



Midwest Region of Nar-Anon Family Groups

Tradition 10

October 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 10:

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

Family Home Group

We encourage sharing in newcomers by our example: keeping shares to the specific topic in a heartfelt and honest manner. Tradition 10 is about wisdom; practicing when to speak and when to be silent.** If we focus on our personal growth and experiences we avoid outside opinions from creeping into the conversation.***

Study Question as it pertains to FHG:

Where does your group stand in 'from the heart' vs 'from the head' shares?

*In what ways can a group mistakenly associate the Nar-Anon name with outside entities? How can we avoid this practice?**

*In what ways is the discussion of social media recovery groups an outside issue?**

Family

The situations our addicted loved ones face can be thought of as "outside issues" through following Tradition 10. If they ask our advice or opinion we can give advice and then let go of the outcome. Asking our HP to help us to be less judgmental frees us to listen and love. Their choices are theirs to make.***

Study Question as it pertains to Family:

*When has practicing the principles of freedom and unity helped me to love family members and friends without getting involved in their personal situations and decisions?****

*How can practicing Tradition 10 help clarify what is out of my control?****

Service

Study of Tradition 10 helps guide us in service work to avoid naming specific treatment centers, spokespersons, self help books, etc. while sharing at regular meetings as well as during business meetings. Eg. The idea of a quote can be paraphrased without naming the source. Nar-Anon CAL

remains our source of recovery material. The process of approval of CAL comes from groups, through delegates to WSC and the voting process. *^^

Study Question as it pertains to Service:

*How do we help newcomers to use only CAL in sharing during all Nar-Anon meetings?***
How does being active in service above my group, such as GSR - RSC - World Service Committees help me lead a life with a focus on commonality and not differences?****

Midwest Region GSR Tradition Study Ten October 2022
Text pulled from Nar-Anon literature*
Text pulled from 'Question of the Month September 2018**
Text created by Delegate & Alternate Delegate***
Small sections pulled out for adaptation of application