



Midwest Region of Nar-Anon Family Groups

Tradition 12

Month 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 12:

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.*

Practicing the principle of anonymity provides each member with equality in our meetings. We set aside what may have separated us in the outside world, letting go of our prejudices, judgments and other negative personality traits. Anonymity continues when we ask HP to help us inventory and let go of our own personality issues.**

Family Home Group

All our spiritual principles are built on anonymity and equality for the good of the order.** It's all back to Tradition One and 'unity', similar to practicing the steps in our lives leading us back to Step One. Anonymity allows us to open up to what is occurring in our lives, listen to the other stories and begin to humbly recover.***

Study Question as it pertains to FHG:

*Do we treat everyone who attends our meetings as equals?**

*How can I share my experience, strength and hope without telling others what they should do?****

*What can I learn when I listen with a focus on principles rather than the member who is sharing?****

Family and Relationships

Before the program we may have needed connections with others to validate our worth by sharing achievements for recognition or telling troubles to solicit concern. Negative feelings of hostility, loneliness and criticism can easily creep in, when we look to others for validation. By working the steps we are led to validate ourselves through our relationship with our Higher Power.***

Study Question as it pertains to Family:

*How can I practice anonymity without becoming invisible?****

*How does the spiritual principle of anonymity affect the way I think of myself?****

Service

We have the opportunity in service to work with many others of all walks of life, even more so now in the virtual world. We reap the benefits of service when we focus on the principles that we are equal in the eyes of God, no matter what. Our Higher Power chooses the messenger; our job is to listen without judgment, to be respectful, and act as we would like others to act towards us. Humility gives us the opportunity to open our hearts and close our prejudice, seeing alternatives invisible before.***

Study Question as it pertains to Service:

How does anonymity lead to humble service?*

What character traits do I see in others that I do or do not like in myself?***

How can focusing on personalities hinder my spiritual growth?***

Midwest Region GSR Tradition Study Twelve 2022

Text pulled from Nar-Anon literature*

Text pulled from 'Question of the Month November 2018 -Tradition 12**

Text created by Delegate & Alternate Delegate***

Small sections pulled out for adaptation of application