



Midwest Region of Nar-Anon Family Groups

Concept 9

September 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 9:

All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision making processes*

Family Home Group & Service

The most effective Group Conscience involves following Concept 9 by listening and considering all opinions respectfully. Even if all but one agree, the one with the differing viewpoint should be treated as an equal. As we work the Nar-Anon program, our recovery voice comes out from the shadows, with the help of our Higher Power. It is our responsibility as a member of Nar-Anon to share those thoughts, taking an active role in meetings/service helps to keep us active in our recovery. **

Study Question as it pertains to FHG & Service:

*How can the clique mentality be avoided in Group Conscience decisions so that all members are heard, even those with other ideas who are not friends outside the meeting? ***

*How can the practice of revisiting a Group Conscience decision at a later date help in ensuring that we are listening to our Higher Power? ***

*How does rotation of service align with Concept 9? ***

*What can occur when rotation of service does not occur? ***

*How does the format of our meetings/service help us to practice Concept 9? ***

Relationships

While utilizing Group Conscience, each individual is heard and respected and every voice valued to support our reliance on following the basic principles of the fellowship. Personal and work interaction needs to be fostered with respectful listening, this allows for growth and continued viability of those relationships with others, our Higher Power and Ourselves. **

Study Question as it pertains to Relationships:

*The disease of addiction can result in various unhealthy roles exhibited in the family: caretaking, people pleasing, bullying, isolating, etc. Do any of these have your name attached to it? ***

How can the practice of recognizing all viewpoints work towards more inclusive input in decision making?*

Has your Ego gotten in the way when dealing with your addicted loved one, either during active using or during clean recovery? Please share examples. **

Can I see Concept 9 alive & flourishing, as my relationship with my Higher Power matures?*

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Text pulled from Nar-Anon literature*
ext created by Delegate & Alternate Delegate**
Small sections pulled out for adaptation of application