

## Introduction

The World Service Literature Committee continues to work on creating new pieces of literature as well as revising and updating existing literature. To accomplish our goals, we need your help.

We are asking members to write text or share personal real-life stories pertaining to the steps, traditions, and concepts of service, such as

- Fear
- Anger
- Exhaustion
- Panic
- Despair
- Resentment
- Faith
- Harmony
- Peace
- Serenity
- Hope
- Acceptance

If you are inspired and would like to share your experience, strength, and hope, we would love to hear from you.

The following questions were developed for members who wish to write and submit material for publication as Nar-Anon literature. They include suggested topics to get you started; however, you are encouraged to write according to your own experiences. Please keep in mind each writing should be geared toward one particular step, tradition or concept.

A description of what led you to Nar-Anon and your mind-set when you got here emphasizes how much Nar-Anon has changed your life. It is important to relate how you are working the program in regard to the twelve steps, traditions, and concepts of service.

When using a quote from an outside source please identify the author, book title, copyright, date, and page number.

## The Twelve Steps

- How did you find Nar-Anon?
- What was your life like before Nar-Anon?
- How did you realize a particular step was important to your recovery?
- How has a particular step helped in your life?
- What has a particular step taught you?
- How has working a particular step changed your life?
- How has working a particular step helped you resolve other issues in your life?
- What does it mean to “work” a step?
- What has Nar-Anon done for you and your family? Can you relate that to one particular step?
- What does recovery mean to you?
- What has one particular step done to improve your life?
- How have you worked a particular step with your sponsor?
- How has your sponsor helped in your recovery?
- What Nar-Anon tools did you use when you worked a particular step?
- What goals have you realized by using a particular step?
- How has a step been helpful in learning the difference between carrying the message of Nar-Anon and giving advice to family and friends?

## The Twelve Traditions and The Twelve Concepts of Service

- What have you learned from studying or using a particular tradition or concept?
- Describe how a particular tradition or concept supports unity in the Nar-Anon fellowship.
- Why is a particular tradition or concept important to your recovery?
- How can a tradition or concept be used to help your family structure?
- How have you applied a particular tradition or concept in your life, group, area, or region?
- Nar-Anon’s primary purpose is to help families and friends of addicts. How has this affected your actions in regards to a particular tradition or concept?
- How have you practiced a particular tradition or concept? What does it mean to “practice”?
- How have you supported your group by understanding a particular tradition or concept?
- How has being of service helped your recovery?
- How do you handle a group decision that you don’t agree with?
- How has a particular tradition or concept helped you or your group stay in touch with your area, region, or WSO?
- How has a particular tradition helped you understand the principle of attraction rather than promotion?
- What does it mean to place “principles above personalities”?

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(Date) (Date)

~ This release form must be included with your submission. Consideration for publication cannot be given without such written authorization.

Our preference is that writings be in an MS Word document and sent via e-mail to the World Service Literature Committee at LitCom@nar-anon.org or to the World Service Newsletter Committee at newsletters@nar-anon.org. Write as little or as much as you like.

If you know other Nar-Anon members who might like to contribute to this project, please feel free to copy this pamphlet for their use.

### 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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# LITERATURE WRITING GUIDELINES

*For Nar-Anon's Twelve Steps,  
Twelve Traditions and  
Twelve Concepts of Service*



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

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