

## TWELVE STEPS OF NAR-ANON FAMILY GROUPS

Nar-Anon adopted and follows the Twelve Steps that proved so successful for millions of Al-Anon members in their struggles with alcoholism in their families. When we learn how to apply these Steps to our lives, we develop a life saving program for us. We have included the Steps here to give you a glimpse of the foundation upon which Nar-Anon is based.

By coming to a meeting and listening to how others in our situation have adapted these Steps as a way of life, it can give you hope for the future.

1. We admitted we were powerless over the Addict — that our lives had 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 to 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 short comings.
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 wherever possible 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.

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**TO THE CONCERNED  
FAMILY MEMBER  
OR FRIEND**



## If a family member or friend may be using drugs...

If you have found evidence, or have even a vague suspicion that someone close to you may have a drug problem, we know how you feel. We know well what it is like to be alone with this problem. We remember the feeling of panic, frustration, and desperation that resulted from this discovery. We in Nar-Anon have shared this experience too.

For a while, some of us tried to ignore it. We were too terrified to examine the situation more closely because—what would we do if we found what we feared was really true!

At first we compensated, we adjusted our lives, attitudes and personalities to the behavior of this person. Even when their moods changed drastically or they were in trouble at school, work, or with the law we defended and protected them.

When it became clear they were using drugs, we still attempted to ignore or deny it. As the drug addict's problems became worse and we became more frantic, our attempts to help only led to rebellion and frequently to hostility towards us or others. This resulted in our becoming still more upset and desperate, and we felt we too were being destroyed.

In the Nar-Anon program, we learn that drug addiction is a disease that we are not responsible for. The drug addict needs help and so do we. We discovered many of our efforts to control or change the

situation were often actually enabling or encouraging this person to continue a self-destructive pattern. It has been a great relief to learn more effective ways of coping with this situation, while at the same time gaining some peace of mind, hope, and help for a better way to live.

Many times the drug addict is simply not ready or willing to stop using, even when confronted with the facts. But we have learned there is much we can do to encourage their recovery. For the addict seeking help, drug recovery programs are available.

But what about us? What help is available for the family members and friends for coping with their continued drug use or even their recovery? This is where Nar-Anon comes in. It is designed for us—the parent, spouse, child, brother, sister or friend of the "addict". Nar-Anon can bring new insight about our attitudes, behavior and emotions. It can be the source for regaining our own sanity and well being. We learn that Addiction is a family disease and we need recovery too.

Nar-Anon is a society of people who gather to share their experience, strength and hope for our recovery from the ravages that addiction has brought to our lives. It begins with our meetings and you are welcome to come and see how it works.

We use first names only, as this is an anonymous program. There are no charges or obligations as Nar-Anon is a non-profit organization. We are not affiliated with any treatment program or hospitals and do not discriminate against any persons race, creed, religion or lack of religion. The weekly meetings are held regularly throughout the year. Your attendance is welcomed without prior arrangements. You will not be urged to participate in group discussions, but may join in if you wish. We do UNDERSTAND how you feel.

The nearest Nar-Anon group or contact to you is: \_\_\_\_\_

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If there are no meetings near you and you would like to help start a meeting, call or write to us, the phone number and address are on the back panel.

Narateen is a branch of Nar-Anon developed to help children in the family affected by the drug addict. If you need a Narateen meeting, let us know, we can help.

Other items of literature which can help are available at out meetings or from the World Service Office at a nominal cost.