NORTHERN NEW ENGLAND REGION NARCOTICS ANONYMOUS



To or find a virtual or in person meeting:

Call or Text City and State to:
833-436-6166
or visit nnerna.org



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Tell Yourself:	Tell Yourself:	Tell Yourself:
JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.	JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.	JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.
JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.	JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.	JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.
JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.	JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.	JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.
JUST FOR TODAY through NA I will try to get a better perspective on my life.	JUST FOR TODAY through NA I will try to get a better perspective on my life.	JUST FOR TODAY through NA I will try to get a better perspective on my life.
JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.	JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.	JUST FOR TODAY I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.
So long as I follow that way, I have nothing to fear.	So long as I follow that way, I have nothing to fear.	So long as I follow that way, I have nothing to fear.
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