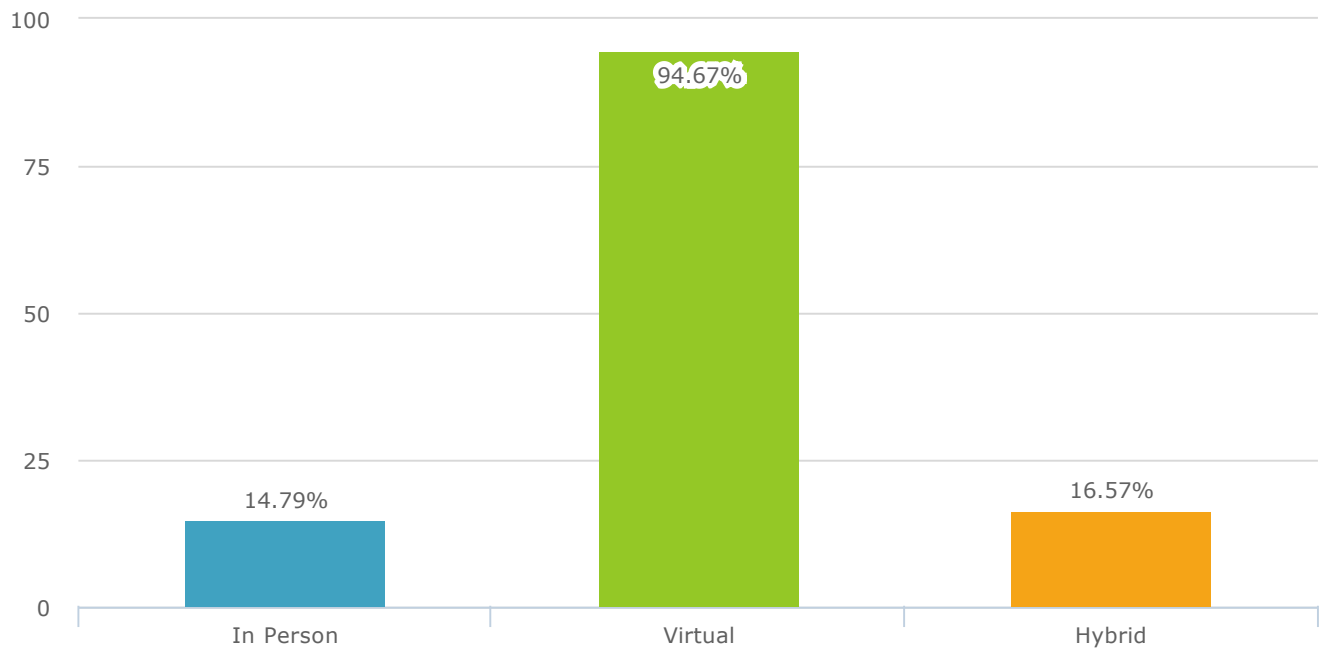


# Summary Report

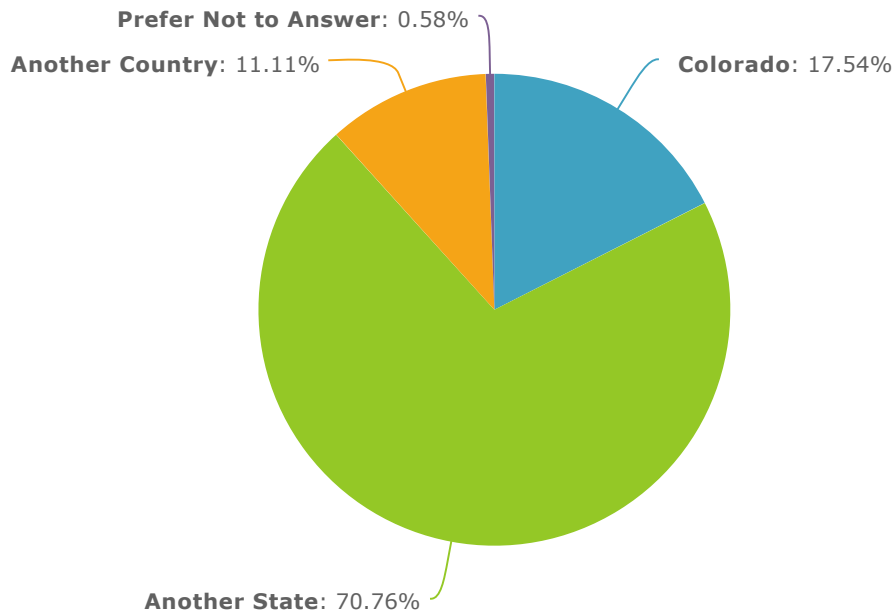
2022 RMR Nar-Anon Members Survey

## 1. I Attend Nar-Anon Meetings that are (select all that apply):



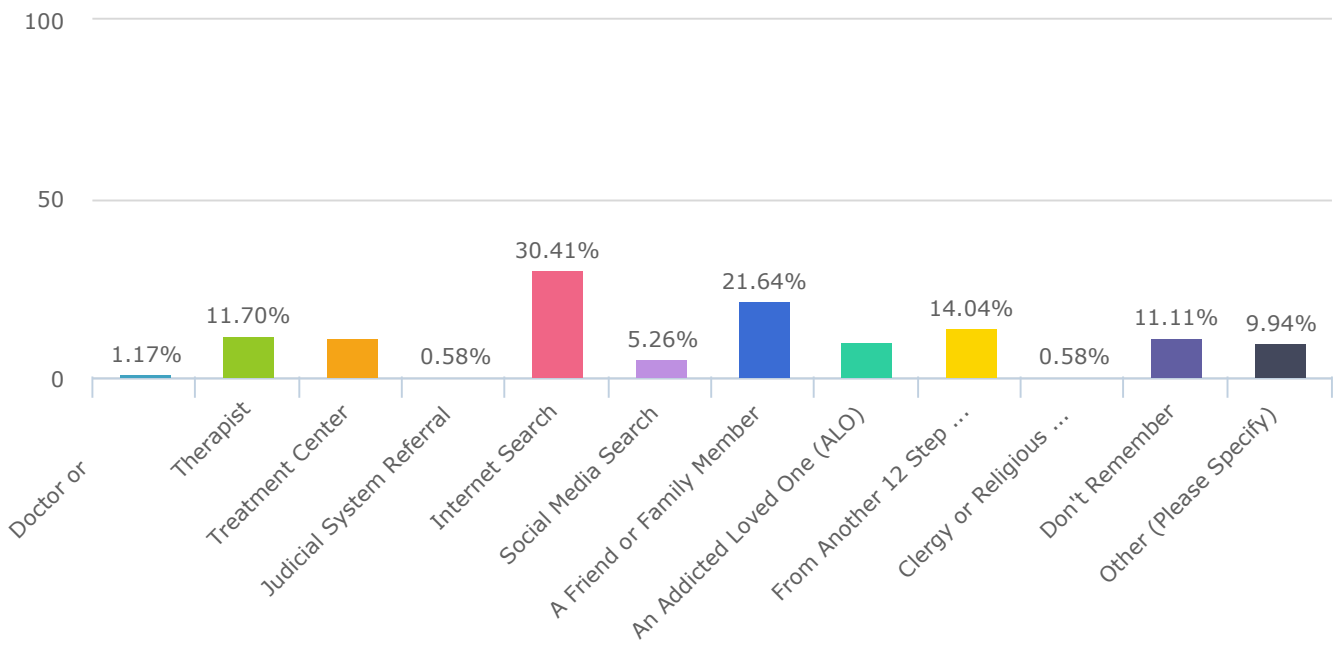
In Person	14.79%		25
Virtual	94.67%		160
Hybrid	16.57%		28
Total Responses			169
Skipped			4

