

Traditions in Relationships
2021 RMR Convention Workshop
1 hour

Using the Twelve Traditions in all our affairs

Using the Twelve Traditions in all our relationships

Our group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions. **The enjoyment of the relationship depends on the willingness to live the traditions.**

The traditions are meant to be used together.

1. Our common welfare should come first; personal progress for the greatest number depends on unity. **Our common welfare should come first; vibrant relationships depend on unity.**
 - **If it is important to you, it is important to me. What am I willing to sacrifice for the good of the relationship?**
 - **What do I seek to receive from the relationship? Why am I in the relationship?**
 - **Principles unify us - Identify the principles am I using in my relationships? Describe the atmosphere these principles create?**
 - **How do I determine when to leave the relationship or when to stay?**

2. For our group purposes there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants – they do not govern. **In our relationships there is but one authority – a loving God as He may express Himself in our collective conscience. Each of us is a leader and a trusted servant - we do not govern others.**
 - **When someone is honest with me how do I respond?**
 - **If one person is responsible other people won't be, do I do too much?**
 - **If I do everything, do I feel I have the authority to govern?**
 - **How do I invite a Loving Higher Power into my relationships?**
 - **What blocks me from including others in the decision-making process?**
 - **What can I do to improve our communication?**

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. **Two or more persons, when gathered for mutual exchange (growth) may declare they are in a relationship. The only requirement for a vibrant relationship is a mutual desire to be in the relationship and a commitment to make it work.**

- **Why do I want to be in the relationship?**
- **What gifts or skills do I have to give to the relationship?**
- **What sacrifices do I make for the good of the relationship?**
- **Am I open to receiving the gifts and skills of the other person?**
- **How does being in the relationship make me a better person?**

4. Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or N.A. as a whole. **Each person in a relationship has the freedom to govern themselves except in matters affecting others or the relationship as a whole.**

- **What needs to change in me to offer others the freedom to govern themselves?**
- **Do I consider how my actions and choices affect the other people in the relationship?**
- **How do I respond when I judge the other person's choice to be wrong?**
- **How is my fear or caretaking hindering the autonomy of another?**

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, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts. **Each relationship has one purpose; to serve and witness each other's journey. We do this by practicing the Nar-Anon 12 Step Program, by encouraging, understanding, comforting, supporting, and standing by one another.**

- **Do I think the relationship exists to serve and benefit me?**
- **How do I show up for someone who is having a difficult time?**
- **Do I immediately find fault or am I able to listen with an open mind?**
- **Do I blame others for my problems - do I think if the other person changes, I'll be happy?**
- **How has working the Nar-Anon 12 Step Program helped me witness other's journeys?**

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. **We ought never endorse, finance, or lend ourselves to any outside enterprises, lest problems of money, property, and prestige divert us from our commitment to each other; but although separate people we should always cooperate with others.**

- **Do I Love Things and Use People or Do I Love People and Use Things?**
- **What things divert me from having a vibrant relationship with others?**
- **What sacrifices do I make for the good of the relationship?**
- **Do I make decisions for the other person without discussing it with them first?**

7. Every group ought to be fully self-supporting, declining outside contributions. **Every person in a relationship ought to be fully self-supporting, declining outside contributions.**

- **Where do I struggle most being fully self-supporting: Emotionally, Mentally, Physically, Financially, or Spiritually?**
- **What am I doing for another person that they should be doing for themselves?**
- **How am I trying to exert power over someone?**
- **How can I encourage others to stand on their own two feet?**

8. Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers. **The work of the relationship should remain forever non-professional, but the people in the relationship may employ special workers.**

- **I admit I think I am an expert in _____ . This causes conflict by _____ .**
- **When and why is it best to hire a special worker?**
- **What does it mean to be in a relationship for fun and for free?**

9. Our groups, as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve. **Our relationships, as such, ought never be organized, but we may share the responsibilities while serving others.**

- **Do I think I am in charge?**
- **How do I ask people to conform to me, my ways, wants or needs?**
- **What role does my faith and trust play in my ability to never be organized?**

10. The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy. **The people in a relationship have no opinion on what the other does, says, thinks, or believes; hence our relationship ought never be drawn into prolonged disagreement.**

- **List my opinions that are prolonged and harmful to my relationships?**
- **Which of my opinions do I try to force on others?**
- **What are the dangers of forming an opinion without investigation?**
- **What topics in my relationship are off the table for discussion?**
- **What is the advantage of having a viewpoint rather than an opinion?**
- **Do I try to understand the other person's viewpoint or am I wanting them to understand me?**

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all N.A. members. **Our individual public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all relationships.**

- **Do I post my private life on social media without considering the impact on other people?**
- **When the relationship wanes and is no longer attractive can I stay through the hard times?**
- **How do we present ourselves to the world and to each other?**
- **How does the way I behave affect others?**

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

- **What do I sacrifice for the common welfare of the relationship?**
- **Do I treat people one way in public and another in private?**
- **Describe the difference between a selfless person and a martyr.**
- **How do I respond to difficult people?**
- **List the principles I place above personalities.**

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3. **Two or more persons, when gathered for mutual exchange (growth) may declare they are in a relationship. The only requirement for a vibrant relationship is a mutual desire to be in the relationship and a commitment to make it work.**
4. **Each person in a relationship has the freedom to govern themselves except in matters affecting others or the relationship as a whole.**
5. **Each relationship has one purpose; to serve and witness each other's journey. We do this by practicing the Nar-Anon 12 Step Program, by encouraging, understanding, comforting, supporting, and standing by each other.**
6. **We ought never endorse, finance, or lend our name to any outside enterprises, lest problems of money, property, and prestige divert us from our commitment to each other; but although separate people we should always cooperate with others.**
7. **Every person in a relationship ought to be fully self-supporting, declining outside contributions.**
8. **The work of the relationship should remain forever non-professional, but the people in the relationship may employ special workers.**
9. **Our relationships, as such, ought never be organized, but we may share the responsibilities while serving others.**
10. **The people in a relationship have no opinion on what the other does, says, thinks, or believes; hence our relationship ought never be drawn into prolonged disagreement.**
11. **Our individual public relation policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all relationships.**
12. **Anonymity is the spiritual foundation of all our relationships, ever reminding us to place principles above personalities.**

***Adapted from the Twelve Traditions of Nar-Anon.**