



Midwest Region of Nar-Anon Family Groups

Tradition 3

March 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 3:

The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation, The only requirement for membership is that there be a problem of addiction in a relative or friend.*

Family Home Group

Mutual aid is reciprocal, voluntary and beneficial to all involved - the reason meetings feel safe, comfortable and welcoming. Nar-Anon offers us a way to exchange our pain for gratitude.*
Affiliation implies we are connected, associated or aligned with another organization or movement, thereby losing autonomy & independence - which can distract from carrying the Nar-Anon message of hope & cause harm to the common welfare of the FHG.*

Study Question as it pertains to FHG:

*How does my group strive to include everyone?**

*How does keeping the focus on my recovery help me & others?**

*What problems can arise when we mention other programs or treatment centers during our meeting?**

*Why do we refrain from naming our group after our meeting facility?**

Family

We must acknowledge the elephant in the room and Tradition Three helps us start the conversation. Once we admit addiction is affecting our home, healing can begin for everyone.*

Study Question as it pertains to Family:

*How can I practice mutual aid in my home?**

*How do I respond when other members have concerns or feel neglected?**

Service

- Cooperation with each other to ensure Nar-Anon's future is at the core of mutual aid.
- Begins with the first time we share in a meeting
 - Letting others know they are not alone and providing a safe place to determine if they belong in Nar-Anon*

Study Question as it pertains to Service:
*Which of my character assets are valuable to Nar-Anon service?**

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Text pulled from Nar-Anon literature*
Small sections pulled out for adaptation of application