

## Breakout Session: Keeping Members Coming Back (New Perspectives, Shawnee, KS)

### Nar-Anon Family Feud

We polled 60 people. The top 10 answers to the question: Why do you keep coming back to Nar-Anon meetings?" Here are the top 10 Answers:

1. The people / like family / bonded by concern, affection, friendship
2. Wisdom shared / Reciprocal help
3. Give back to the newcomer
4. To talk, to be listened to, to get a thought out
5. I always feel better when I leave
6. I have a program, whether I use it or not
7. Growth in my personal recovery, improved self-care
8. Addiction education.
9. No longer alone
10. Very welcoming group / feel at ease, normal

Other answers, supplied by the fellowship, at the 2016 Assembly

11. Nar-Anon rooms are a safe place.
12. I can focus on me.
13. A place to get rid of guilt
14. Free therapy!
15. I can be happy again.
16. I'm encouraged by others.
17. Nar-Anon gives me hope.
18. To unburden things I don't understand
19. To learn tools
20. For serenity