## 2. I Live in



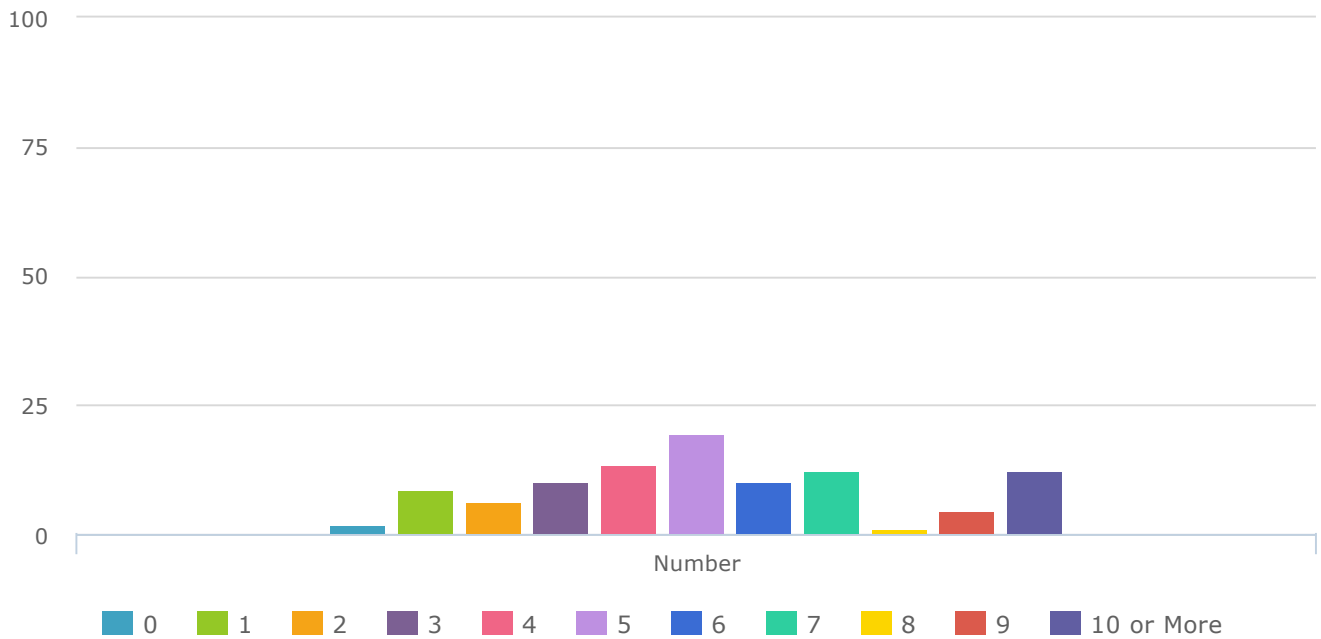
Colorado	17.54%		30
Another State	70.76%		121
Another Country	11.11%		19
Prefer Not to Answer	0.58%		1
		Total Responses	171
		Skipped	2

3. I Found / Learned About Nar-Anon From A (choose all options that apply)



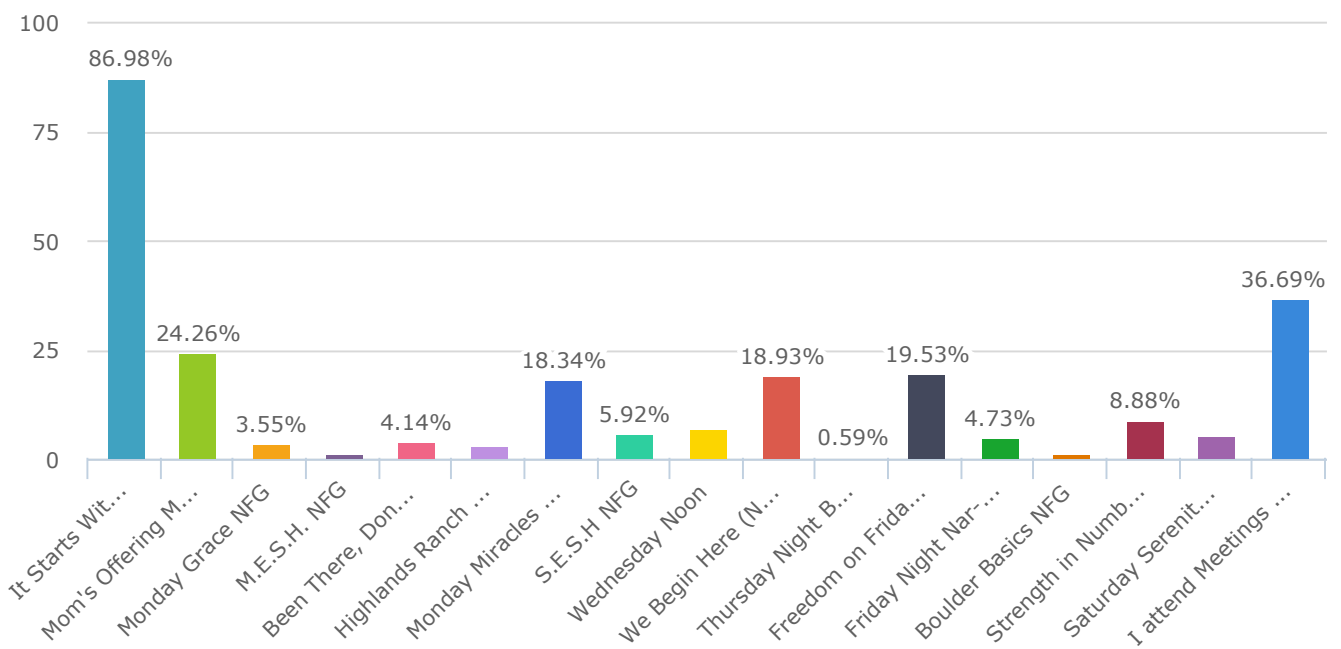
Doctor or Medical Professional	1.17%	2
Therapist	11.70%	20
Treatment Center	11.11%	19
Judicial System Referral	0.58%	1
Internet Search	30.41%	52
Social Media Search	5.26%	9
A Friend or Family Member	21.64%	37
An Addicted Loved One (ALO)	10.53%	18
From Another 12 Step Fellowship	14.04%	24
Clergy or Religious Organization	0.58%	1
Don't Remember	11.11%	19
Other (Please Specify)	9.94%	17
Total Responses		171
Skipped		2

#### 4. I Attend \_\_\_\_ Meetings and Nar-Anon Events a Week



	0	1	2	3	4	5	6	7	8	9	10 or More
Number	3	15	11	17	23	33	17	21	2	0	0
	1.75%	8.77%	6.43%	9.94%	13.45%	19.30%	9.94%	12.28%	1.17%	0%	0%
Total Responses										171	
Skipped										2	

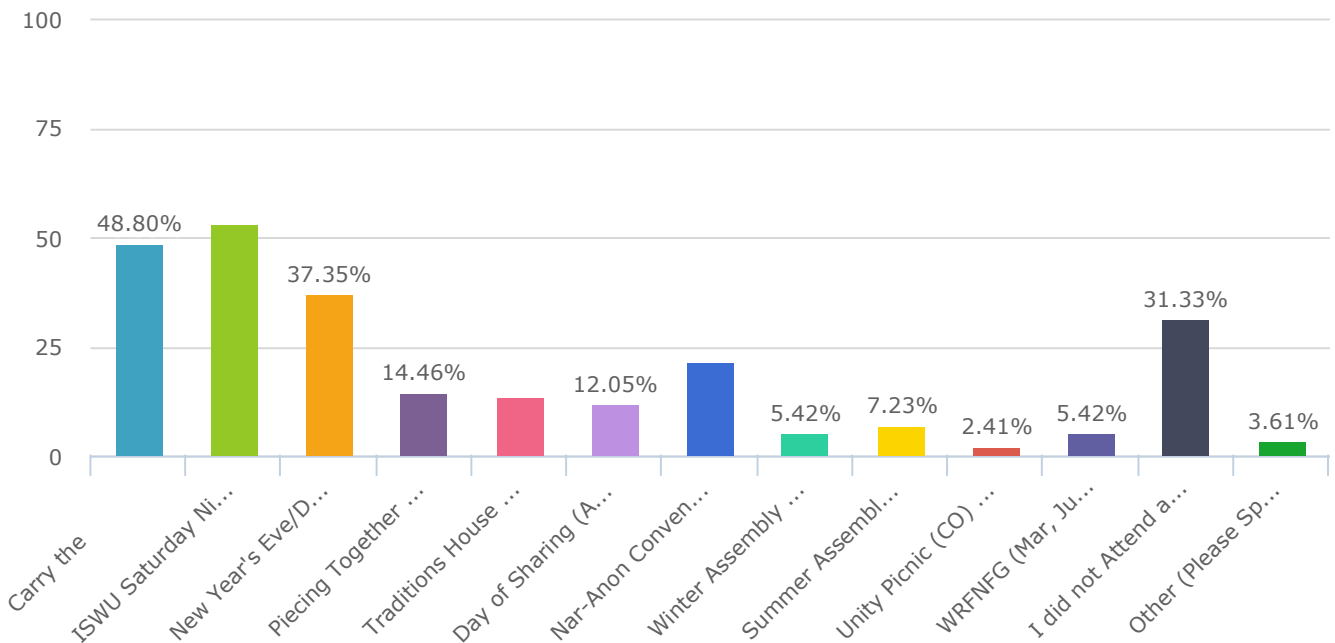
5. I attend the Following Rocky Mountain Region Nar-Anon Meetings Regularly (select all that apply).









