THE
NAR-ANON
THIRTY-SIX

Steps Ten - Twelve

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STEP TEN

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

Step Ten begins the maintenance phase of the Nar-Anon Twelve Step Program. In previous steps we began to change and replace old habits with healthy alternatives with the help of our Higher Power. The first Nine Steps helped us put our lives in order and change some of our negative behaviors. We increased our ability to develop healthier ways of taking care of ourselves and relating to others. We are moving in a new direction with constructive goals for ourselves. To continue our growth we enrich our lives by weeding out self-defeating behaviors and habits.

Step Ten keeps us on the path to recovery by suggesting we continue to take a personal inventory in order to examine our strengths, weaknesses, behaviors, and motives. Before working the steps we may have felt justified in our actions. Maintaining a changed attitude is not a one-time occurrence; it is an ongoing process of self-reflection. The Tenth Step suggests we monitor our behaviors on a continual basis.

When we came to Nar-Anon we learned we could change our lives for the better. The Tenth Step sustains this change. It helps us admit promptly when we are wrong and observe how we relate to those around us. This keeps our focus on the present moment, and living one day at a time.

In the past, we may have disregarded small problems until they multiplied or became too large to ignore. We now have the awareness and skills to recognize issues as they occur, helping us to maintain balance in our lives. We also realize we can easily slip back into our old behaviors, especially in times of stress or crisis.

A member shares: A daily process of self-examination keeps me focused on my changed attitudes. I don’t want to retreat to old behavior.

~ Suggestions for Applying Step Ten ~

Taking a frequent inventory and admitting when we are wrong helps keep us honest. A Step Ten inventory does not need to be a time-consuming task.

- Make a simple and honest effort to take a personal inventory on a regular basis, as this allows us to grow spiritually.
- When we accept and forgive our mistakes and those of others, we realize we do not always have to be right.
- Make an effort to find gratitude and happiness.
Continuing Our Inventory – Promptly Admitting Our Wrongs
We have taken our inventory, admitted our wrongs, and became willing to have our Higher Power change us and remove our shortcomings. We compiled a list of the people we harmed and made our amends. Now we apply what we have learned as we become conscious of our behaviors and more focused on our serenity.

~ Members share on Promptly Admitting our Wrongs ~

~ At times I have a tremendous ego and it’s difficult for me to think, needless to say admit, I am wrong. My pride was so strong; even when I knew I was wrong, I would procrastinate promptly admitting it, thus prolonging the bad feelings. For me, this is a humbling experience and I sometimes feel vulnerable.

~ "And promptly admitted it” for me, can be a stumbling block. It is easier to continue to take a personal inventory than to promptly admit my wrongs. In order to be true to myself, I made a promise that I would not go to sleep at night before admitting my wrongs. If my inventory involves another person, I pick up the phone, send an email, or write a note to the person with whom I need to be honest. This has become a ritual, like brushing my teeth. I like to know when my head hits the pillow I have also put Step Ten to bed for the day!

Three Types of Inventories

Spot-Check Inventory
This involves assessing our attitudes and motives while reviewing our actions. We examine situations we encounter and promptly take corrective action when needed. We can also focus on our positive characteristics and improvements in our behavior.

1. Which of my old behaviors are reappearing most often?
2. How can I remind myself to take a spot-check inventory every day?
3. Which behaviors are not appearing as often?
4. How am I doing? Is my spot-check inventory helping me in my daily life as I interact with others?

Daily Inventory
After careful reflection and praying for guidance, we stop sometime each day to review our current circumstances. By taking a daily inventory, we are reminded to live one day at a time. We may use a journal or inventory log to check our progress.

5. How was I good to myself today?
6. What do I have to be grateful for?
7. What boundaries did I set today with no expectations?
8. What problem areas have I noticed in my life?
9. How did I handle conflicts today?
10. How does this daily reflection help me be more aware of my behaviors?

**Long-Term Periodic Inventory**

We can set aside special days for reflection. This can be done by finding time to be alone or perhaps by going away to a retreat or a place that inspires us. Long-term inventories help us evaluate problem areas. We may discover new defects or uncover strengths of character. A periodic inventory gives us an opportunity to renew our intentions to live healthier, more fulfilling lives. We understand each time we work these steps we are at a different point in our lives. Doing this type of inventory gives us an opportunity to see our growth.

