



Midwest Region of Nar-Anon Family Groups

Concept 7

July 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 7:

All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.*

Family Home Group and Service:

Participation by all members of a service body provides the broadest Group Conscience possible for service decisions. Through participation we find a connectedness rather than the isolation often found in the disease of addiction. Harmony is nurtured as we gain courage and maturity to speak when appropriate, listen when needed and detach from judging other viewpoints. When all those who can contribute do, there is less resistance, dissatisfaction or disagreement. Each participant is part of the "team" working together to decide the outcome.

Study Question as it pertains to FHG & Service:

*How would withholding my opinion hurt my ability to support the decision making process?
How does learning to respect ourselves through working the Steps help us to fully participate in the decision making at each service level?
Have you had an experience while participating in a service group where someone with a different opinion/view/experience opened your heart & mind to a perspective you were unaware of?
How does diversity within service help express collective group conscience as a whole?*

Relationships

Concept 7 suggests a spirit of teamwork. A common goal is identified and responsibilities taken according to strengths and interests. Communication moves projects forward. Recognizing we are all equal allows all to grow by listening with respect. From respect, grows relationships that can endure through good and difficult life experiences.

Study Question as it pertains to Relationships:

*How can following the positive principle of Concept 7: "all members bearing substantial responsibility", help when working with others in our family, work groups, and organizations?
How does "Trust" play a large part in the success and harmony of operation of these relationship teams?
What characteristics do you possess that you bring to various relationships in your life?*

Have you learned your strengths and weaknesses while participating in service work both within Nar-Anon and outside?

*Midwest Region GSR Concept Study 7 - 2023
Text pulled from Nar-Anon literature*
Text created by Delegate & Alternate Delegate**
Small sections pulled out for adaptation of application*