 **Midwest Region of Nar-Anon Family Groups**

Tis the Season to pick up some recovery tools as you go into the Holidays…

 A tool, by design, makes efforts more productive

 Pick a few to take with you wherever you go

1. Go into the holidays Keeping It Simple.
2. Be mindful that I am powerless over my addict, my family and all other people.
3. Duct tape. More listening, less talking.
4. Take a risk with intimacy. Nothing changes if nothing changes, let it begin with me.
5. Ask for what I need.
6. Don’t pray for solutions. Pray for release from fear, anxiety and pain inflicted by others.
7. Don’t fall into the habit of thinking joy is an indulgence. Create. Make. Go. Do. Have adventures.
8. I am worth the time, effort and expense to take care of myself.
9. Recognize and attend to H.A.L.T. Hungry Angry Lonely Tired.
10. Be still. The world is loud but my Higher Power speaks in whispers.
11. Stash my favorite slogan somewhere on my person so I can touch it, read it.
12. Mind my Ps and Qs.

Qs: Question when I feel fear, anxiety, stress, misplaced responsibility- clues that I need to return my focus to what is going on with me. Is this mine?

Ps: Pause, Pray, Proceed- What is the next right thing for me right now?

How do I pray for or support others? Pray for Peace in mind and body, Perseverance, and the Presence of their HP with them.

1. Practice Acceptance. Live and Let Live. Love and Let Be.
2. Reach out. Accept humanity and compassion from others. Phone or text a friend.
3. Set a timer. There is a time to be alone and time to be with others. Scheduling short alone time breaks and leaving before I’m exhausted are good choices for me.
4. Recognize and be grateful for a spiritual awakening happening in me when I begin to see from a different perspective.
5. Pick a step that speaks to my needs and circumstances and ask my HP to help me use it.
6. The Serenity Prayer works! Keep accepting, moving and seeking.
7. Shed the “Holiday Creator Cape.” It doesn’t belong to me. I can participate in the small beautiful moments that I enjoy and let others find their own happy place in this holiday season. Celebrations are “we” events. It is not all my responsibility to do everything for everyone. I will breathe, and do my part, and go with the flow. It will be what it will be. Different may be a pleasant surprise.
8. Remember recovery is not about surviving addiction. Recovery is about becoming a better person, in thought, word and deed. Be the change you want to see in the world.

*All our best to you and yours, Ruth and Theresa, 2016*