*~ Members reflect on doing a Long-Term Periodic Inventory ~*

~ Doing a long-term inventory was a wonderful experience. I learned the importance of taking a personal inventory and gained an awareness of behavior problems that continue to surface in my life. With my Higher Power and Nar-Anon, I have been given tools to handle life’s problems.~

~ A weekend away helped me work on issues that had been bothering me and improved my relationship with my Higher Power. I was able to sit, reflect, and relax - something I do not allow myself to do at home because of many distractions. This allowed me to get to know other members of Nar-Anon and be grateful for everything in my life.~

11. How often am I setting aside time to do a long-term periodic inventory?
12. What new behaviors am I discovering?
13. What issues in my life could benefit from a long-term inventory?
14. How am I using what I learned in Steps Four through Nine to help with my inventory?

**Accepting Responsibility**

Step Ten encourages us to maintain the recovery we have achieved thus far. As we did in Step Four, we acknowledge our positive traits and achievements. We discovered in Steps Eight and Nine that our well-being is best served by making amends. In working Step Ten we make prompt amends by accepting responsibility for our actions.

15. Do I continue to justify past behaviors instead of admitting my wrongs? If so, explain why.
16. What am I keeping to myself that I should discuss with my sponsor?
17. How am I maintaining personal integrity in my relationships with others?
18. What apologies or amends do I need to make today?

**Freedom and Serenity**
The freedom and serenity we have achieved by working the first nine steps can only be maintained by depending on our Higher Power and practicing the principles of the program. If we do not continue to work on our recovery, it can be easy to find excuses to skip meetings and revert to old behaviors. We want to recognize how far we have come, not how far we have to go. Recovery is about moving forward and focusing on what we have accomplished. We use the knowledge we have gained about ourselves to attain peace and serenity. Our growth is amazing, our self-esteem is developing, and old habits are slipping away.

19. If I see old patterns emerging, what can I do to get back on track?
20. How did attending a Nar-Anon meeting or talking to a trusted Nar-Anon friend help me find freedom and serenity?
21. How has being of service helped me focus on my own recovery?
22. How did I use the principles of the program today?

**Progress and Self-Reflection**
In our recovery, we work toward positive changes in our attitudes and interactions with others. We take note of the progress we have made and some of our biggest accomplishments with regard to the following:

**Resentment**
23. How do I practice tolerance and compassion for others?
24. How can I forgive those who hurt me so I don’t carry resentments?
25. Why is it important to focus on my own inventory instead of someone else’s?
26. How do I take responsibility for my actions?

**Fear**
27. Does fear prevent me from accepting change? How willing am I to change?
28. How does admitting my fears allow me to face them honestly?
29. How am I relying on my Higher Power for courage?
30. How can I overcome feeling threatened by others?
31. What tools do I use to help me through fearful situations?
Anger

32. In what ways can setting healthy boundaries help me control my anger?
33. How do I maintain inner peace when encountering stressful situations?
34. Do I understand anger can be a warning of something that needs to be addressed?
35. What are appropriate ways to express my anger?
36. How did anger help me reach my bottom; what changes did I make as a result?

Caretaking

37. Are there situations where I still try to rescue others? Explain.
38. Have I developed other caretaking relationships? If so, describe them.
39. How am I taking care of myself?
40. What have I done to develop my own identity?
41. What do I want for myself that does not require action from someone else?

Control

42. Do I still try to control others or can I accept them for who they are?
43. When I recognize I am expecting others to act in a certain way, what can I do differently?
44. When I become aware I am trying to control others, how can surrendering to my Higher Power’s will help?

Isolation

45. How does my life improve when I no longer isolate?
46. How am I actively participating in life today?
47. How am I choosing relationships that are safe and supportive?
48. What activities are helping me have fun and enjoy life?
49. How do I maintain balance between work and relaxation?

Self-esteem

50. How can expressing my feelings help my self-esteem?
51. In what ways am I more confident and able to act more assertively?
52. How has working the steps helped me find love and compassion for myself?
53. How does trusting my own judgment help me accept myself as I am?
Mistaken Sense of Responsibility

54. Why do I feel responsible for the actions of others?
55. How am I learning to accept my limitations?
56. What are some of the ways I have learned to delegate responsibility?
57. How easy is it to admit my mistakes and then let them go?
58. Do I tend to automatically blame myself? If so, how can my relationship with a Higher Power help?