It Starts With Us Virtual NFG	86.98%		147
Mom's Offering Moms Serenity NFG	24.26%		41
Monday Grace NFG	3.55%		6
M.E.S.H. NFG	1.18%		2
Been There, Done That NFG	4.14%		7
Highlands Ranch Hope	2.96%		5
Monday Miracles Virtual NFG	18.34%		31
S.E.S.H NFG	5.92%		10
Wednesday Noon	7.10%		12
We Begin Here (Newcomers Meeting)	18.93%		32
Thursday Night Boulder Nar-Anon Family Group	0.59%		1
Freedom on Friday's Virtual NFG	19.53%		33
Friday Night Nar-Anon Family Group	4.73%		8
Boulder Basics NFG	1.18%		2
Strength in Numbers - Pueblo	8.88%		15
Saturday Serenity NFG - Longmont	5.33%		9

I attend Meetings Outside of the Rocky Mountain Region	36.69%		62
		Total Responses	169
		Skipped	4

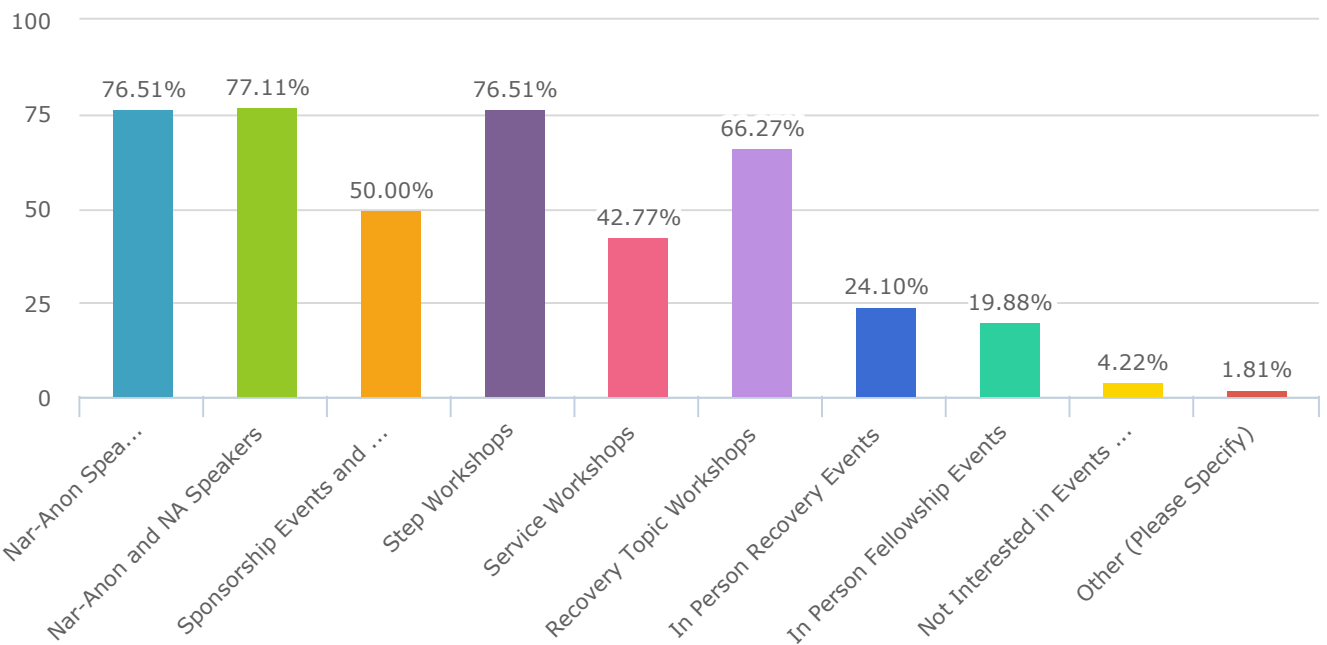
6. I attended the following Region Events and Activities in 2022 (Select all that Apply)









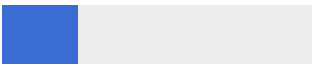
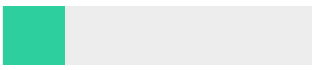
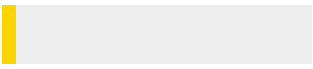
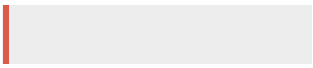
Carry the Message Nar-Anon / NA Public Information Speaker Meetings	48.80%		81
ISWU Saturday Night Speaker Meetings	53.01%		88
New Year's Eve/Day House Party Meetings	37.35%		62
Piecing Together Sponsorship (Mar 6)	14.46%		24
Traditions House Party (Feb 20)	13.86%		23
Day of Sharing (Apr 23)	12.05%		20
Nar-Anon Convention (Nov 11-13, 2022)	21.69%		36

Winter Assembly (Feb 19)	5.42%		9
Summer Assembly (Jul 16)	7.23%		12
Unity Picnic (CO) (Aug 20)	2.41%		4
WRFNFG (Mar, Jun, Sept, Dec)	5.42%		9
I did not Attend any of these Events or Activities	31.33%		52
Other (Please Specify)	3.61%		6
Total Responses			166
Skipped			7

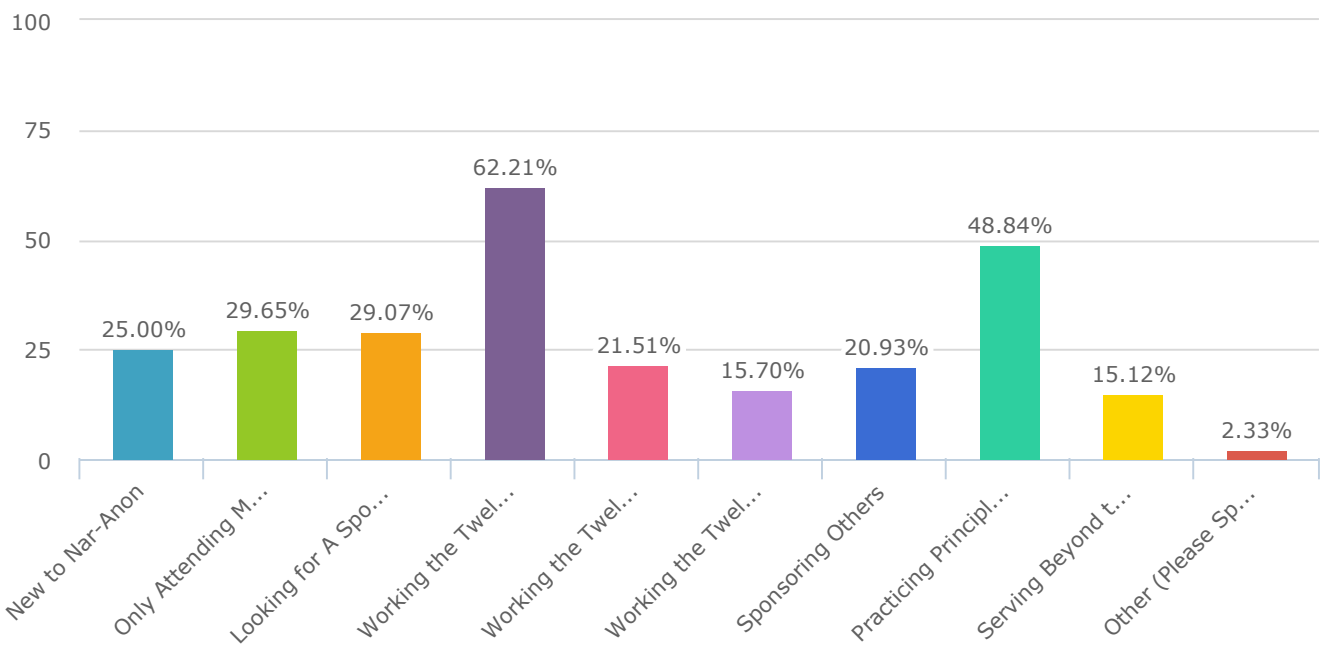
7. I am interested in Events and Activities Related to (Select All That Apply):

