

## Ubani, Yini, Kanjani, futhi Kungani

### Ubani umlutha?

Iningi lethu alidingi ukuwucabangisisa lombuzo. *Siyazi!* Izimpilo zethu zazigxile zizungezwe kakhulu izidakamizwa. Sasinezindlela zokuzithola nokuzisebenzisa. Sasiphilela ukusebenzisa izidakamizwa, futhi sasizisebenzisela ukuba siphile. Umlutha umuntu ompilo yakhe ilawulwa ibuswa izidakamizwa. Singabantu abanesifo esiqhubekayo futhi esingenamkhawuko. Isiphetho somuntu oluthekile isibhedlela, ijele, nokufa.

### Ngabe luyini uhlelo lwe Narcotics Anonymous?

I-NA inhlango engenzinzuzo, eyabantu abanenkinga yokusebenzisa izidakamizwa. Ukuze sikwazi ukuphila ngaphandle kwezidakamizwa sihlango njalo ukuze sisizane futhi sikhuthazane. Loluhlelo lokuyeka ngokuphelele zonke izinhlobo zezidakamizwa. Kunomgomo owodwa uma unesifiso sokuba ilungu lale nhlango, ukuyeka izidakamizwa. Singakululeka ukuba uvule ingqondo futhi uzinike ukuphumula emphefumulweni. Uhlelo lwethu lwezinyathelo namasiko abhalwe ngendlela elula, esingakwazi ukuzilandela ezimpilweni zethu zansuku zonke. Okubalulekile kakhulu ukuthi luyasebenza loluhlelo.

Asinamigomo ka-NA. Asinayo enye inhlango esihlangene nayo, akukho mali, akukho ma pledges asayinwayo, azikho izithembiso ozenzayo kunoma imuphi umuntu. Asihlangene naqembu lezopolitiki, lenkolo noma abezomthetho, futhi abekho abantu abasigadile ngaso sonke isikhathi. Wonke umuntu angaba ilungu, akukhathalekile ukuthi ungakanani ngeminyaka, ungowaluphi uhlanga, ubulili, uyakholwa noma awukholwa.

Asinankinga yokuthi iziphi izidakamizwa obuzisebenzisa, ubuzisebenzisa kanjani nokuthi kwakungobani okhonekshini bakho, okwenzile ngaphambilini kungaba okukhulu noma okuncane. Okubalulekile ukuthi ufuna ukwenzani ngenkinga obhekene nayo nokuthi le nhlango ingakusiza kanjani. Umlutha oqalayo ukufika ka-NA ubaluleke kakhulu kuyo yonke imihlango ngoba ukukhululeka kwethu sikugcina ngokudlulisela phambili umyalezo ka-NA wokululama. Abantu abahlale beza emhlanganweni yethu bahlale behlanzekile ezidakamizweni.

### Kungani sila?

Ngaphambi kokuzihlanganisa nenhlango ye-NA sasingakwazi ukulawula izimpilo zethu. Sasingakwazi ukujabulela ukuphila njengabanye abantu. Kwakudingeka sithole okuthile esizokusebenzisa futhi sasicabanga ukuthi sikutholile ezidakamizweni. Sabeka ukusebenzisa izidakamizwa ngaphambi kwemindeni yethu, amakhosikazi, amadoda kanye nezingane zethu. Sasiphoqelekile ukuba sidle izidakamizwa ngaso sonke isikhathi. Sihlukumeze abantu abaningi kodwa okubi kakhulu nathi sizihlukumezile. Ngokungathembeki kwethu sigcine sesizifaka ezinkingeni. Sasihluleka ukubhekana nempilo njengoba injalo.

Iningi lethu labona ukuthi ekuluthekeni kwethu besizibulala, kodwa ekulutheka kuyisitha sempilo esiqeda amandla okulwisana nokulutheka. Abanye bethu bagcine emajele, emithini yokwelapha, enkolweni nakwabezokusebenza kwengqondo. Yonke imizamo yokuzelapha neyokuzithiba ayiphumelelanga. Isifo sethu sasilokhu sibuya, noma siqhubekela phambili. Kuthe lapho sesiphelelwe khona amaqhinga noma amacebo sase samukela usizo kwabanye abalutha asebeluleme kwa-Narcotics Anonymous.

Sesiyingxenywe yakwa NA sibonile ukuthi siyagula siphethwe isifo esingenamkhawuko. Nokho singathibeka bese kuba nokululama.

### Lusebenza kanjani

Uma ufuna ukululama futhi uzimisele ukwenza konke okusemandleni kusho ukuthi ukulungele ukuthatha izinyathelo ezithizeni. Nazi izimiso ezenza ukuthi selulame.

1. Savuma ukuthi sasingenawo amandla okunqoba ekulutheka nokulawula izimpilo zethu.
2. Sakwamukela ukuthi kunaMandla angaphezu kwawethu angasibuyisela ebuntwini.
3. Sathatha isinqumo sokunikela ngempilo nentando yethu kuMdali *ngendlela esimqonda ngayo*.
4. Sacabanga sajula ngezimpilo zethu. Sifuna ukuzithola ukuthi singobani.
5. Savuma phambi koMdali, ezinhliziyweni zethu, nakomunye umuntu ngokona kwethu njengoba kunjalo.
6. Sesikulungele ukuba uMdali alungise isimilo sethu.
7. Ngokuzithoba simcelile ukuba asuse amaphutha ethu.
8. Senza uhlu lwamagama abantu bonke esibonile, sazimisela ukubuyisana nabo.
9. Saxolisa ngokucophelela kubantu esasibonile, singafuni ukubakhuba ngokuxolisa kwethu.
10. Siqhubekile nokuzicubungula izimilo zethu, savuma ngokushesha lapho sona khona.
11. Ngoku thandaza, nokuzindla, sithuthukisa indlela esixhumana ngayo noMdali, *ngendlela esimqonda ngayo*. Sikhulekela intando yakhe nolwazi lokuyidlulisela phambili.
12. Ngenxa yalezi zinyathelo, sesiluleme emphefumulweni nase ngqondweni.

