



## Midwest Region of Nar-Anon Family Groups

### Concept 5

May 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 5:

For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.\*

We can follow our straightforward principles when applying Concept 5:

- 1) Define the task
  - 2) Decide on the authority to accomplish
  - 3) Define the accountability
  - 4) Designate the service persons: one person, several on committee, or board
- This avoids duplication of effort and double headed management.

#### Family Home Group & Service

The expectation is also present for reports on progress, accessibility as well as consultation. Decisions usually affect all membership and input can be requested for the "good of the order".

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

*How can following Concept 5 help me to manage my time in service and accomplish tasks that I need to do?*

*When have I been overwhelmed in trying to do everything myself?*

*Has there been tasks/committees created within your FHG that did not have defined goals that may have not gone smoothly or that never produced an outcome? Share*

#### Relationships

Following Concept 5 can help us when we feel weighed down by trying to know everything and do everything. It helps to try to understand the phrase, "fill your own shoes".

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

*How does recognizing our gifts and talents help us to get things done at home and work and respect others to do other tasks?*

*How does my family hold each other 'accountable' once a decision on a task has been determined and handed off to a family member? Did/Do I hold my qualifier to the same standard as other members of my family?*

*How can I use Concept 5 to improve my communication and expectations of myself and others?*

Midwest Region GSR Concept Study 5 - 2023  
Text pulled from Nar-Anon literature\*  
Text created by Delegate & Alternate Delegate\*\*  
Small sections pulled out for adaptation of application