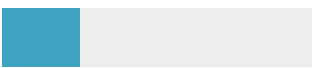
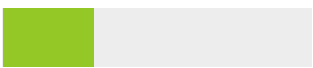
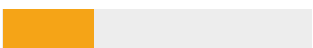


Nar-Anon Speakers	76.51%		127
Nar-Anon and NA Speakers	77.11%		128
Sponsorship Events and Activities	50.00%		83

Step Workshops	76.51%		127
Service Workshops	42.77%		71
Recovery Topic Workshops	66.27%		110
In Person Recovery Events	24.10%		40
In Person Fellowship Events	19.88%		33
Not Interested in Events Outside of Meetings	4.22%		7
Other (Please Specify)	1.81%		3
Total Responses			166
Skipped			7

### 8. I Am At This Stage in My Recovery Program (Select All That Apply)

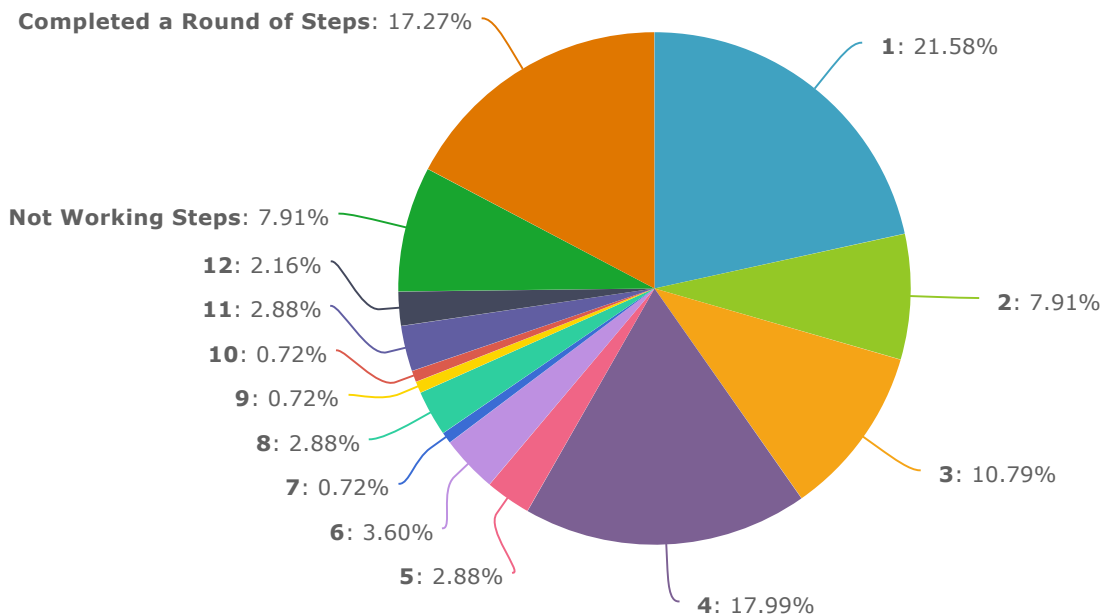


New to Nar-Anon	25.00%		43
Only Attending Meetings	29.65%		51
Looking for a Sponsor	29.07%		50



Working the Twelve Steps of Nar-Anon	62.21%		107
Working the Twelve Traditions of Nar-Anon	21.51%		37
Working the Twelve Concepts of Service in Nar-Anon	15.70%		27
Sponsoring Others	20.93%		36
Practicing Principles in All My Affairs	48.84%		84
Serving Beyond the Group Level (Area, Region, Committees, WSO)	15.12%		26
Other (Please Specify)	2.33%		4
Total Responses			172
Skipped			1

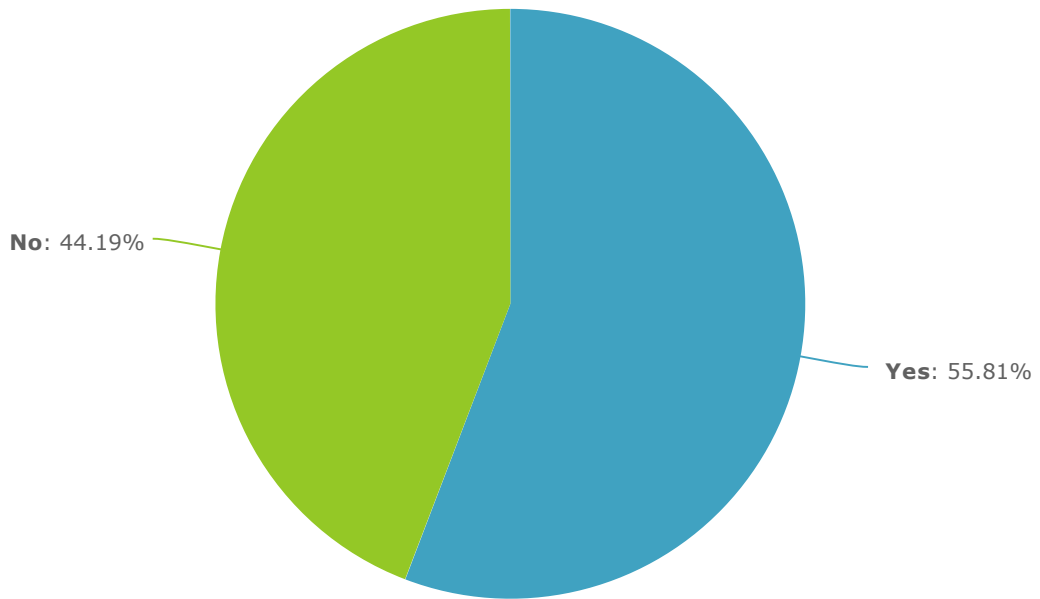
## 9. I am Working the Steps and Am On Step


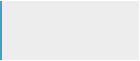

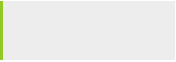


1	21.58%		30
2	7.91%		11

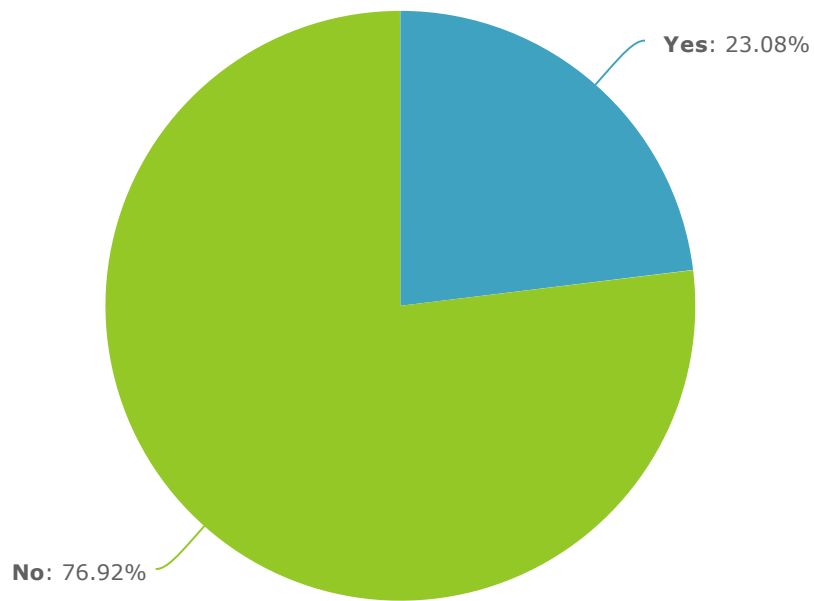
3	10.79%		15
4	17.99%		25
5	2.88%		4
6	3.60%		5
7	0.72%		1
8	2.88%		4
9	0.72%		1
10	0.72%		1
11	2.88%		4
12	2.16%		3
Not Working Steps	7.91%		11
Completed a Round of Steps	17.27%		24
Total Responses			139
Skipped			34