Sazama ukudlulisela umyalezo kubantu abayimilutha esaluthekile, nokuthi siphile ngalezi 'zinyathelo ezimpilweni zethu zansuku zonke.

Lokhu kuzwakala kuwumsebenzi omkhulu, futhi esingeke siwenze wonke ngesikhathi esisodwa. Asizange sibe abalutha ngosuku, ngakho khumbula—*kancane kancane koze kulunge*.

Ngaphezu kwakho konke, iyodwa into engasehlula ekululamini, ukungabi nandaba nokuhluleka ukubekezelela izimiso zomoya. Nazi ezintathu ezibalulekile kakhulu ukuthembeka, umqondo ovulekile nokuzimisela. Ngalezi izimiso sizop humelela.

Indlela esisingatha ngayo ekulutheka iyiqiniso elipheleleyo. Okubaluleka kokwelapheka komlutha esizwa omunye umlutha kungeqathaniswe nalutho. Ngoba umlutha umazi kangcono omunye umlutha futhi angamsiza. Sikholelwa ukuthi uma sishesha sibhekana nezinkinga zethu emphakathini, nase mpilweni yansuku zonke, siyosheshe samukeleke, sithembeke bese siba amalunga aqotho akhiqizayo.

Iyodwa kuphela indlela engasisiza singabuyeli ekuluthekeni: ukungasithathi isidakamizwa sokuqala. Uma ufana nathi, uyazi, ukuthatha isidakamizwa esisodwa kusho ukuthatha eziningi futhi eziningi angeke zikwanelise. Sikhucizelela kakhulu lokhu, ngoba siyazi ukuthi lapho sisebenzisa izidakamizwa kunoma isiphi isimo, noma esinye esikhundleni sesinye, senza ukuba ekulutheka kwethu kuphinde kuqale phansi futhi.

Ukucabanga ukuthi utshwala buhlukile kunezinye izidakamizwa kubiyisele abalutha abaningi emuva. Ngaphambi kokuba sihlango nenhlango ye-NA iningi lethu belibuka utshwala ngendlela ehluke kodwa ngeke sikwazi ukuzikhohlisa ngalokhu. Utshwala buyisidakamizwa. Singabantu abanesifo sokulutheka okufanele bahlukane nazo zonke izinhlobo zezidakamizwa ukuze sikwazi ukululama.

## Amasiko ayishumi nambili akwa NA

Lokhu esinakho sikugcina ngentshisekelo, njengoba ukukhululeka komlutha kutholakala ezinyathelweni eziyishumi nambili. Ukukhululeka kweqembu kuvela emasikweni ethu. Uma izibopho ezisihlanganisayo ziqinile kunalezi ezisihlukanisayo konke kuyolunga.

1. Inhlalakahle yethu sonke ka-NA kumele kube into ezaphambili, ukululama kwethu kuncike kwihlanganyela ye-NA.
2. Injongo yeqembu lethu linomlawuli oyedwa kuphela—uMdali onothando njengoba engase azibonakalise ngokwakhe kunembeza weqembu. Abaholi bethu bayizinceku nje eziphathisiwe, abazona izishayamthetho.
3. Iyodwa kuphela into edingekayo ukuze umuntu abe yilungu, yisifiso sokuyeka ukusebenzisa izidakamizwa.
4. Iqembu ngalinye kumele lizimele, ngaphandle umaknezindaba ezithinta amanye amaqembu noma i-NA yonke.
5. Iqembu ngalinye linenjongo eyodwa kuphela eyinhloko—ukwedlulisela umyalezo wokululama kumlutha osahlukumezekile.
6. Iqembu le-NA akufanele lisekele, lixhaswe ngemali, noma libolekise ngegama elithi NA kunoma yisiphi isakhiwo esihlobene nalesi noma inhlangano yangaphandle, akufuneki izinkinga zemali, izinto esinazo, noma ukuduma kusiphambukise enjongweni yethu eyinhloko.
7. Iqembu ngalinye le-NA kufanele likwazi ukuzimela ngokugcwele, liyenqabe iminikelo evela ngaphandle.
8. I-Narcotics Anonymous kufanele ihlale iyinhlangano engeyona eyobuchwepheshe, kodwa izikhungo zethu zemisebenzi zingase ziziqashe izisebenzi ezinamakhono akhethekile.

9. I-NA, ngokwayo, akufanele ibe inhlangano ehleliwe, kodwa ingase yakhe amabhodi emisebenzi noma amakomiti ayoba nomthwalo wokubhekelela labo eqondene nabo.
10. I-Narcotics Anonymous ayinambono ngezindaba zangaphandle; I-NA kufanele ingangeni ezimpikiswaneni zomphakathi.
11. Inqubomgomo yethu yezindaba zomphakathi imiswe ekuheheni kunokukhangisa; kule nhlangano kudingeka silondolozwe ukuhlala singaziwa ngaso sonke isikhathi ngokomuntu siqu kwezamaphephandaba, emsakazweni, nakomabonakude.
12. Ukungazazisi kuyisisekelo esingokomoya sawo wonke amasiko ethu, okuhlala kusikhumbuza ukuba sibeke imiyalelo ngaphambi kobuntu bethu.

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Ibhalwe kabusha isuselwa  
eNcwajaneni Emhlophe ethi  
*Narcotics Anonymous*