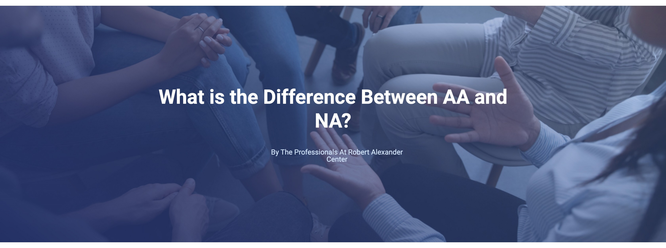


What is the Difference Between AA and NA?

By The Professionals At Robert Alexander Center

AA and NA are both community addiction treatment groups designed around anonymity and peer support. These groups focus on the differences between alcohol and narcotics addiction and how these experiences differ based on drug use.

The Robert Alexander Center is the premier addiction treatment center in Kentucky. We offer expert treatment for lasting recovery through our detox, inpatient, outpatient, and family therapy options. Through our facility, we support individuals in developing personalized treatment programs that meet their individual needs and help them recover and rebuild.

Contact us today for comprehensive drug and alcohol addiction treatment.

What is AA?

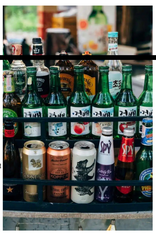
AA stands for Alcoholics Anonymous, and it is a group for alcoholics only. Through this programming, individuals can meet anonymously and discuss their struggles, tips, and stories. In AA, clients work with sponsors when they are struggling. They call, support, meet, and chat through the difficult times that arise while a person is in recovery.

What is NA?

NA stands for Narcotics Anonymous and is a group for individuals who use drugs. This programming, similarly to AA, allows for anonymous sharing and support. NA also uses sponsors, individuals who have gone through and maintained sobriety for an extended amount of time. Many people who suffer from problem drinking may join NA, as it is focused on all addictions.

Are AA and NA Right For Me?

When it comes to deciding if AA and NA are right for you, approved literature called "Am I an Addict?" is recommended reading. This pamphlet asks individuals the following questions to help them determine if they feel like they need the support of a treatment program like AA or NA.



1. **Do you ever use alone?**
2. **Have you ever substituted one drug for another, thinking that one particular drug was the problem?**
3. **Have you ever manipulated or lied to a doctor to obtain prescription drugs?**
4. **Have you ever stolen drugs or stolen to obtain drugs?**
5. **Do you regularly use a drug when you wake up or when you go to bed?**
6. **Have you ever taken one drug to overcome the effects of another?**
7. **Do you avoid people or places that do not approve of you using drugs?**
8. **Have you ever used a drug without knowing what it was or what it would do to you?**
9. **Has your job or school performance ever suffered from the effects of your drug use?**
10. **Have you ever been arrested as a result of using drugs?**
11. **Have you ever lied about what or how much you use?**
12. **Do you put the purchase of drugs ahead of your financial responsibilities?**
13. **Have you ever tried to stop or control your using?**
14. **Have you ever been in a jail, hospital,**
15. **or drug rehabilitation center because of your using?**
16. **Does using interfere with your sleeping or eating?**
18. **Do you feel it is impossible for you to live without drugs?**
19. **Do you ever question your own sanity?**
20. **Is your drug use making life at home unhappy?**
21. **Have you ever thought you couldn't fit in or have a good time without drugs?**
22. **Have you ever felt defensive, guilty, or ashamed about your using?**
23. **Do you think a lot about drugs?**
24. **Have you had irrational or indefinable fears?**
25. **Has using affected your sexual relationships?**
26. **Have you ever taken drugs you didn't prefer?**
27. **Have you ever used drugs because of emotional pain or stress?**
28. **Have you ever overdosed on any drugs?**
29. **Do you continue to use despite negative consequences?**
30. **Do you think you might have a drug problem?**

According to the AA and NA programs, answering yes to any number of these questions can be reason enough for a person to attend treatment.

How to Find AA and NA Meetings Near Me

To find a local meeting, check out the AA or NA websites. You can find approved reading literature, meetings, and additional local resources here.

Alexander Center could be the best option for you. With state-of-the-art detox, treatment, aftercare, and family therapy options, RAC offers multiple opportunities for individuals to make a change in their lives through supportive therapy and treatment.

Our programming includes Alcoholics Anonymous and Narcotics Anonymous meetings for individuals to learn peer support and how to sponsor one another through supportive and structured therapeutic treatment.
Contact us today to see how our treatment programs can help you on the path to recovery.

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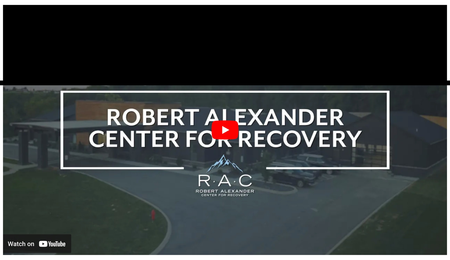
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