## 10. I Have A Sponsor



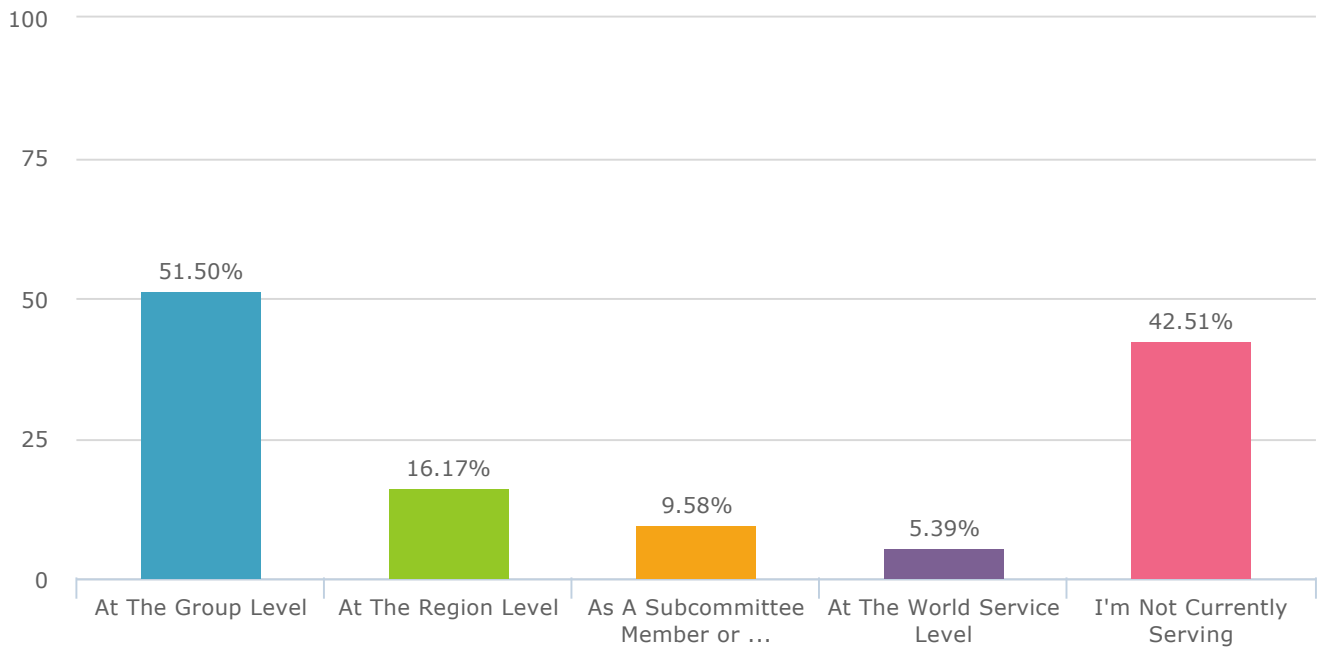
Yes	55.81%			96
No	44.19%			76
Total Responses				172
Skipped				1

## 11. I Sponsor Members of Nar-Anon



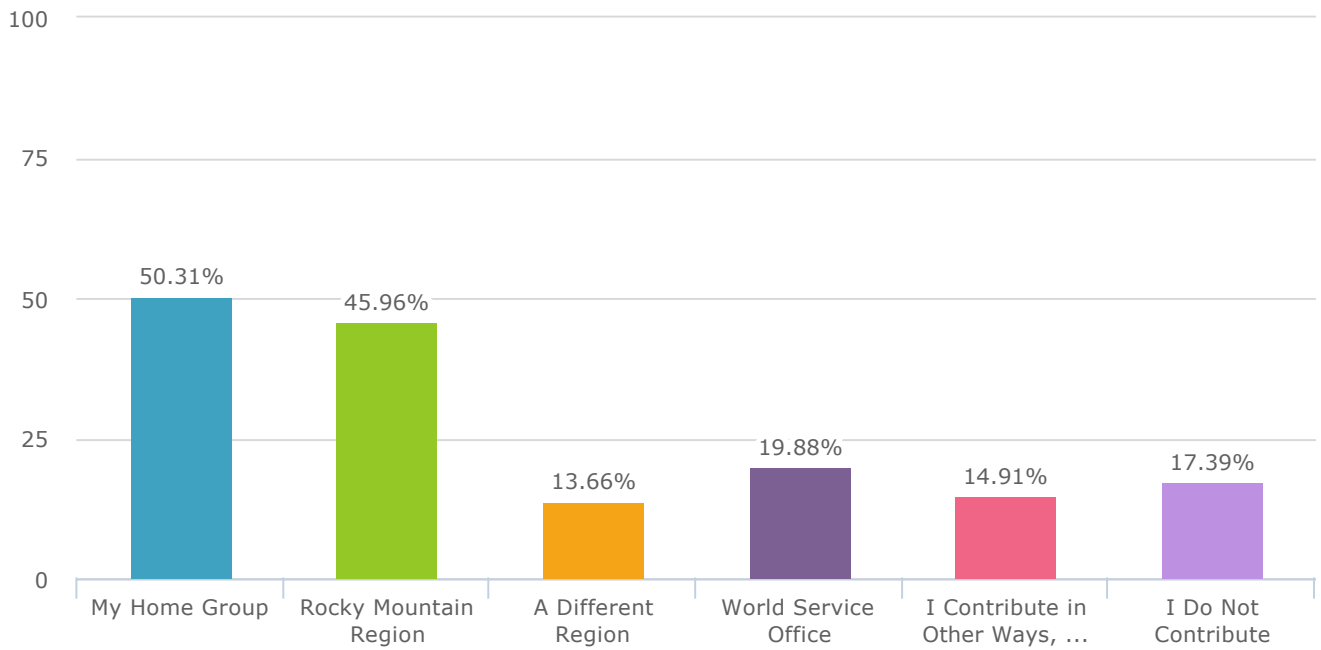
Yes	23.08%		39
No	76.92%		130
Total Responses			169
Skipped			4

## 12. I Am of Service to the Nar-Anon Fellowship (Select All That Apply)



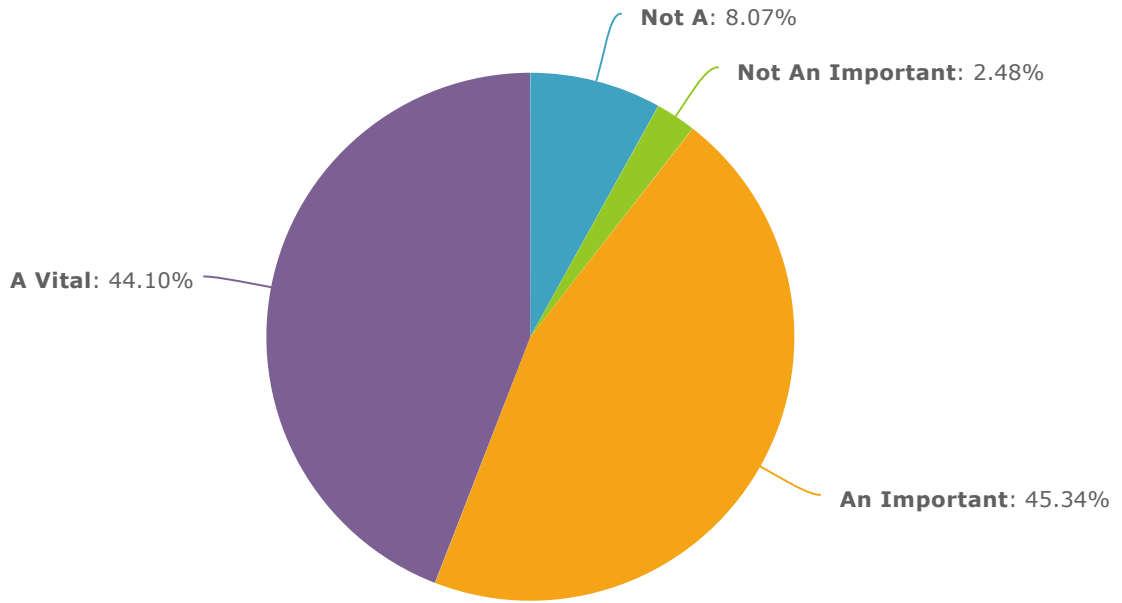
At The Group Level	51.50%		86
At The Region Level	16.17%		27
As A Subcommittee Member or Chair	9.58%		16
At The World Service Level	5.39%		9
I'm Not Currently Serving	42.51%		71
		Total Responses	167
		Skipped	6

