

## Kubalutha abasha

I-NA yinhlango engenzi nzuzo yabesilisa nabesifazane abanekinga enkulu yezidakamizwa. Singabalutha abalulamayo abahlangana njalo ngenjongo yokusizana ukuze siyeke izidakamizwa. Awukho umnikelo noma imali ekhokhwayo. Into nje edingekayo kumalunga yisifiso sokuyeka ukusebenzisa izidakamizwa.

Ungafika uzisebenzisile izidakamizwa uma ufika lapha, kodwa emva kokufika emhlanganweni wokuqala sikukhuthaza ukuba uqhubeke nokuza futhi uze ungazisebenzisanga izidakamizwa. Akudingeki ulinde uze uzisebenzise ngokwedlulele izidakamizwa noma uze uboshwe ngaphambi kokuba uthole usizo kwa-NA, futhi ukuba ngumlutha akusho ukuba sesimweni esingenathemba okungalulameki kuso. Ungakwazi ukunqoba isifiso sokusebenzisa izidakamizwa ngosizo lohlelo lweziNyathelo Eziyishumi Nambili lwe-Narcotics Anonymous kanye nokuxhasana okuthola kubalutha.

Ukulutheka kuyisifo esingaphatha noma ubani. Abanye bethu babesebenzisa izidakamizwa ngenxa yokuthi babekujabulela lokho, kanti abanye babezisebenzisela ukucindezela imizwa yabo. Abanye babegula emzimbeni noma engqondweni futhi balutheka kwimishanguzo esasiyithola ngokugula kwethu. Abanye bethu babezihlanganisa izikhathi ezimbalwa neningi elisebenzisa izidakamizwa ukuze nje bamukeleke nokwathi kamuva sathola ukuthi asisakwazi ukuyeka.

Iningi lethu lazama ukunqoba ukulutheka, futhi kwakuba khona ukukhululeka okwesikhashana, kodwa kwakuvame ukulandelwa ukusebenzisa izidakamizwa kakhulu kunakuqala.

Izizathu zokusebenzisa izidakamizwa azisho lutho. Ukulutheka kuyisifo esiqhubekayo njengesifo sikashukela. Izidakamizwa ziyasigulisa. Isiphetho sethu siyefana

ngaso sonke isikhathi: yijele, yizikhungo, noma ukufa. Uma ungasakwazi ukulawula ukuphila futhi ufuna ukuphila ngaphandle kokuba nesidingo sokusebenzisa izidakamizwa, siyitholile indlela. Nazi iziNyathelo Eziyishumi Nambili ze-Narcotics Anonymous esizisebenzisa nsuku zonke ukuze sisizakale ekunqobeni ukugula kwethu.

1. Savuma ukuthi sasingenawo amandla okunqoba ukulutheka nokulawula izimpilo zethu.
2. Sakwamukela ukuthi kunaMandla angaphezu kwawethu angasibuyisela ebuntwini.
3. Sathatha isinqumo sokunikela ngempilontando 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.

Ukululama akupheli nje ngokungazithinti izidakamizwa. Njengoba siziqhelanisa nokusebenzisa zonke izidakamizwa (futhi lokhu kusho notshwala nensangu) sibhekana ngqo nemizwa esingakaze siphumelele lapho sibhekane nayo. Sibuye sibe nemizwa okwakungelula ukuba nayo ngaphambilini. Kumele sizimisele ukubhekana nemizwa emisha nemidala.

Sifunda ukubhekana nemizwa futhi siyabona ukuthi angeke isilimaze uma nje singakwenzi lokho efuna sikwenze. Kunokwenza lokho efuna sikwenze, sithinta elinye lamalungu akwa-NA uma sizizwa ukuthi asikwazi ukuyilawula. Ngokukhuluma nothile, sifunda indlela yokunqoba leyo mizwa. Makhulu amathuba okuthi nawo lawo malungu ake abhekana nesimo esifanayo futhi angasitshela ukuthi yini eyawasiza. Khumbula, uma umlutha eyedwa uzungezwe okubi.

Izinyathelo Eziyishumi Nambili, abangane abasha, kanye nabasizi, konke lokhu kuyasisiza sikwazi ukubhekana nale mizwa. Kwa-NA, injabulo yethu yandiswa ukukhuluma ngezinsuku ezihambe kahle; ubuhlungu bethu buncishiswa ukukhuluma ngokubi. Kuyaqala ezimpilweni zethu ukuba singabhekani nanoma yini sisodwa. Ngenxa yokuthi manje sesineqembu, sesingakwazi ukuba nobudlelwane naMandla Angaphezu kwawethu angaba nathi ngaso sonke isikhathi.

Sikucebisa ukuba ubheke ozokusiza ngokushesha nje lapho ujoyelana namalungu asendaweni yangakini. Ukucelwa ukuba usize ilungu elisha kuyilungelo, ngakho ungangabazi ukucela othile ukuba akusize.

Ukusiza kunisiza nobabili; sonke silapha ukuze sisize futhi sisizwe. Thina esilulamayo kumele sixoxe nani ngesikufundile ukuze siqhubeke nokukhula kulolu hlelo lakwa-NA nasekubeni nekhono lokwenza izinto ngaphandle kwezidakamizwa.

Lolu hlelo luletha ithemba. Into nje okufanele uze nayo yisifiso sokuyeka ukusebenzisa izidakamizwa nokuzimisela ukuzama le ndlela entsha yokuphila.

Fika kwimihlangano, lalela ngomqondo ovulekile, buza imibuzo, thola izinombolo zocingo futhi uzisebenzise. Qeda usuku lwanamuhla ungazisebenzisile izidakamizwa.

Singathanda ukuphinde sikukhumbuze ukuthi lolu nguhlelo lwe-*anonymous* futhi okuphathelene nawe sizokugcina kuyimfihlo ngokucophelela okukhulu. “Asinankinga yokuthi iziphi izidakamizwa obuzisebenzisa, ubuzi sebenzisa kanjani nokuthi kwakumgobani okhenekshini bakho, okwenzile ngaphambilini kungaba okukhulu noma okuncane onakho. Okubalulekile ukuthi ungangabazi ukwenzani ngenkinga obheke ne nayo nokuthi le nhlango ingakusiza kanjani.”

## Izinombolo Zocingo

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Izinyathelo Eziyishumi Nambili ezibhalwe kabusha zisetshenziswa ngemvume ye-AA World Services, Inc.

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