**Tradition 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.**

**A program of choices:**

1. I can choose whether I want to become a member based on my relationship with my addict.
2. I am not required to be associated with any specific group or belief system.
3. I am allowed to choose my own path to recovery within the Nar-Anon program structure.

**Our primary purpose is to help families of addicts. We do this by practicing the 12 steps of Nar-Anon, encouraging and understanding our addicted relatives and by welcoming and giving comfort to families of addicts.**

While we do not have the power to determine who will find personal recovery in Nar-Anon and who will not, we do have some ability to determine who hears our message and how they will be welcomed.

We come to fall a little bit in love with our home group. We take pride in it. We are glad and grateful to see recovery taking place in an atmosphere we helped create.

**Q. Who is missing from our Nar-Anon family?**

1. We have an open door policy. There is no judgement related to who belongs or does not belong here and who is or is not ready. Not all will want recovery and not all will be willing to do the work. It is not our job to judge another’s desire for recovery.
2. Just as we see the miracle of an addict getting clean and then the miracle of a clean addict claiming a new life for him or herself, it is a miracle to witness the changes and growth of our family group members over time.
3. Making space for each other to recover can be a challenge sometimes. Family members come in different ages, different sizes and different lengths of recovery time. They come from different cultures, different faiths and different belief systems. They come with different stories, different backgrounds, different emotional expressions and sometimes different language.
4. Who have we not reached out to? Who has not heard our message? Who is suffering alone? Are we sharing the message of Nar-Anon?
5. As members, we all serve: set up, clean up, leading meetings, welcoming newcomers, collecting the money, obtaining the literature, checking the lights are turned out, doing outreach.
6. We also serve by providing mutual aid. We learn from each other through sharing our experience, strength and hope.
7. All members have the right to recover in dignity and be treated as an equal.