Self-Reflection

59. Why is it as important to take an inventory as it is to admit I am wrong?
60. What strengths and changes have I found in myself while working Step Ten?
61. How has this step shown me how much I have grown in recovery?

~ A Step Ten Story ~

Step Ten tells us to continue to take a personal inventory. I learned the word continuing means just what it says: ongoing, never ending, and lifelong. It does not mean when the addict goes into recovery I no longer need the support of my sponsor, my group, my area, or my region.

This step helps me maintain my serenity and reminds me I am human. The phrase "I’m sorry" was not always in my vocabulary; when it was, I choked on it. How could I allow anyone to know I could make a mistake? It wasn’t expected of me. Now I no longer have to be perfect. All that counts is I am making progress. I can admit when I make a mistake and move on.

Taking a personal inventory need not take a lot of time – just a couple of minutes a day. It keeps me aware of my strengths, weaknesses, behaviors, and motives as they show up, thus allowing me to work on them before they get out of hand. Working this step on a daily basis keeps me from becoming complacent and falling back into old behaviors. It keeps me on top of small problems by using the skills I have achieved by working my program. I’ve learned how to take care of myself and my needs.

Step Ten says I need to keep working this program to the best of my ability. This only happens if I keep coming back.
~ Reflections on Step Ten ~

Step Ten is about perseverance:

_Slowly, new persons emerge. Change is taking place._ ¹

Working this step is personal and can be done in different ways. It is important to remember our ongoing recovery and spiritual growth requires maintenance. Some Nar-Anon members use quiet meditation for reflection. Some use a written journal.

Step Ten ensures our spiritual growth is renewed on a daily basis. We are encouraged to look back on our day, be grateful for the good, and take responsibility for the wrongs we may have committed. We become confident in our ability to deal with life on life’s terms. We have learned to accept positive reinforcements with gratitude. We find ways to transform adversities into opportunities for growth. Negative actions are recognized but not allowed to diminish our spirit and well-being.

The journey of life is savored one step at a time. Recovery is exciting and renewing! We are now ready to move on to Step Eleven where we will further deepen our relationship with our Higher Power through prayer and meditation.

¹. Nar-Anon Blue Booklet, 2014, page 5
STEP ELEVEN

Step 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.

Step Eleven focuses on spiritual awareness. We use the power of prayer and meditation to communicate with our Higher Power. We talk to God through prayer and listen to God’s answers through meditation. Through this regular communication our relationship with the God of our understanding is maintained and improved.

The presence of a Higher Power might feel different to each of us. For some, a Higher Power is the same as a religious deity; for others, it is part of a spiritual journey outside of religion. Step Eleven helps us to develop trust in our Higher Power.

For those of us who have lived with a clear and deliberate connection to a Higher Power for most of our lives, Step Eleven may mean several things. It may be a chance to adjust our current long held beliefs. It could be an opportunity to expand our spectrum of spiritual truths. It might be a time of rededicating ourselves to a spiritual life.

In Nar-Anon we invite a Higher Power into our daily lives. As this relationship progresses, we find the strength and courage to meet life’s challenges. Through prayer and meditation we become aware of our options and make better choices. Our spirituality grows through reliance on our Higher Power.

There is comfort in not needing to have all the answers. We do not have to be perfect; we only need to be willing to trust and rely on our Higher Power’s guidance. With the benefit of time and perspective, it becomes clear our Higher Power’s will is what is best for us.

~ Members Share ~

~ When problems arise in my life, my first reaction now is to pray. I turn over whatever is troubling me, listen for that quiet voice, then try to follow it.

~ It is comforting to realize I don’t have all the answers to take care of every situation. I can ask my Higher Power for help and clarity.

~ Suggestions for Applying Step Eleven ~

Following are some suggestions to improve our faith and conscious contact with the God of our understanding through prayer and meditation:

- Set aside a time for daily prayer and meditation.
- Select a quiet place.
• Practice deep breathing or another technique to help relax and quiet our minds.
• Start with a gratitude list or a simple prayer, such as the Serenity Prayer.
• Read excerpts from Nar-Anon literature such as Thirty One Days in Nar-Anon and the SESH Daily Reader.
• Still our thoughts if our mind wanders.
• Write a personal prayer to our Higher Power.