### 13. I Offer 7th Tradition Contributions to...(Select All That Apply)



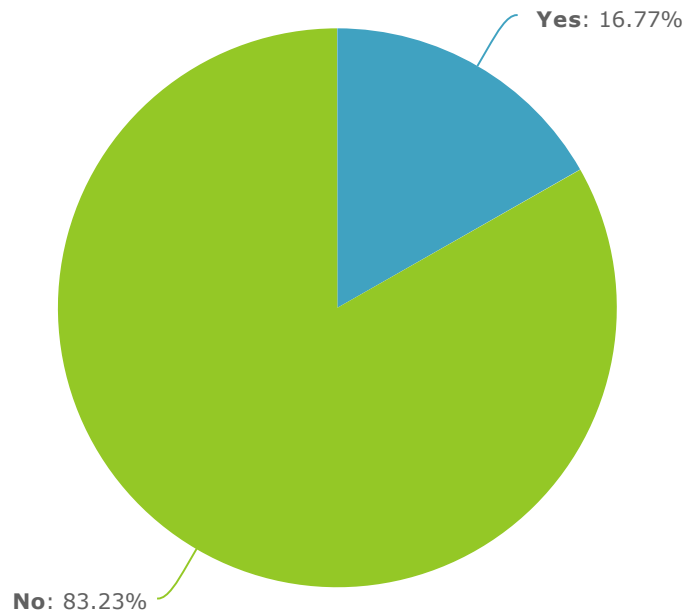
My Home Group	50.31%		81
Rocky Mountain Region	45.96%		74
A Different Region	13.66%		22
World Service Office	19.88%		32
I Contribute in Other Ways, Not Financially	14.91%		24
I Do Not Contribute	17.39%		28
Total Responses			161
Skipped			12

14. Nar-Anon Service is \_\_\_\_\_ Part of My Recovery Program



Not A	8.07%		13
Not An Important	2.48%		4
An Important	45.34%		73
A Vital	44.10%		71
Total Responses			161
Skipped			12

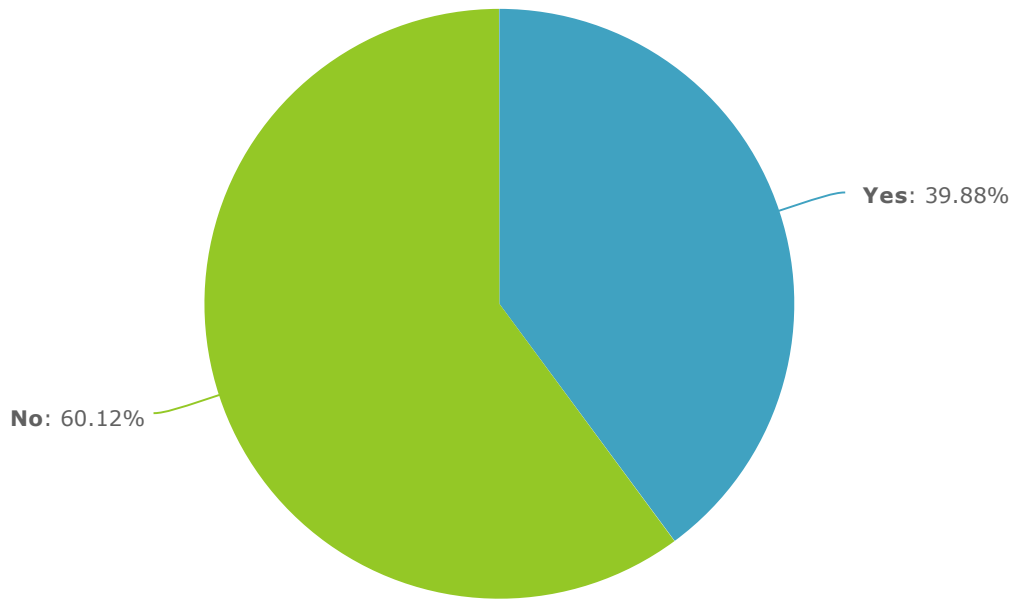
## 15. I have a Service Sponsor



Yes	16.77%		28
No	83.23%		139
Total Responses			167
Skipped			6

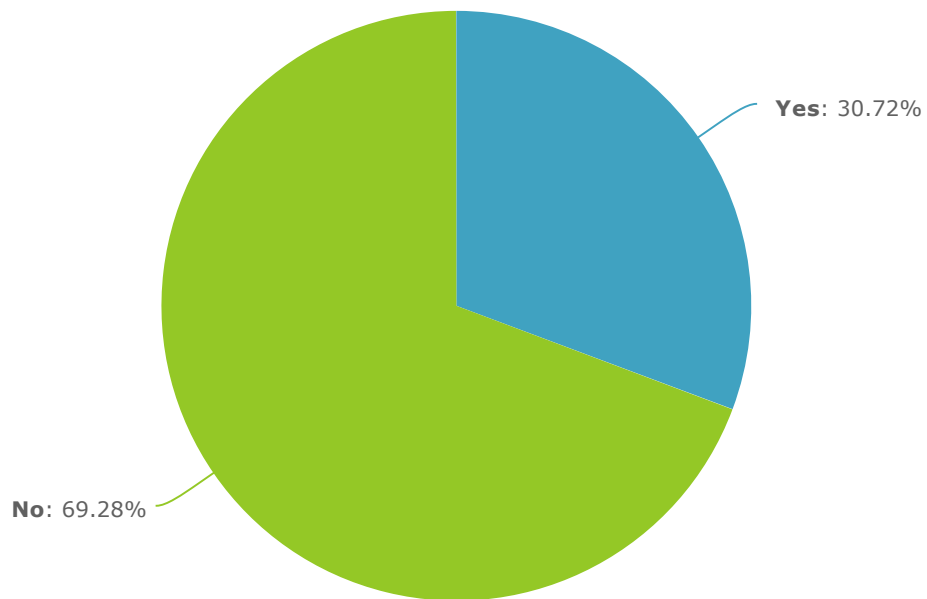


## 16. I Am Studying The Twelve Traditions



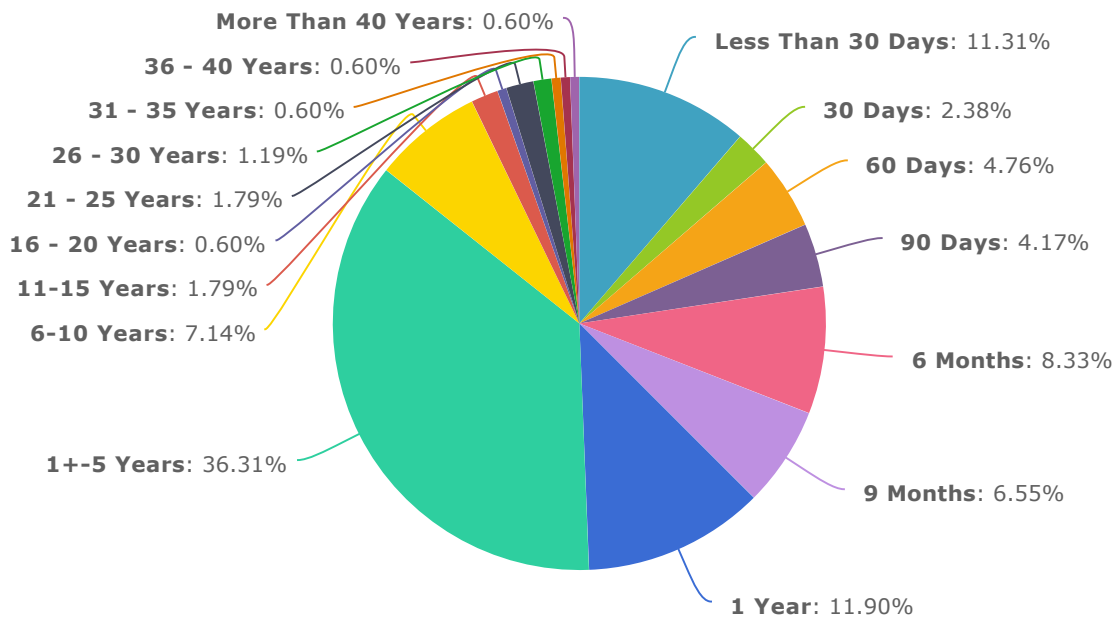
Yes	39.88%		67
No	60.12%		101
Total Responses			168
Skipped			5

