



## Midwest Region of Nar-Anon Family Groups

### Tradition 4

April 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 4:

Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.\*

#### Family Home Group

As a worldwide fellowship we strive to maintain the integrity of Nar-Anon by not diluting the program. As far as NA and Nar-Anon; we are not affiliated. Tradition Four reminds us that each fellowship is a separate entity with separate autonomy. We are not involved in each other's business. Our fellowships do respect each other in the spirit of cooperation\*

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

*In what ways could decisions of our group negatively affect another NFG or NA?\**  
*What are some examples of Nar-Anon and NA working in the spirit of cooperation?\**  
*How can my personal behavior or actions affect another FHG or NA?\**  
*What would you expect to be similar when attending another group?\**

#### Family

Tradition Four is conditional. We can practice autonomy when our actions do not negatively affect others, our family unity and welfare. We can ask ourselves how we would want to be treated as well as examine our motives. In our relationships, it is not just about me but the good of the order.\*

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

*What spiritual principles in Tradition Four help me in relationships: family, work, other relationships?\**

#### Service

Groups have autonomy; service committees do not. Committees and the body they serve practice regular two way communication and reporting in order to best come to responsible decisions reflecting the Nar-Anon family groups.\*

**Study Question as it pertains to Service:**

***What are examples of service committees? Why do they not have autonomy?  
Do we change the people in our service positions, locally and regionally as recommended?\****

*Midwest Region GSR Tradition Study Four April 2022  
Text pulled from Nar-Anon literature\*  
Small sections pulled out for adaptation of application  
Text pulled from "Question of the Month April 2018\*\*"*