**Prayer**
We are in prayer when we speak to our Higher Power in whatever way is comfortable for each of us. It is asking for guidance and accepting His will for our lives. A prayer can be words or thoughts, expressed in any way we choose. We share our struggles with our Higher Power, as well as give thanks. It is like talking to a trusted friend.

Our prayers may have been different when we first came into the program. Although we may not have been aware of it, the dark place we were in left us begging God to do our will. Before working the previous steps we may have asked our Higher Power to do specific things such as fix our children, spouses, parents, or friends. We did not have an understanding that the person or persons who brought us into the program had their own Higher Power just as we do.

As we worked the previous steps, our relationship with our Higher Power changed and grew. As we progressed, we developed different ways of praying. We stopped asking for specific things, which we have learned is our will. We start asking for our Higher Power’s will to be revealed to us. We learn to pray without insisting on our own ideas of the outcome. We learn how to speak of our gratitude, and our willingness to continue letting go.

Praying for knowledge is not a passive undertaking. We cannot sit back and expect to change without any action on our part.

~~Members Share~~

~ I think of prayer as talking to my best friend and knowing He will still be my best friend no matter what I share with Him.

~ I try to remember to start my prayer to my Higher Power with humility – knowing I need forgiveness, wisdom, and strength to follow His will. I want to remember my Higher Power will give me what I need but not always what I want.

~ Higher Power, please help me to remember I am seeking Your will and not mine; I have lessons to learn through all situations that come into my life. Help me to follow this program to the best of my ability. Help me to improve
each day as I seek to understand Your will for me so I can learn how to apply it to my life.

1. What insights do I gain by praying for my Higher Power's will for my life?
2. If there are barriers to my reaching out in daily prayer, what steps and actions can I take to overcome them?
3. Can I give an example of how my Higher Power answered my prayer through another person or a new experience?
4. What are the consequences of doubting my Higher Power’s availability and willingness to provide help and guidance?
5. Describe a recent situation where I tried to take away control from my Higher Power because of doubts.
6. What can happen if I wait for my Higher Power’s answer to my prayer rather than following my own self-will?

A member shares: At first my prayers were requests for my Higher Power to protect the addict and help him find his way out of his disease. As I learned to focus on my Higher Power and myself, my prayers developed into requests for personal strength and direction. I am concentrating on my own growth and recovery with gratitude for the guidance and serenity I receive daily.

Meditation
For some of us meditation, creating space to listen to our Higher Power’s guidance, may be a new concept. We may have thought we had the answers to the worries we had been carrying. Meditation is quieting our hearts, minds, and bodies so we are open to what our Higher Power reveals. Meditation helps us find inner peace and serenity. We begin to have faith in the God of our understanding. Our lives become more balanced. Healing continues, and our weaknesses are changed into strengths.

There are many forms of meditation and the goal is to be fully engaged in the moment. Some of us start the day in prayer and/or meditation. This is a personal decision. We may need to practice meditating as it is sometimes hard to concentrate because of the thoughts running through our heads. Those who are uncomfortable with silence may find it helpful to set a time limit of a few minutes, and work up from there. Some might find it helpful to focus on a topic or words which are meaningful such as peace and serenity.

A member shares: Once I strengthened my ability to clear my head of outside thoughts in meditation, I learned I could pray while being mindful of only my Higher Power and me. It took many months of practice before I could do this comfortably. I take time to find a quiet place to listen to a friend in need; my Higher Power deserves the same consideration.
7. How do I define prayer? Meditation?
8. Do I find meditation difficult because of the thoughts going through my head? What can I do to quiet these thoughts?
9. What activities help me relax and get in touch with my Higher Power?
10. Why is it important to listen to my Higher Power?

_A member shares:_ I am able to meditate when I close my mind to all thoughts about people and events that creep into my head. This can be more difficult for me when I am under stress. For this reason, I must meditate for shorter periods of time, but more often. Sometimes all I can do is work on taking deep breaths and releasing them slowly until the tension in my body is lessened.

How we pray and meditate are personal and private choices. In the best interest of our spiritual well-being, it is important we maintain regular communication with our Higher Power.

**Conscious Contact**
We began our conscious contact with a Higher Power when we came to believe that a Power greater than ourselves could restore us to sanity. Next we made a decision to turn over our will and our lives. Then we admitted the exact nature of our wrongs and humbly asked Him to remove these shortcomings. Step Eleven is an opportunity to improve our conscious contact with a God of our understanding.

