

## Nar-Anon Chairperson Format – Opening

\*\*The leader's lines have been highlighted in blue\*\*

We welcome you to the Fox Hills Nar-Anon Family Group. My name is \_\_\_\_\_ I am your trusted leader for tonight.

We hope you find in this fellowship the help and the friendship we have been privileged to enjoy.

The Family Group is primarily for you who know, or have known, the feeling of desperation concerning the addiction problem of someone near to you. We have that unhappy road too, and found the answer with serenity and peace of mind, whether the addict is still using or not.

When you come into the Family Group, you are no longer alone but among true friends who understand your problem as few others could. We will respect your confidentiality and anonymity, as we know you will respect ours. We hope to give the assurance that no situation is too difficult to be lessened, and no unhappiness is too great to be overcome.

Our program, which is not religious one, but a spiritual way of life, is based on The Twelve Steps of Alcoholics Anonymous. We have found that the working of these steps will bring the solution to practically any problem. We urge you to take this program and its Twelve Steps seriously. It has been as helpful to us as the Narcotics Anonymous program is to the addict. WE only ask for the wisdom and the courage to see ourselves as we really are, to do something about ourselves with the help of the High Power, as we understand this, and for the grace to release our addicts with love and to stop trying to change them.

Keep an open mind and attend as many meetings as possible. Feel free to ask and to enter into discussions. You will soon make new friends and will feel very much part of the group. As a reminder, please do not use this meeting or our phone list for solicitation of any kind.

With the understanding that addiction is a disease, and the realization that we are powerless over it, as well as over other people's lives, we are ready to do something useful and constructive with our own. Then and only then can we be of any help to others.

Will someone please read – The Twelve Steps?

#### THE TWELVE STEPS OF NAR-ANON FAMILY GROUPS

The tools we learn in Nar-Anon help us greatly in our relationships and reactions to each other. Using the twelve steps leads to our recovery.

1. We admitted we were powerless over the addict, and that our lives have become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.

9. Made direct amends to such people except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

[Will someone please read –The Twelve Traditions?](#)

#### THE TWELVE TRADITIONS of NAR-ANON

1. Our common welfare should come first; personal progress for the greatest number depends on unity.

2. For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

3. The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.

4. Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or N.A. as a whole.

5. Each Nar-Anon family group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, ourselves, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.

6. Our family groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige

divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous.

7. Every group ought to be fully self-supporting, declining outside contributions.

8. Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

9. Our groups, as such ought never to be organized, but we may create service boards or committees directly responsible to those they serve.

10. The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio and films. We need guard with special care the anonymity of all N.A. Members.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

[Will someone please read - About Addiction?](#)

## ABOUT ADDICTION

We have learned that addiction is an illness - not a moral issue. It is a two-fold disease: A physical allergy coupled with an obsession of the mind. It can be arrested, but never cured. It is similar in nature to diabetes in this respect. Only complete abstinence from the use of drugs or alcohol in any form including medicine, can arrest this disease. We can no more prevent the addict's use of drugs than we can stop the tubercular coughing. No one, not even the doctor, nor the clergy, nor the family, can do this for him or her.

We have found that compulsive use of drugs does not indicate lack of affection for the family. It is not a matter of love, but of illness. The addict has lost the power of choice in the matter of drugs. Even when he knows

what will happen when he takes the first drink, pill, or fix, he will do so. This is the “insanity” we speak of in regard to this illness.

When we fully understand and accept that addictions is a disease, that it is both mental and physical, and that we are powerless over it, we become ready to learn a better way to live.

OPTIONAL READING ONLY or when Newcomers are present.

[Will someone please read Detachment?](#)

## DETACHMENT

Drug use is a family disease. Living with the effects of someone else’s using is too devastating for most people to bear without help.

In NAR-ANON, we learn individuals are not responsible for another person’s disease or for their recovery from it.

We let go of our obsession with another’s behavior and begin to lead happier and more manageable lives, lives with dignity and rights, lives guided by a power greater than ourselves.

In NAR-ANON, WE LEARN

- Not to suffer because of the actions or reactions of other people;
- Not to allow ourselves to be used or abused by others in the interest of the other’s recovery;
- Not to do for others what they can do for themselves;
- Not to manipulate situations so others will eat, go to bed, get up, pay bills, not use;
- Not to cover up for anyone’s mistakes for misdeeds;
- Not to create a crisis;
- Not to prevent a crisis if it is the natural course of events.

Detachment is neither kind nor unkind. It does not imply judgment or condemnation of the person or situation from which we are detaching. It is simply a means that allows us to separate ourselves from the adverse effects that another person's drug use can have on our lives.

Detachment helps families look at their situations realistically and objectively, thereby making intelligent decisions possible.

