



Uncover Discover Recover



Using the Nar-Anon 4th Step Workbook

MAY 2

11a PDT | 12p MDT | 1p CDT | 2p EDT

Introduction

How to use the Workbook

Fear Inventory

MAY 3

11a PDT | 12p MDT | 1p CDT | 2p EDT

Credit and Debit Inventory

Personal Safety Questions

MAY 9

11a PDT | 12p MDT | 1p CDT | 2p EDT

Quick Inventories

Freestyle Inventory

MAY 16

11a PDT | 12p MDT | 1p CDT | 2p EDT

Relationship Inventories

Behavior, Change, & Characteristics

MAY 17

11a PDT | 12p MDT | 1p CDT | 2p EDT

Relationship Inventories – Patterns

Ideal, Attitude, Attraction to a Romantic Partner, and Sexuality and Gender Roles

MAY 31

11a PDT | 12p MDT | 1p CDT | 2p EDT

Resentment Inventory Chart

Interactive style workshop

Each session lasts
2 hours

Join for any
or all

- Guided overview of each inventory
- Support as you work the inventory
- Q&A

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RMR Virtual
Meeting Room



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Hosted by the Rocky Mountain Region