## 17. I Am Studying The Twelve Concepts of Service



Yes	30.72%		51
No	69.28%		115
Total Responses			166
Skipped			7

## 18. I Have Been A Member of Nar-Anon

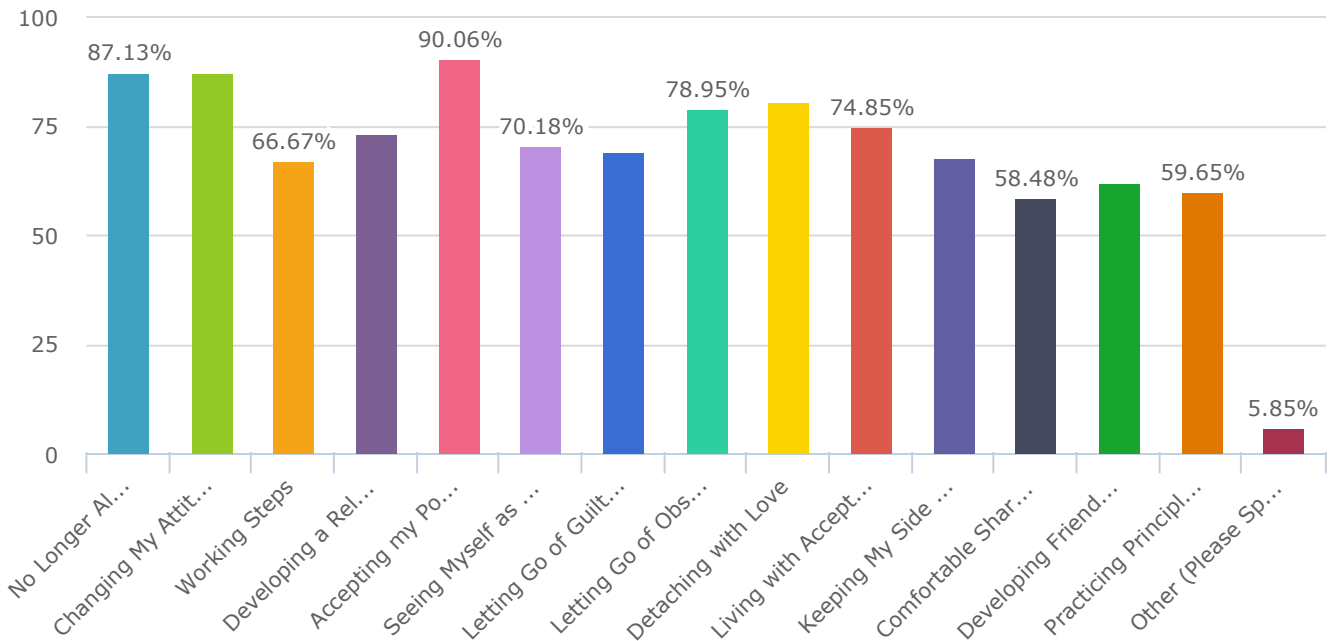






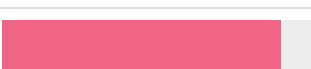

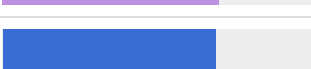



Less Than 30 Days	11.31%		19
30 Days	2.38%		4
60 Days	4.76%		8
90 Days	4.17%		7
6 Months	8.33%		14
9 Months	6.55%		11
1 Year	11.90%		20
1+-5 Years	36.31%		61
6-10 Years	7.14%		12
11-15 Years	1.79%		3
16 - 20 Years	0.60%		1
21 - 25 Years	1.79%		3
26 - 30 Years	1.19%		2
31 - 35 Years	0.60%		1
36 - 40 Years	0.60%		1
More Than 40 Years	0.60%		1





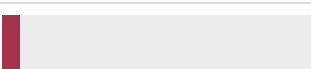
Total Responses 168

Skipped 5

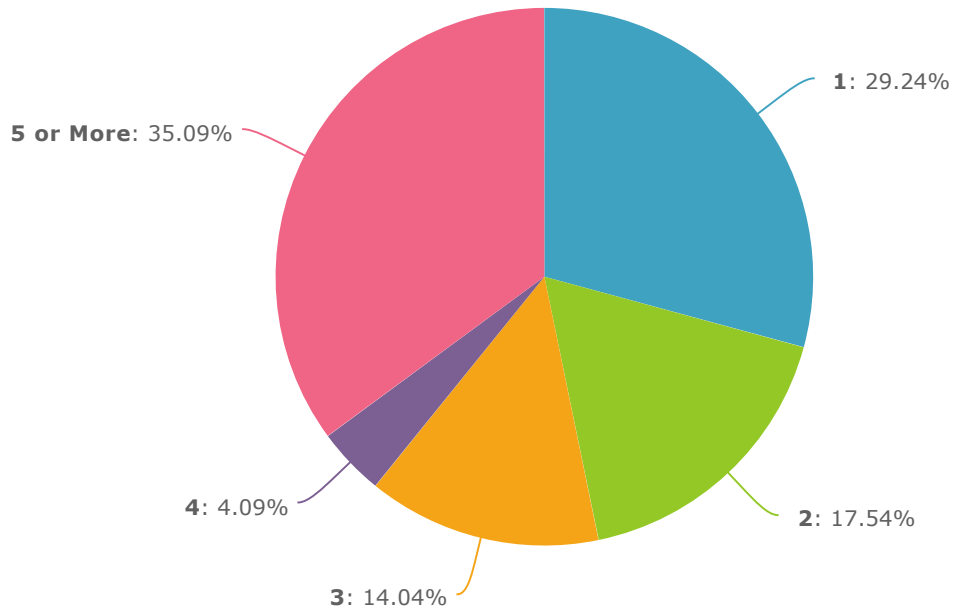
### 19. Nar-Anon Has Improved My Life. I am...(Select All That Apply)



No Longer Alone	87.13%		149
Changing My Attitudes on Addiction	87.13%		149
Working Steps	66.67%		114
Developing a Relationship with a Higher Power	73.10%		125
Accepting my Powerlessness	90.06%		154
Seeing Myself as I Really Am	70.18%		120
Letting Go of Guilt and Fears	69.01%		118
Letting Go of Obsessions and Control	78.95%		135
Detaching with Love	80.70%		138
Living with Acceptance	74.85%		128

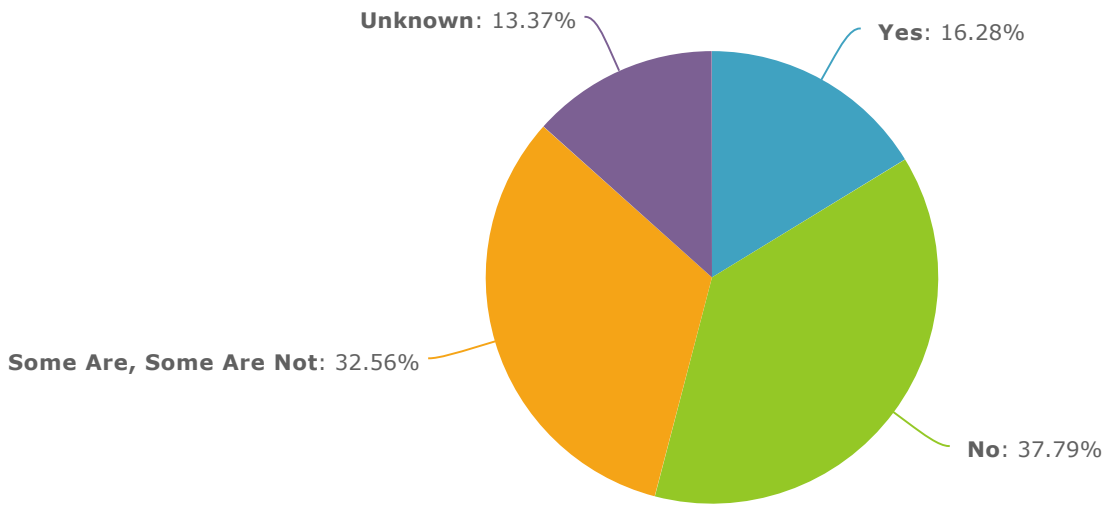
Keeping My Side of Street Clean	67.84%		116
Comfortable Sharing & Offering Service at Meetings	58.48%		100
Developing Friendships with Other Members	61.99%		106
Practicing Principles in All My Affairs	59.65%		102
Other (Please Specify)	5.85%		10
		Total Responses	171
		Skipped	2