What does conscious mean? It means we are aware, attentive, and responsive. It is our responsibility to initiate and maintain a conscious contact with our Higher Power. Through this, our relationship grows stronger. We rely less on our will, and more on our Higher Power’s will. We continue to surrender our control. We nurture our relationship through spending time with the God of our understanding. As our relationship grows we feel more confident because we become more in tune with our Higher Power’s will for us. We learn how to respond to life as it happens with the guidance of our Higher Power.

The Twelve Steps teach us we need the daily support and help of our Higher Power. We learn to live one day at a time, or sometimes minute by minute. Ongoing contact with the God of our understanding is necessary to continue our recovery. This personal relationship will lead us to a more loving, close relationship with ourselves and others. We may find it comforting to recite the Serenity Prayer during the day to remain aware and connected. As we improve our conscious contact with a Higher Power, it becomes easier to release our self-will.
A member shares: I grew up thinking self-reliance was the only dependable faith. Now I see I was unable to trust and desperate to control myself and those around me. Having a personal relationship with a Higher Power for the first time in my life, I now know what it feels like to not face my troubles alone. The calm voice inside me can only be heard when I let go of worry. I now recognize that quality of peace when I see it in others.

11. What does conscious contact mean to me?
12. What steps can I take to improve my conscious contact with my Higher Power?
13. Did I reach out to my Higher Power today? Why?

A member shares: Some days I seem to be more aware of having a conscious contact with my Higher Power. The birds chirp louder; the moon is so beautiful it takes my breath away. I read the right passage at exactly the time I need to hear it. My awareness of spiritual situations has increased.

As We Understood Him
An important part of the Nar-Anon program is finding a Higher Power we can understand. How we get there is different for each of us. Some may already have a belief system which can make it easier to accept a Higher Power. Our Higher Power is someone or something we can identify and trust as a source of guidance. Our program is not religious, but spiritual, giving us the freedom to grow and change our concept of a Higher Power as we continue in our recovery.

14. What is my current concept of a Higher Power?
15. What experiences have shown me a Higher Power is at work in my life?
16. Because this program is spiritual and not religious, how does this allow me the freedom to find a Higher Power of my understanding?

A member shares: When I first came to Nar-Anon, I wanted to hold onto the God I believed in as a child. I also wanted to recognize the Higher Power greater than myself who could restore me to sanity that I heard about in the program. I thought they represented two different beliefs. I came to believe that I could accept them both and not try to fit or shape either into a specific standard. Now I understand and accept my Higher Power and the God I believed in as one and the same.

Higher Power's Will
In Step Three we turned our will and our lives over to the care of our Higher Power. For too many years we believed our decisions were best. Now we must be willing to accept our Higher Power’s guidance, asking only for the power to carry it out. While we may not always understand our Higher Power’s will, over time we may find things turned out
exactly the way they were meant to be. We are being led in the right direction and are willing to act with the knowledge we have gained.

17. How does the decision I made in Step Three help me as I work this step?
18. In what ways am I accepting my Higher Power’s will?
19. How has acceptance of my Higher Power’s guidance helped me to make better decisions?

A member shares: I use prayer and meditation to discover my Higher Power’s will. This allows me to keep the focus on myself and be respectful of others.

The Power to Carry That Out
As we practice the maintenance steps, we reach a level of confidence in our Higher Power. During times of indecision we know we can turn to our Higher Power and pray for the wisdom and strength to work through any situation that may arise. The answers can come in different ways such as through other people and new experiences. We pray for guidance, take action, let go, and trust in our Higher Power’s plan. Step Eleven helps us maintain our spirituality guided by our Higher Power.

20. In what ways has my relationship with my Higher Power improved?
21. How has this improved relationship given me the courage to act on my Higher Power’s will?
22. Can I share an occasion when I felt guided by my Higher Power?

A member shares: With my Higher Power’s help, I use my program to make recovery based choices in my life and rest in the knowledge I made the best decision I could.

~ A Step Eleven Story ~

When I was a boy I prayed as my parents taught me since it was all I knew. As an adult I prayed differently because I had gone to war and it changed me. After I had children I stopped praying; everything was going well and I thought I had all the answers. When addiction arrived on my doorstep, I was lost and prayed out in anger.

