



## Midwest Region of Nar-Anon Family Groups

### Concept 8

August 2023

#### Nar-Anon Midwest Region & Nar-Anon Family Groups

#### The Twelve Concepts of Nar-Anon Service\*

Just as freedom for the individual comes from the Twelve Steps and freedom for the groups springs from the Twelve Traditions, so freedom for the service structure flourishes from the Twelve Concepts.\*

#### Concept 8:

Regular, two-way communications are essential to the fulfillment of all these concepts and the integrity and effectiveness of our services themselves.\*

#### Family Home Group & Service

Our fellowship's service design is anchored by FHG and then flows to other parts of the service structure. To maintain the "bottom up" structure, communication is vital. GSR's can facilitate by reporting their Group's conscience. This continual focus on honest, open and direct communication throughout the organization is not easy and must be our focus at all times.\*\*

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

*Is your FHG aware of the Service Structure listed in GLS pg 1.2 and GWS pg 6? How can review & discussion of this structure assist FHGs?\**

*How has two-way communication allowed FHG & RSC to grow & thrive? How does lack of two-way communication hinder growth & ability to expand?\**

*How can a newcomer grow in the realization that representation is important to sustain the integrity of the message?\**

*How is the integrity of the Nar-Anon message upheld through participation by your group's GSR (or another representative) at service meetings? Eg. tradition and concept studies, motion info meetings, common welfare topic discussions, group reports, stepping up to service positions\*\**

#### Relationships

Open and frank communication in our personal relationships allow us to better understand ourselves & others. Trust is a large factor when developing & maintaining relationships.\*\*

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

*How has your relationship with your addictive loved one changed when you learned to apply Concept 8?\**

*How does communication differ from reminding and other care-taking behaviors? Can you give examples from your esh?\**

*Addiction is a family disease. How does putting this concept into action help to break the cycle of ineffective communication in your family?\**

*Midwest Region GSR Concept Study 8 - 2023  
Text pulled from Nar-Anon literature\*  
Text created by Delegate & Alternate Delegate\*\*  
Small sections pulled out for adaptation of application*