Q of the Month Oct 2019

**Tradition 10: The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.**

The bottom line of this tradition is that we have no reason to get tangled up in arguments about the Nar-Anon program. We know Nar-Anon works for those who are willing to put forth the effort to follow and work the program.

Is Nar-Anon the only way to deal with a loved one’s addiction?

Is Nar-Anon the best way?

Is Nar-Anon the trending, most popular way?

Is Nar-Anon the program preferred by addiction professionals?

None of these questions, or answers, make any difference to us and our pursuit of serenity and peace of mind. We have learned that addiction is a disease and we have come to realize that we are powerless over it, as well as over other people’s lives. Our program requires that we step aside from arguments or debates about our program. Our success is defense enough. We focus on our primary message to help others while staying true to our principles of unity and anonymity.

 Growth in the Nar-Anon leads to the program being a major component in our personal lives. Sometimes, when we hear a message outside of Nar-Anon, the first thing we want to do is share it with our Nar-Anon family. A shocking statistic from our therapist, a new non-addictive pain blocking drug, our sons meeting in treatment and now moving into the same Oxford house, a fellow member requesting divorce lawyer recommendations- on some levels these may seem like appropriate Nar-Anon shares but it is critical that we remember that we share our experience and not our advice.

 No one comes into Nar-Anon knowing how to share appropriately. We encourage and teach the newcomer by being good examples ourselves. Getting bogged down in the details of an individual addict story is a common share gone awry. Keeping our shares related to a specific topic, step, tradition, concept, principle or question helps avoid over-sharing. In a diverse group we see a variety of share styles. Some members have raw, emotional shares. Others have quiet, thoughtful shares. Heartfelt, honest shares are the backbone of our program. Clarity and simplicity comes almost without effort when the heart is speaking. The tendency to get lost in a winding disjointed story happens when our head is talking instead of our heart. Step 10 is about wisdom. We are still learning and practicing the “wisdom to know the difference,” including when to speak and when to be silent.

**Q: Where does your group stand in “from the heart” vs “from the head” shares?**

**Q. What practices could be put in place to encourage more appropriate shares?**