When I found Nar Anon, I truly learned how to pray with the help of the steps. The first three steps helped me find my Higher Power. The next seven helped me find myself. Step Eleven changed my life forever.

I can honestly say the Eleventh Step struck me like a lightning bolt. It helped me understand my relationship with my Higher Power and my part in this relationship. My perception of prayer changed. I meditated more. For the first time in my life prayer was
a two way communication. I no longer prayed for things. When I prayed I had a conversation with my Higher Power about what His plans were for me, and I asked for the strength to complete my part in those plans.

In the course of my years in Nar Anon I have often found myself back at Steps One, Two, and Three. I have given up on myself more times than I care to admit and on occasion have even given up on my Higher Power. However, since working Step Eleven I don’t go there as often or stay there as long, because now I can have a conversation with my Higher Power. I can complain, and I can listen…..yes, I can listen and know what I am to do. It doesn’t always come right away, but eventually I will know what I am supposed to know and what I am supposed to do.

My addiction to the addict can take me back to those dark lonely days, but Step Eleven will bring me back to the happy, healthy life I lead today.

~ Reflections on Step Eleven ~

In this step we pray for the wisdom to know our Higher Power’s will for us. We pray for the courage to carry that out. We can rest assured our journey thus far has equipped us to listen for the will of our Higher Power.

Step Eleven is considered to be a maintenance step through which we deepen our relationship with the God of our understanding. The power of this step brings about an awakening. Some Nar-Anon members feel it instantly while others reflect and realize they have been awakened gradually.

We have been guided through the steps by a caring and loving Higher Power. From Step Two onward, each step has required the trust and faith in a Power greater than ourselves. The result is a stronger and more trusting relationship with the God of our understanding.

Working through Step Eleven provides an opportunity to reflect on our relationship with our Higher Power and how it has changed. Looking back, we see countless unexpected outcomes that can only be attributed to a Power greater than ourselves. We have faith our journey through life is being guided by the God of our understanding and we are comforted in the knowledge we are never alone.

We are now ready to begin Step Twelve.
STEP TWELVE

**Step Twelve: 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.**

Step Twelve may seem like the last step, but it is really a new beginning. As we attend meetings, work the steps, and use the tools of the program, our ability to love ourselves and others grows. Trust, hope, and gratitude replace fear, hopelessness, and the need to blame others. We gain the ability to let go of things outside of our control. We are living in the present. These positive changes are signs of a spiritual awakening taking place within us. Acknowledging and sharing this awakening is the essence of Step Twelve.

While working the steps we become aware that meetings provide a safe place to share without being judged. It is a place to focus on ourselves rather than obsessing about the addict. We have learned to look within at the areas of our lives we can change, while realizing there are some we cannot. A spiritual awakening is our way of taking responsibility for our lives rather than trying to control someone else. We listen to others share and become more aware of our common experiences. We can empathize without becoming enmeshed in the affairs of others.

Carrying the Step Twelve message to others means sharing our experience, strength, and hope. Sharing openly at meetings can benefit others in similar situations. Even our early shares about pent up frustration, grief, and pain brought on by living with an addict, helps newcomers realize they are not alone. Newcomers’ stories remind long time members how grateful they are for having found Nar-Anon.

Service is a way to carry the message to others. Volunteering to be secretary or treasurer is one way to contribute to the group. Other ways of doing service include welcoming newcomers, setting up the room, putting things away, offering a ride, carpooling, or managing the phone line. Taking on a responsibility is one way to ensure our regular attendance at meetings.

Nar-Anon members can also be involved at the area, region, and world service levels. While we focus on sharing our recovery at meetings, we become connected with the worldwide fellowship through committees, conventions, assemblies, and conferences. This gives us opportunities to hear new stories and find out how other groups work. Connecting with others on committees gives us a chance to apply the principles of our program with other recovering members. When we learn to work together by listening to all points of view, considering all suggestions and building on similarities rather than differences, we are putting principles above personalities.
Being a sponsor is another way to carry the message by sharing our experience, strength, and hope. We get to know another member’s story more completely than is possible at meetings. Sponsorship is a commitment to another member in recovery in which both benefit.

~ Suggestions for Applying Step Twelve ~

Step Twelve helps us live the principles of our program when we

- perform service work to give back what we have received;
- carry the message of recovery; and
- practice these principles in all our affairs.

