

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.

Slogans: There's two types of business - my business and none of my business, Why Am I Talking (WAIT), do I want to be right or do I want to be kind?, Quit Taking It Personally (QTIP)

Principles: Autonomy, unity, common welfare

Questions: Am I trying to influence outcomes? Can I accept when someone doesn't share my opinion or belief and still do my part in the relationship? Which of my opinions do I try to force on others?

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 NA members.

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.

Slogans: Live and let live, to thine own self be true, let it begin with me, what is said here - stays here,

Principles: Humility, confidentiality, trust, respect, authenticity

Questions: Am I behaving in an attractive way or am I promoting myself? What is my motive? Are my actions or words putting someone in harm's way? Am I using what others have told me against them?

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.

Slogans: I don't have to attend every argument I'm invited to, say nope to the rope, principles above personalities, let go and let god, how Important is it?, God is in the pause,

Principles: ANONYMITY, self-sacrifice, common welfare, tolerance, autonomy

Questions: Is somebody's personality getting the best of me? What principles do I put above my personality? Have I prayed and invited god into the conversation? Would my response be different if there were an audience? What do I sacrifice for the common welfare of the relationship?

7TH ANNUAL ROCKY MOUNTAIN REGION NAR-ANON CONVENTION

FROM DESPERATION TO TRANSFORMATION



NOVEMBER 10-12, 2023
LOVELAND, CO

Zoom audio recordings of past Traditions workshops

Prescription for Spiritual Living:

An interactive workshop for practicing the traditions in our daily lives.
February 2021



Password:
HP12trad4u\$

Nar-Anon House Party

Traditions, A Baker's Dozen: Recipe for a healthy group
July 2020



Password:
HP_Traditions<2020>

Interested in learning more about practicing the traditions in your relationships?
Check out a workshop tool from the Rocky Mountain Region's 2021 Convention!



12 TRADITIONS

in 12 minutes

HIGHER POWER,

Help me to remember, The Traditions are for me to practice, not for me to enforce.

Note: this material was created as a workshop tool for the 2023 Rocky Mountain Region convention. It is not Nar-Anon Conference Approved Literature.

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.

Slogans: Together we rise; I can't - we can

Principles: Unity, humility, willingness, open mindedness

Questions: What is best for everyone involved? Do I have a personal agenda? Is this relationship working for everyone involved?

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.

Slogans: Let go and let God; Good Orderly Direction (GOD); Always Say A Prayer (ASAP); God is in the pause; God's will is not urgent

Principles: Presume good will, respect, cooperation, humility

Questions: Am I being controlling? Has everyone had the opportunity to share? Has a higher power been invited in? Have we given adequate time for reflection? What blocks me from including others in the decision making process?

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.

Slogans: You're a member if you say you are, keep coming back - we will love you until you love yourself

Principles: Belonging, equality, community, fellowship, unity

Questions: Is our participation in the relationship mutually beneficial? Do I want to be in the relationship? How do I show up in the relationship? Do we have the same objective in this relationship?

4. Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA 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.

Slogans: Let it begin with me; no is a complete sentence; mind my business & have my own business to mind; everyone has the right to be wrong; live and let live

Principles: Autonomy, respect, brotherly love

Questions: How am I trying to control the outcome? How are my actions affecting others? Am I being considerate of others?

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.

Slogans: let it begin with me; this too shall pass; Quit Taking It Personally (Q-TIP); Let Others Voluntarily Evolve (LOVE); we are only as free as we allow others to be

Principles: Bare Witness, Autonomy, Commitment, Service

Questions: Which step(s) can I practice in relation to this situation? How can I be encouraging, understanding, comforting and supportive; to others & myself?

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.

Slogans: Stay in my lane, say nope to the rope, no is a complete sentence; let go or be dragged; attitude of gratitude; this is a "we" program, Quit Taking It Personally (Q-TIP)

Principles: Cooperation, autonomy, self-supporting, self sufficient, integrity, focus, humility, common welfare

Questions: Is this good for all parties involved? What is our commitment to each other (primary spiritual aim)? Is this an outside enterprise? Is my endorsement divisive to the relationship?

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.

Slogans: Does this have my name on it?, if you carry them you bury them, enabling prompts anxiety

Principles: Respect, responsibility, unity, accountability

Questions: Am I contributing too much or too little? Would it be possible without the outside contribution? How might my actions be establishing a pattern of future behavior and/or expectations? Are they asking for help?

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

The work of maintaining a vibrant relationship should remain forever non-professional, but the people in the relationship may employ special workers.

Slogans: Quit taking it personally (QTIP), two people - one job, Would I rather be right or happy?

Principles: Cooperation, interdependence, humility, equality

Questions: Do I believe that I need to be an expert on things? If so, how? How is my giving unconditional? Do I examine the capabilities of those in the relationship before seeking outside help?

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.

Slogans: Two people - one job, let go of the outcome, God's will/timing is not urgent, let go and let God

Principles: Flexibility, respect, freedom, simplicity, autonomy, responsibility, cooperation, open-minded

Questions: How do I bring spontaneity to our relationship? How do we decide who does what in the day-to-day activities of a relationship? Do I think I'm in charge?