

► Listen and Learn:

At times, being quiet reaps our best rewards. When chaos and turmoil govern our thoughts, our minds become too busy to listen. A quiet mind allows us to learn from others' experiences and actions, thereby finding our own answers. We may find that our Higher Power speaks to us through the words of others. We gain tools to cope with our own problems. Listening mirrors meditation. Through meditation, we connect with our Higher Power and become open to receiving the benefits of logic, clear thinking and ultimate peace.

► Detach With Love:

As we attempt to deal with all the issues created by active addiction, we may find that resentments toward our loved ones begin to build. Sometimes we feel that we alone are carrying the burden. By listening to other Nar-Anon members share their stories, we can learn to lovingly detach from issues that are not of our making. We learn to let the addicts make their own decisions and let them deal with the consequences of those decisions.

► This Too Shall Pass:

Many of our Nar-Anon readings tell us we will learn a better way to live. Instead of reacting to a crisis by contributing to the chaos, we learn to step back and let things happen as they will. Even when a situation seems just the opposite of what we had hoped and dreamed, we learn to have faith and to trust. We come to understand that our lives are easier when we stay out of the way of our Higher Power. When we accept our powerlessness over outcomes affecting others, we are practicing the principles of Nar-Anon and we find the peace and serenity that this program offers to us.

► Think:

Words can feel like our only weapons. Although they can cut, they reap very little in rewards when used cruelly. If we take the time to think through what we want to say rather than lashing out, we find that we may be heard. And even if we are not, we have tried our best. To think before we speak is far better than to regret what we have said in the heat of the moment. Sometimes, the best thing to say is nothing. Detaching with love carries much more weight.

► Keep It Simple:

The simple things in life are often those that come naturally to us. We tend to over-analyze, judge, project, and dwell on things that occupy our thoughts and sometimes diminish our ability to deal with reality. These natural thoughts include love, truth and humility. They are part of us at birth. If we can learn to trust our instincts and return to our natural state of peace, we can learn to keep it simple.

MISSION STATEMENT

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program, we offer our help by sharing our experience, strength and hope.



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Nar-Anon Family Group Headquarters, Inc.
22527 Crenshaw Blvd. Suite 200B
Torrance, CA 90505
(310) 534-8188 — (800) 477-6291
www.nar-anon.org

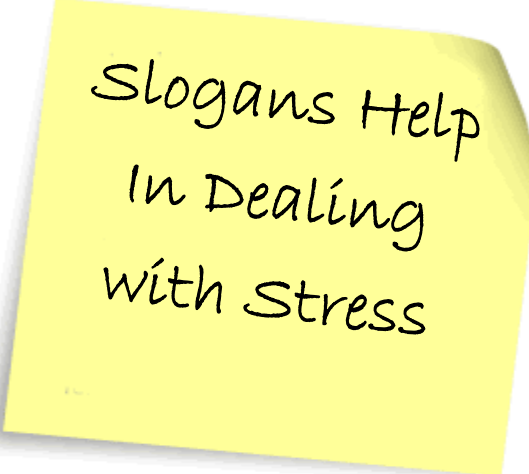
How to Deal with Stress? Try the Nar-Anon Way

*Slogans help in
dealing with stress*



Nar-Anon Can Help

***Nar-Anon is a twelve step self-help group
for the families and friends of addicts.***



Slogans Help
In Dealing
With Stress

► **Progress Not Perfection:**

One effect that the disease of addiction has had on many of us is that we become perfectionists. We feel that if only we could be a better spouse, parent, sibling, or friend, then perhaps the addict we love will stop using. As we work the Nar-Anon program, we realize that we cannot control others, let alone their using. We can change how we react; we can focus on our own behavior; and, we can make progress in our own recovery.

► **First Things First:**

When in crisis, we may spend a lot of time and energy trying to put out all the fires, jumping chaotically from one thing to another. When we deal with problems one at a time, we become more organized. When our lives become more organized, our minds become less overwhelmed, and our feelings of fear and resentment begin to diminish. The Three Cs help us to put our problems in perspective as we try to gain understanding in the matter of addiction. We didn't cause it, we can't control it, and we can't cure it.

► **One Day at a Time:**

Right here, right now, for a brief second - this is our reality. These seconds create minutes which, in turn, create hours and days. Our truth and reality are a combination of events that take place progressively throughout our day. When we dwell on the past or obsess about the future, we no longer live our lives one day at a time. Chaos and personal tragedy become easier to deal with when we do it one day at a time. The good things and the splendor of life itself also become sweeter when we learn to slow down and live life one day at a time. Living just for this day can help to give us a sense of peace. It is for us to choose how we will live each day.

► **How Important Is It:**

One symptom of living in the chaos of addiction can be that we create mountains out of every molehill that we come across. When we take the time to look closely at those molehills, we can choose to go around them rather than build them up. Often they are merely shadows in our mind that by tomorrow, may have no importance at all. Many of us feel that there are so many fires that we are exhausted as we try to put them all out. We need to take a breath and determine which ones are truly our responsibility and focus on those. Pick those battles that really warrant our time as the remainder are probably not as important. The sense of relief of letting go of the things that are not as important is very soothing.

Some of us have had the worry of wondering whether our addicts are using. Perhaps we suspect it and then try to play detective to catch them red-handed. Instead, if we realize that we will find out for sure soon enough, we need not rush to that place and we can enjoy this moment. It may be hard to push those thoughts from our minds but with practice, it does get easier.

► **Easy Does It:**

Rush, rush, rush! Our world is so complicated. We all want instant gratification and cannot get what we want fast enough, including the benefits of our program. But life does not have to be complicated. We do not have to push ourselves so hard. Slow down! Easy does it! Often, it is when we slow down and listen more carefully that solutions begin to appear. Our program is one we grow into slowly—like a comfortable shirt. When we begin to relax and let the tension ease, we can release the disease and find life more comfortable and enjoyable. So step back, lighten up and easy does it!

► **Let Go and Let God:**

When we experience the troubles of life and begin to submit to our powerlessness, we become willing and more importantly, capable of turning it over to our Higher Power. We must be careful not to become non-participants. We turn it over to our Higher Power realizing that together we can handle the outcomes of life as they happen. We become conscious of the powers of the universe at work and realize that although we cannot change our realities, we can actively participate, leaning on a Higher Power for direction and understanding.

► **Live and Let Live:**

The freedom of letting go is powerful. When we realize we never really had control over someone else's life, and more importantly, never had the right to think we did, we find time to live. We release with love our friends and family members to experience their own destiny. We find that we can once again see and enjoy the wonderful gifts that we do have with gratitude. Sometimes we find that as our addicted loved ones live with the consequences of their addiction, they are more motivated to seek the help that they need.