**Spiritual Awakening**

Many Nar-Anon members think of their spiritual awakening as a gentle and gradual process of self-discovery. Some members experience a spiritual awakening in a moment of enlightenment. Some will experience it as a difficult or lengthy process. However we arrive at our spiritual awakening, it helps to allow ourselves time to change and process what we are learning. As with all the steps, we sometimes feel we take two steps forward and one step back. Even if this happens, we are still moving forward. Positive things are happening in our lives, and we see changes. We reflect on our transition from living in fear, to a life centered on faith in a Higher Power. It is important to acknowledge our positive changes. For many Nar-Anon members, working on their Twelfth Step has resulted in a different outlook on life.

You may find an awakening is a realization or coming into awareness of something fundamental. We absorb the inner meaning of the Twelve Steps and devote ourselves to daily practice of its principles. As we release self-will, our spirituality grows. We have confidence the God of our understanding can be trusted. Prayer works, and miracles can happen.

*A member shares: I now have the ability to look within for guidance. Trusting my intuition is a spiritual awakening.*

1. What does being spiritual mean to me?
2. What kind of Twelfth Step work have I done?
3. What thoughts or feelings come to mind when I think of the word awakening?
4. How has working the Twelve Steps led me to a spiritual awakening?
5. How has my spiritual life improved as a result of working the Steps?
~ A Member Shares on Spirituality ~

At a fellowship event my Higher Power placed me next to a person passionate about spirituality. We shared personal stories about working the Nar-Anon Twelve Step Program. I shared my experience and she explained how her spiritual life has evolved. Our journeys have been different; however, we had much in common on the subject of spirituality.

She said the closer she gets to her Higher Power the more in sync she feels. I identified with that because the closer I get to the God of my understanding, the more in tune I become with my spirituality. In working the Nar-Anon Twelve Step Program my goal is to be in harmony with my Higher Power.

As a Result of these Steps
When we came into the rooms of Nar-Anon we were most likely looking for ways to get the addict clean at any cost. We expected a miracle, hoping our lives would be better. Our expectations may have changed as we worked the steps. We look at ourselves and others differently, accepting them for who they are and where they are. We see strengths in ourselves and others, concentrating on positive traits rather than negative ones.

As we continue in the program, following the lead of our Higher Power and the example of those who came before us, we see positive changes in our lives. In the beginning we may have missed the phrase as a result of these steps and just longed for the spiritual awakening. We realize a spiritual awakening comes about as the result of working the steps and using the tools offered by this program.

6. What progress do I see in myself as a result of working these steps?
7. Working the Twelve Steps has required effort and soul searching. How has accomplishing this given me more self-confidence?
8. How has my understanding of the phrase “working the steps” changed since I started this journey?
9. How have I seen my Higher Power working in my life as I have traveled this Twelve Step path?

Carrying the Message
In Step Twelve we acknowledge we are only able to carry the message by working all Twelve Steps and applying them to our daily lives. We understand working the steps helps us and enables us to help others. Our actions, words, and sharing our experience, strength, and hope convey this message. We do not try to solve other peoples’ problems, but are there to support them as they solve their own.
Working with newcomers can be rewarding. We encourage them to be gentle with themselves and work the Nar-Anon program one day at a time. They may need guidance and help to understand that a Higher Power will strengthen them through the Twelve Steps and other tools of the program.

By working Step Twelve we learn that in order to keep what we have gained, we need to give it away, expecting nothing in return. It is in giving that we receive. We give and receive unconditional love, reaching out to those who still suffer. We give of ourselves by doing service within the fellowship. Among the many opportunities for doing service from the group level to the various world service committees are:

- Performing outreach
- Volunteering in your group, area, region, and world level
- Joining a committee
- Submitting writings for fellowship literature
- Sponsorship
- Sharing our experience, strength, and hope

**A member shares:** At first the thought of Nar-Anon service work scared me. I felt I was exchanging one obsession for another. I came into Nar-Anon overburdened and tangled up in everyone else's lives, while also volunteering for numerous community services. The first time I raised my hand to be GSR, I was actually rescuing the person who asked for a volunteer. I felt bad for him staring at a room full of people with their arms clamped to their sides. I feel differently now. I finally learned to say no without any ambiguity, and say yes because it is what I want to do. I am committed to Nar-Anon and do service as part of my Twelfth Step.

