



Midwest Region of Nar-Anon Family Groups

Concept 10

October 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 10:

Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.*

In coordination with Concept 9 - listen to all viewpoints - . When a member feels that they were not listened to or was mistreated, that member has the ability to bring the topic to the group for discussion.

We are all human & can mistreat or misspeak about another in error. The ability to examine via personal/group consciousness promotes healthy growth for individuals as well as the fellowship as a whole.**

Family Home Group & Service

When one is not heard or respected, feelings of hurt and anger can develop. Talking to a sponsor or another member, praying/meditating & journaling about our part can help one to find their voice. If after these actions one would like to redress the group, beginning with a letter can start a healthy conversation and reflection.**

Study Question as it pertains to FHG & Service:

*Have you ever felt unheard within your FHG or a Service Group you were involved in?**

*Did you take action or leave it?**

*Does your FHG or Service Groups mention this concept opening the door for members to feel safe to redress the group?**

Relationships

As I work the Nar-Anon program into my life, I must recognize that others may have no idea about a Twelve Step program. For I did not before my first step into a meeting. Respecting myself and others teaches me that all need to be heard & acknowledged.**

Study Question as it pertains to Relationships:

*How can we bring this Concept into our family life?**

*By my words & actions, am I open to allow others to redress a situation/topic with me?**

*How has practicing the Nar-Anon program in your personal life changed the way you engage others when you feel mistreated or misunderstood? Care to share any examples of before and after?**

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