## 20. How Many Addicts Have Directly Affected Your Life?



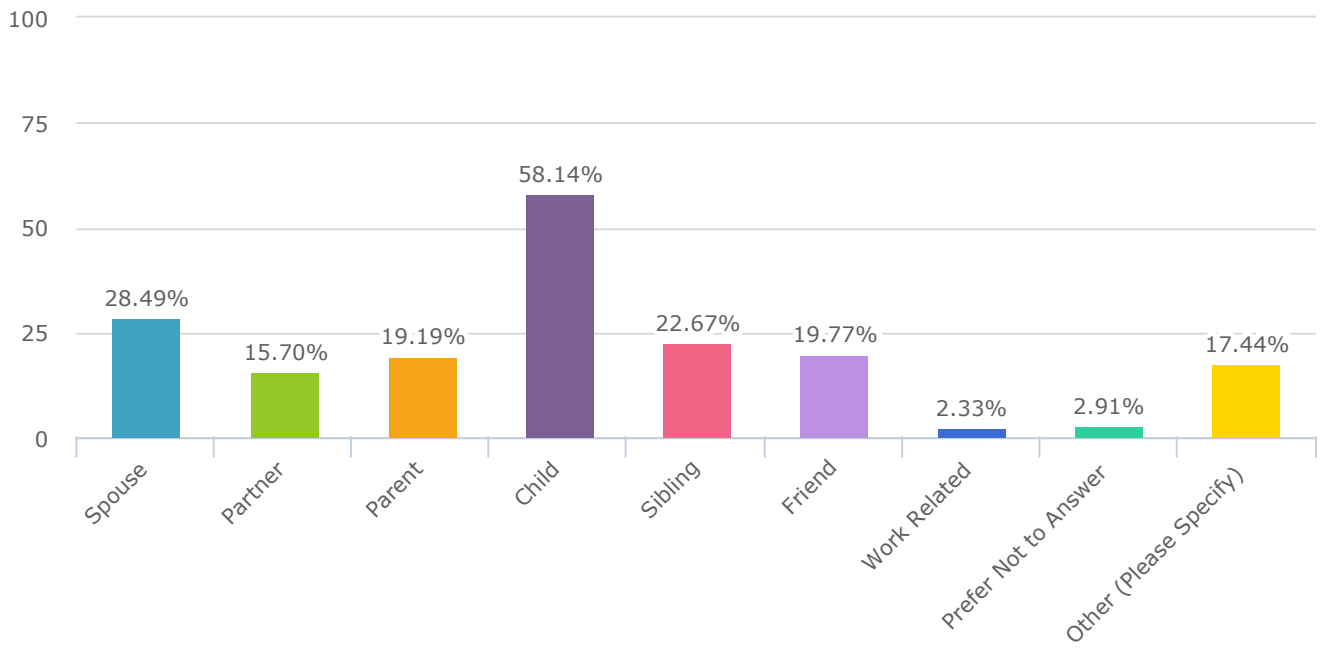
1	29.24%		50
2	17.54%		30
3	14.04%		24
4	4.09%		7
5 or More	35.09%		60
Total Responses			171
Skipped			2

## 21. The Addicted Loved Ones in My Life Are Clean



Yes	16.28%		28
No	37.79%		65
Some Are, Some Are Not	32.56%		56
Unknown	13.37%		23
Total Responses			172
Skipped			1

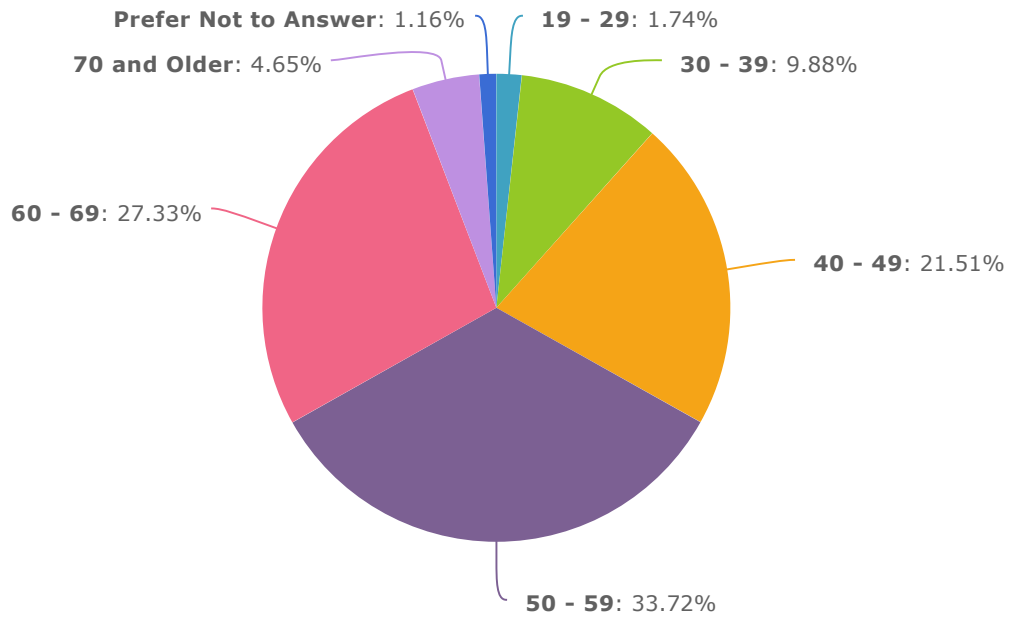
## 22. The Addict in My Life is My (Select All That Apply)



Spouse	28.49%		49
Partner	15.70%		27
Parent	19.19%		33
Child	58.14%		100
Sibling	22.67%		39
Friend	19.77%		34
Work Related	2.33%		4
Prefer Not to Answer	2.91%		5
Other (Please Specify)	17.44%		30
Total Responses			172
Skipped			1

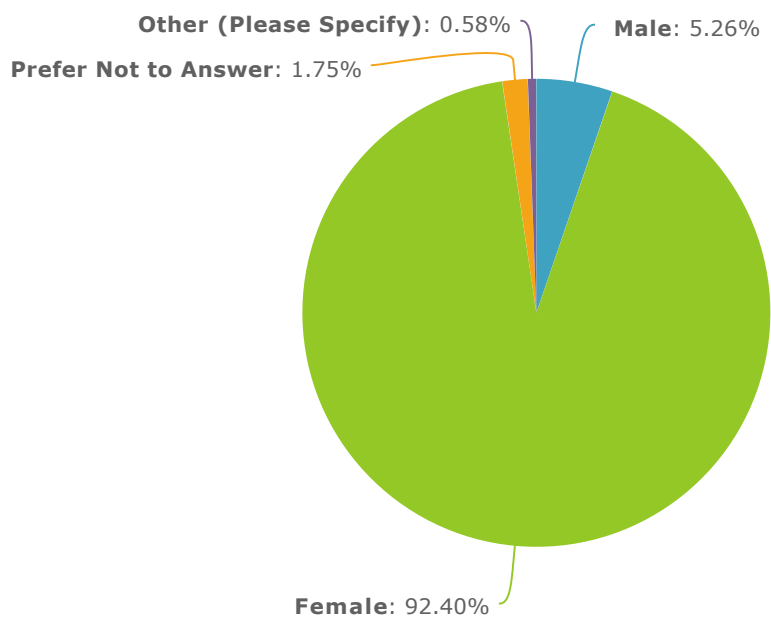


### 23. I'm Currently \_\_\_\_ Years of Age



18 and Under	0.00%	<div style="width: 0%;"></div>	0
19 - 29	1.74%	<div style="width: 1.74%;"></div>	3
30 - 39	9.88%	<div style="width: 9.88%;"></div>	17
40 - 49	21.51%	<div style="width: 21.51%;"></div>	37
50 - 59	33.72%	<div style="width: 33.72%;"></div>	58
60 - 69	27.33%	<div style="width: 27.33%;"></div>	47
70 and Older	4.65%	<div style="width: 4.65%;"></div>	8
Prefer Not to Answer	1.16%	<div style="width: 1.16%;"></div>	2
Total Responses			172
Skipped			1

## 24. I Identify with the Following Gender



Male	5.26%	9
Female	92.40%	158
Nonbinary Gender	0.00%	0
Prefer Not to Answer	1.75%	3
Other (Please Specify)	0.58%	1
Total Responses		171
Skipped		2

25. What Questions or Suggestions do you have for the Rocky Mountain Region Service Committee?

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Total Responses	64
Skipped	109