10. What is the message I am trying to carry to others?
11. What does it mean to carry the message?
12. What are some of the ways I can carry the message of recovery through attraction rather than promotion?
13. Can I remember a situation when I shared the Nar-Anon message? How did it make me feel?

**A member shares:** The saying "keep coming back" is important. The Twelve Steps are meant to be a life learning process. Before I could carry the message to others I had to be able to twelve-step myself. I stay on track by going to meetings and being there for the newcomer. Working Step Twelve might be called working the payback step. To give is to receive.
Practicing the Principles

Step Twelve involves taking time to notice and appreciate the spiritual growth in our lives. We work Step Twelve by sharing the Nar-Anon program with others and continuing to practice the principles (the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service) in every area of our lives.

Principles are the guides we discover by working the steps. When we are discouraged, we tend to slip back into old habits and behaviors, but we never give up. We strive to improve our lives by repeatedly practicing our recovery and the principles of the Twelve Steps.

Many of us attempted recovery and stumbled along the way. In Step Twelve we learn to give back the love and patience we received. Criticism, judgment, and taking another member’s inventory go against the principles of our program. We welcome everyone as we reflect on where we once were. With an attitude of gratitude, we are better able to share our recovery.

We develop a desire to share our experience, strength, and hope through service. We practice humility. We accept what Step Twelve says, *we tried to carry this message to others*, so by sharing our recovery and letting go of the outcome, we have no expectations.

14. What does it mean to practice these principles?
15. How can I practice the principles in my group, area, and region?
16. How do the principles of Nar-Anon work in my daily life as well as in meetings?
17. What does it mean to place principles above personalities?

In All Our Affairs

Step Twelve is about service: 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.

As we work the program, our goal is to live the steps, making them an integral part of our lives. We resolve our problems or concerns by using the steps, talking to our sponsor, and/or asking for our Higher Power’s support and guidance. The result is peace, serenity, and a new confidence in ourselves. We become less fearful and more accepting of things we cannot change. Practicing the principles in all our affairs is a gradual process, regenerative, and never ending. We become more Higher Power centered and learn the true meaning of a Higher Power’s love.

In order to continue our recovery, we need to share all we have been given with other friends and families of addicts. To keep it, we have to give it away. We continually meet new challenges and opportunities to work the steps and our program on a daily basis.
18. How does practicing these principles in all my affairs contribute to a better way to live?
19. What changes do I see in myself?
20. How have these changes affected my life?

~ A Step Twelve Story ~

An interesting topic discussed at a recent meeting was "Why Are We Here?"

There were many different reasons shared by those in attendance. Reasons varied from longtime members who shared how Nar-Anon had changed their lives, to a newcomer who shared she came because someone told her about the program. As with all meetings, different topics bring up different feelings, depending where people are in their recovery process.

I thought about the reasons I decided to stay in Nar-Anon for so many years. My son was the reason I first came to this program. I thought about the fact that for ninety-five percent of the time I had been coming to Nar-Anon, my son had been in prison. I asked myself, why am I in recovery if he is not?

I am here because I have followed the twelve steps in my life and they work. I am here because the twelve steps have changed my life and relationships. I am here because I had the spiritual awakening I had desired since my first meeting. I am here because someone was here for me.

Because I am here, I can now say I am grateful for the addict. Without him I would not be who and where I am today. I am here because I want to give back what this program has given me. I am here because I am practicing Step Twelve “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.”

~ Reflections on Step Twelve ~

Step Twelve is the last maintenance step and the final step of the Nar-Anon Twelve Step program. Our journey of recovery and self-fulfillment does not end with Step Twelve; our Nar-Anon journey is just beginning.

The spiritual awakening of Step Twelve will be ours if we have relied on our Higher Power's presence, worked the steps, and surrendered control of our will and our lives. We use the principles we have learned as tools to cope with our problems. Our blessings may include increased love, acceptance, honesty, and peace of mind. Life teaches us we constantly face trials and temptations, but with our Higher Power's help we can transfer them into occasions for growth and comfort to others and ourselves.
We have come so far. There have been tears, pain, hurdles, and dilemmas as we have made our way through the steps. However, there have been gifts, too. Each step of the way, we received grace and strength from our Higher Power. We had support from our sponsor, companionship of Nar-Anon friends and strength from the literature.

Our growth does not stop here. We continue to learn each day as we practice these steps. We carry the Nar-Anon Twelve Step message and practice it in all our affairs.