



## Midwest Region of Nar-Anon Family Groups

### Tradition 5

May 2022

Nar-Anon Midwest Region & Nar-Anon Family Groups

#### The Twelve Traditions of Nar-Anon Family Groups\*

Our Group experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions.\*

#### Nar-Anon Literature

'Our Traditions: Principles for Groups and Beyond'

[Our Traditions - Principles for Groups and Beyond - NEW - Nar-Anon Webstore \(nar-anon-webstore.myshopify.com\)](http://nar-anon-webstore.myshopify.com)

#### Tradition 5:

Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.\*

#### Family Home Group

We are always examples of recovery in action, whether we choose to be or not. People will look to our actions and listen to our shares to understand how, and if, the program works. People will see our experiences as a resource.\*\*

#### Study Question as it pertains to FHG:

*How does changing ourselves through working the Steps as individuals help the group?\**  
*How can a group inventory help the group in carrying out the primary purpose of Tradition Five?\**  
*How can we keep our meeting focused on our primary purpose?\**

#### Family

We begin to understand we cannot change our addicted relative or friend through manipulation, rescuing or enabling. We come to realize addicts have choices, their own Higher Power and paths to recovery.\*

#### Study Question as it pertains to Family:

*How do I differentiate between enabling and encouraging my addicted relative/friend?\**  
*How can I be encouraging in my words and actions when I am with my addicted loved one(s)?\**

Service

**As we find personal growth and continual recovery that come from taking an active role in the Nar-Anon program we seek engagement both within and outside of our FHG.\*\*\***

Study Question as it pertains to Service:

***When I share, do I connect my experience with the message of and spiritual principles of Nar-Anon?\*\*\****

***Do I take my role as a member in Nar-Anon service, seriously by using the Nar-Anon Steps, Traditions and Concepts?\*\*\****

***How do I stay focused on my own recovery when other priorities need my attention; such as service?***

Midwest Region GSR Tradition Study Five May 2022

Text pulled from Nar-Anon literature\*

Small sections pulled out for adaptation of application

Text pulled from 'Question of the Month May 2018\*\*

Text pulled from GLS\*\*\*