

### **Positive Beliefs, Positive Actions**

Try not doing anything. See how long you can remain inactive. Not long, because you are human and humans do things. We thrive. The basis of sobriety is a life of activity free of heroin and substances like it. Sobriety is how heroin addicts are able live today, and because of the 12 Steps it is also why they live today.

We have turned our wills and our lives over to our Higher Power. Our chosen professions, friendships, and good habits are guided by our Higher Power. Don't doubt this. Positive beliefs in your Higher Power's guidance are a great source of strength. Sobriety does not make life easy, but we often find the harder path of responsibility leads us clear of the awful consequences of heroin addiction.

Seek out and befriend other heroin addicts who are enjoying happy sobriety in Heroin Anonymous. Develop habits of activity and social interaction that include meetings and the other things you are doing to maintain sobriety. Discover for yourself ways to nurture positive sober beliefs. Develop and follow your interests in spiritual understanding.

People shape one another's beliefs. Be a positive force in the sobriety of others, and find strength in friendship with others who are enjoying sobriety. Sober heroin addicts need fellowship. Heroin addicts who spend too much time with people who do not have our problem come to believe they do not have our problem. They think they ought to be like the people they are with, and decide to have a few beers or use a little heroin. For better or worse, people shape one another's beliefs.

Our heroin addiction brought us to the brink of destruction, but our human will to live drove us to find a new life in sobriety. In Heroin Anonymous, we found a program of action. We did what others had done to be free of heroin addiction. Our heroin addiction was displaced by sobriety. The only sure way not to do a thing is to be constantly doing something else. Practicing the principles of the 12 Steps in everything we do is the activity that displaces heroin addiction.

We complete the 12 Steps with the help of our sponsor. Our lives are then on a new foundation. We choose our paths in life based on our Higher Power's direction. Our lives are based on positive beliefs that motivate positive actions.

A Bill Friend