Does someone have Enabling?

## ENABLING

What is enabling?

Enabling is doing for others what they are capable of doing for themselves. When we enable addicts, we prevent them from experiencing the consequences of their own actions. When we do this, we discourage them from learning from their own mistakes which, in turn, prevents them from realizing they have a problem.

The addict has made drugs their whole life. The normal, natural things every person needs to learn have been put aside. When we continue to reach in and do even the simple things for people we love, how will they learn to do for themselves?

How do we enable?

We enable addicts by doing things such as:

Paying their bills, making car payments, covering bounced checks, paying bail, paying traffic tickets, making excuses for their behavior, changing appointments, calling employers on absenteeism, writing late or absentee excuses to schools, covering up for missed family functions. Providing the addict with money, clothing, housing and food. Caring for the addict's family by allowing them to live with us, taking their children to school, babysitting, etc.

What does enabling do for us?

Enabling gives us a false sense of control. We do what society tells us a “good” father, mother, husband, wife, son, daughter, or friend should do, but we are not letting the results we desire. We feel frustrated and resentful. Because the addict’s behavior does not change, we think we have failed.

Our actions, done with the best intentions, have back-fired.

What is the difference between helping and enabling?

We need to look deep inside ourselves to determine the difference between helping and enabling. “How do I feel when I offer my help? What is in it for me?” Checking our motives will help you decide when you are truly helping or when you are enabling.

Can you enable an addict (or anyone) who is not using?

We can enable anyone, using or not. Our enabling behavior patterns are not directed solely toward the addict and/or the addict’s sobriety. Enabling deprives anyone experiencing the consequences of their own behavior. Remember, when taking the responsibility for our own behavior each one of us must find our own path. Experience teaches us that it is useless to lay out a path for someone else to follow. We must each make our own way to our goal.

WHEN WE ENABLE, WE PUT OTHER PEOPLE’S NEEDS BEFORE OUR OWN

[Does anyone have An Open Letter to My Family?](#)

An Open Letter To my family & friends:

I am a drug user. I need help.

Don’t solve my problems for me. This only makes me lose respect for you.

Don’t lecture, moralize, scold, blame, or argue. Whether I’m loaded or sober. It may make you feel better, but it will make the situation worse.

Don't accept my promises. The nature of my illness prevents me from keeping them, even though I mean them at the time. Promises are only my way of postponing pain. And don't keep switching agreements; if an agreement is made stick to-it.

Don't lose your temper with me. It will destroy you and any possibility of helping me.

Don't cover up or try to spare me the consequences of my using. It may reduce the crisis, but it will make my illness worse.

Above all don't run away from reality as I do. Drug dependence, my illness, gets worse as my using continues. Start now to learn, to understand, to plan for recovery. Find a Nar-Anon, whose group exists to help the families of drug abusers.

I need help-from a doctor, a psychologist, a counselor, from a recovering addict who has found sobriety in Narcotics Anonymous, and from GOD. I cannot help myself.

--Your User.

Thank you. Let's now go around the room and introduce ourselves by first name only. I'm \_\_\_\_\_

(After Introductions) I will now turn it over to \_\_\_\_\_, who is our secretary.

NOTE: AFTER SECRETARY, LITERATURE AND OTHER ANNOUNCEMENTS, THE LEADER SHARES up to 10 minutes.

We will now open the meeting for sharing. Newcomers may share at any time during the meeting. Who would like to share?

If there is any time left, who had a burning desire to share?

We have a 7th Tradition. The basket will be passed. We accept voluntary contributions from all the attendees who are able to contribute.

Would someone like to read the Do's & Don'ts?



## DO'S AND DON'TS

### Do:

Do forgive

Do be honest with yourself

Do be humble

Do take it easy – tension is harmful

Do play – find recreation and hobbies

Do keep trying whenever you fail

Do learn the facts about drug addiction

Do attend Nar-Anon meetings often

Do pray

### DON'T:

Don't be self-righteous

Don't try to dominate, nag, scold, and complain

Don't lose your temper

Don't try to push anyone but yourself

Don't keep bringing up the past

Don't keep checking up on your addict

Don't wallow in self-pity

Don't make threats you don't intend to carry out

Don't be over-protective

Don't be a doormat

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who have not been with us long. Whatever your problems, there are those among us who have had them too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We are not perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while you will discover that though you may not like all of us, you will love us in a very special way. The same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead let the understanding, love and peace of the Program grow in you ONE DAY AT A TIME.

Will all who care to, join us in the closing SERENITY PRAYER? (Ask someone to lead the prayer)

First a moment of silence for those who are still suffering from addiction. Start "God Grant me... Thank you!"