

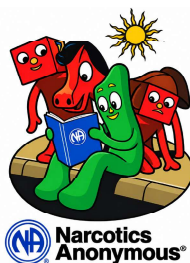
I try to help the newcomer by giving them rides or simply being someone they can talk to. When I see a newcomer at a meeting, I make a point to go up to them and introduce myself. I have a service position with my home group, and I always show up for my home group. Even if I get off work at 7:00, I still make it to the meeting.

Today, I have a large network of people in recovery. I have my family's trust again, and I am very involved with them. My best friend is back in my life, and she trusts me with her son. She supports me in my recovery, and I am so grateful to have her by my side.

I call people in recovery and talk to them, and I show up when they need me. When I go to a meeting, I make sure to hug everyone, even if they aren't always in the mood for a hug.

My life today is so different from the life I was living before. I have relationships, responsibilities, trust, a job, a family, and a recovery network. Most importantly, I have a life that I don't want to lose.

I am grateful for Narcotics Anonymous, my sponsor, my network, my family, and everyone who has been there for me along the way. I know that I can't do this alone, and today I don't have to. I just have to keep showing up, keep working the steps, and keep moving forward one day at a time.



Knowledge of Steps and Recovery

- | | |
|--------------------------------------|-------------|
| __1. What members offer each other | A. restore |
| __2. Step 12 action | B. amend |
| __3. Step 12 outcome | C. act |
| __4. Step 6 concept | D. Steps |
| __5. Step 9 verb | E. service |
| __6. To lift spiritually | F. progress |
| __7. Recovery requires action | G. help |
| __8. Recovery slogan | H. exact |
| __9. Step 5 phrase | I. exalt |
| __10. The structure path of recovery | J. ready |

Fun Facts

Can you finish this sentence:

1. The ends are always the same ____ and ____?
2. The heart of ____ beats when two addicts share their recovery.
3. Easy ____
4. One is to many and ____.

Answers on page 6

Just NA Facts

November 12th, 2010

The Elephant in the Room

Traditions violations? What Traditions violations?

Who ARE we, anyhow?

This is our third informational e-mail to you. (If you wish to unsubscribe, you may do so at the bottom of this e-mail, or by going to our website and contacting us via e-mail.) We received a number of responses to our first two e-mails in September. Aside from the often-asked "who" we are, we were also asked "why" we are. "Who" we are is contained at the bottom of this e-mail, and also on our website homepage www.justnafacts.org.

"Why" we are is simple

We are passionate about the recovery found in Narcotics Anonymous, and we're not shy about sharing that. Nor are we shy about sharing our fear that the NA that got us all clean is being replaced by a corporate structure that's taken the heart and soul out of service. At the same time, it's bleeding our Home Groups dry by raising the price of already too-expensive literature (aka the Newcomer Tax). We believe that a great deal of the fault for this rests with inadequate or biased information presented to Home Groups and their members.

About that elephant...

Let's address the elephant in the room: Traditions violations. We believe that the vast majority of information that comes from the "NA Press" is controlled by Narcotics Anonymous World Services, and that NAWS is the World Board rubber-stamping and saying "yes" to the World Service Office, an entity that is not bound by ANY Tradition or spiritual principle.

Are we ourselves biased?

Absolutely. But make no mistake: As individuals, we have no purpose other than ensuring that recovery from addiction is the goal of Narcotics Anonymous and its services.

What can you do?

You can determine the future of NA. by asking questions of your trusted servants and through your own trusted service. All we can do is provide you with information that's not always easy to find. In the end, the choice is yours. Are you willing to risk personal discomfort in exchange for listening to another point of view?

JustNAFacts.org is a website presented to the fellowship of N.A. Its sole purpose is to give the Fellowship researched information and personal experience that is historically correct. Our goal is to educate all members of N.A., empowering them and their Home Groups to make well-informed decisions. We believe in the spirit of anonymity and feel that the message is more important than the messenger, hence we will bear no name other than addict, and no title other than Member. We have no profit motive nor need for acclaim, and no conflict of interest. Our goal is to accurately inform.

Let's Celebrate



Upcoming events

GATEWAY TO FREEDOM AREA
of Narcotics Anonymous
Presents

CAMP JAM X

PREREGISTRATION LIMITED TIME ONLY

September 18-20th, 2026

Location: Camp Minco, Mineral County, WV

June 1st-August 31st \$110

Includes: Food (5 meals), Lodging (camping or dorm style cabin - bring twin sheets), Registration - FULL WEEKEND (meetings, workshops, activities)

Children 12 to 17 (if eating at the entire event) - \$30

Jim K. (CJ chair) - +1 (304) 790-9901
Elizabeth K. (CJ registration) - 240-920-4076

The poster is for the NA AT WALTER REED Group Anniversary COOKOUT. It features the NA logo, the text 'CELEBRATING RECOVERY, UNITY & SERVICE', and 'ONE DAY AT A TIME'. The main event is on Saturday, September 19, 2026, from 12:00 PM to 5:00 PM. The location is 2909 16TH ST SOUTH, ARLINGTON, VA 22204. Activities listed include FOOD, FELLOWSHIP, FUN & GAMES, MUSIC, RAFFLES, and MORE! A sign says 'Bring Your LAWN CHAIRS!'. Another sign says 'HOOKED ON RECOVERY GRATEFUL & BLESSED'. The bottom text reads 'TOGETHER WE GROW • TOGETHER WE STAY • TOGETHER WE RECOVER'.

Fun facts

Answers:

1. What is...jails, institutions and death.
2. Narcotics Anonymous
3. Easy does it
4. A 1000 is not enough

Knowledge of Steps and Recovery

Answers:

- 1.Help, 2. Service, 3. Restore, 4.Ready, 5. Amend
6. Exalt, 7. Act, 8. Progress, 9. Exact, 10. Steps
- 1.G, 2.E, 3.A, 4.J, 5.B, 6.I, 7.C, 8.F, 9.H, 10.D



Our Closing Message

The message is that an addict, any addict can stop using drugs, lose the desire to use, and find a new way to live.



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