

Useful Terms

Twelve Steps of Nar-Anon – The core of the Nar-Anon program used for personal recovery, read at meetings, and worked individually with another Nar-Anon member serving as a sponsor.

Twelve Traditions of Nar-Anon – The unity of the Nar-Anon groups depends upon our adherence to these traditions, read at meetings and studied by members seeking further progress in their personal recovery.

Twelve Concepts of Service – These guiding principles, read and studied by members, remind us to always be of service, never of governance.

Blue Booklet (large and small print available) – Contains readings used during meetings and for personal use, Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.

Conference Approved Literature (CAL) – Literature written by and for our fellowship and approved at our World Service Conferences.

Higher Power – A loving spirit, a power greater than ourselves, individually defined by each member.

Pamphlets – Individual, topic-specific literature that might be useful to newcomers and other members, available at meetings.

SESH (Sharing Experience Strength & Hope) – A daily reader.

Newcomer – Someone who is attending their first, second, possibly sixth meeting to decide if Nar-Anon is right for them.

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.

VISION STATEMENT

We will carry the message of hope throughout the world to those affected by the addiction of someone near to them.

We do this by

- letting them know they are no longer alone;
- practicing the Twelve Steps of Nar-Anon;
- encouraging growth through service;
- making information available through outreach encompassing public information, hospitals, institutions, and websites; and
- changing our own attitudes.

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NEW TO NAR-ANON OR THINKING ABOUT ATTENDING A MEETING?



***Nar-Anon is a twelve step program
for families and friends of addicts.***

Welcome to Nar-Anon

You may be here because you are desperately seeking help for your addicted loved one. Maybe a friend, relative, or counselor suggested you attend Nar-Anon. No matter how you found Nar-Anon, it may be helpful to know what a twelve step meeting is and how it is conducted. Nar-Anon meetings follow an approved format which usually includes the reading of our Twelve Steps, Twelve Traditions, and selected excerpts from our literature. The format may have the meeting leader suggest a time for questions after the meeting. Some new attendees find it helpful to arrive early or stay late to ask questions. Literature is available at most meetings. Some pamphlets may be free; larger books and booklets are usually sold to cover the cost. As part of their welcome packet, many meetings offer a confidential phone list of members willing to be contacted between meetings.

Nar-Anon is a worldwide fellowship for those affected by someone else's addiction. It is suggested that you attend at least six meetings before deciding if this program is right for you. As you will discover, many of us continue to attend meetings, offering others what we were so freely given. What you hear at meetings may not be what you expected, but we have found that taking the focus off our addicted loved ones and shifting the focus to ourselves can provide peace and serenity.

Sharing in Nar-Anon

- Nar-Anon recovery is based on the sharing of experience, strength, and hope. We learn by listening and heal by sharing.
- We protect each other's anonymity, including the addict's.
- We keep the focus on ourselves.

- We do not give advice, interrupt, or engage in crosstalk. Crosstalk includes commenting on or questioning what a member has shared, engaging in personal dialogue, or giving direct advice.
- Only one person speaks at a time.
- We concentrate on solutions rather than on problems.
- Members are encouraged to share once everyone has a chance to share. Part of the meeting may be reserved for newcomers to share.
- Newcomers are encouraged to listen closely to those they can relate to and focus on the similarities, not the differences. This can be helpful in finding a sponsor or building supportive relationships outside the meeting.
- We share only as members of Nar-Anon.
- We do not mention the names of other programs, institutions, or treatment centers.
- An important tool in our meetings is Nar-Anon conference approved literature (CAL).

Promoting Personal Recovery

- The effects of someone else's addiction brought us here, but we soon learn to concentrate on ourselves.
- Personal recovery is the purpose of Nar-Anon meetings. We have discovered we cannot recover while focused on what the addict has done or is doing.
- We do not discuss outside issues such as religion, political beliefs, or treatment options.
- We share from personal experience what has or has not worked for us, allowing others to develop their own solutions.
- Individually, we come to accept that addiction is a disease and we have no more control over it than we do any other disease.

General Information

- We do not discuss the actions of the addict nor the types of drugs they use. We focus on how we are impacted by the actions of the addict.
- We do not discuss treatment centers or programs for the addict.
- We do not discuss the addict's recovery or lack thereof.
- We do not give advice.
- Nar-Anon is not group therapy.
- We do not encourage or discourage interventions.
- While we do have meetings in treatment centers, churches, and other facilities, we are not affiliated with any organization. We merely use affordable locations.
- We do not discuss drugs used to treat addiction.
- While we have no dues or fees, our Seventh Tradition states that every group ought to be fully self-supporting. We pass the basket for contributions to be used for purchasing literature from WSO (World Service Office), to pay rent, and to make donations to service areas beyond the group level. Some meetings ask new attendees and visitors not to contribute.
- We ask that electronic devices be shut off or silenced during meetings, so as not to disturb others.

Our program is one member helping another by sharing experience, strength, and hope without giving advice. Many of us have applied the steps, traditions, concepts, and principles of the Nar-Anon program to our lives and found a better way to live. Using the phone list, getting a sponsor, and being of service has helped many members find ways to cope with the effects of the disease of addiction.