

causing differences where there should be no differences. We all suffer from the same family disease of addiction.

Each member of our fellowship is equal and each point of view is important. We concentrate on what is being shared and not *who* is sharing it.

Thoughts To Be Remembered

- Each person should be able to leave a Nar-Anon meeting secure with the knowledge that stories shared will not be repeated.
- Gossiping or revealing confidences about other people may seriously harm them and reflects one's own character and attitude.
- There are those who are not yet able to keep a confidence. It is, therefore, wise not to make indiscreet, personal revelations at open meetings or those meetings which are attended by many who might not be conscious of the need for anonymity. When we share at a personal level, we can confide in a dependable Nar-Anon or Narateen friend or sponsor who will offer comfort and compassion while keeping our confidence.

Anonymous and Confidential

Your identity and what you say at meetings will be carefully guarded.

***Who's Seen Here,
What's Said Here,
Let It Stay Here!***

See also "Nar-Anon Spoken Here" for more information on anonymity.

VISION STATEMENT

We will carry the message of hope throughout the world to those affected by the addiction of someone near to them.

We do this by:

- Letting them know they are no longer alone;
- Practicing the Twelve Steps of Nar-Anon;
- Encouraging growth through service;
- Making information available through Public Information, Hospitals and Institutions and websites; and
- Changing our own attitudes.



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Let's Talk About Anonymity in Nar-Anon

Nar-Anon can help.



MISSION STATEMENT

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program, we offer our help by sharing our experience, strength and hope.

***Nar-Anon is a twelve step self-help group
for the families and friends of addicts.***

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all N.A. members.

Anonymity does:

- protect the identity of all members;
- provide a safe place in our meetings to share and grow;
- assure equality between newcomers and long-time members alike; and
- safeguard against a self-appointed spokesperson.

Anonymity does not:

- make Nar-Anon a secret society, but a confidential fellowship based on trust;
- prohibit members from revealing their identity when carrying the Nar-Anon message;
- stop a group from advertising its meeting place or time; or
- discourage carrying the Nar-Anon message into health fairs, rehab centers or other comparable forums.

Anonymity is broken when:

- a member is identified by full name or by photograph in a newspaper or on television; or
- a member reveals details of the recovering addict's life without the addict's expressed permission.

Anonymity is not broken when:

- a member chooses to give their full name within the fellowship; or
- a member makes contact with professionals in the community, newspapers, radio, TV, internet, or other media.

Anonymity protects the identity of all members. There are many laws regarding the use, possession, and distribution of most drugs and controlled substances. At the very least, there may still be a stigma attached to addiction. Although attitudes are changing and addiction is now understood to be an illness, there are still those who would judge and condemn the addict, their family members and friends. For these reasons, Nar-Anon Family Groups practice and announce at all meetings and in all advertising that ours is an anonymous program. We announce and stress the importance of anonymity to the newcomer, reassuring them that they are protected and asking them to protect us by not repeating anything that is shared at our meetings.

Anonymity provides a safe place at our meetings in which to share and grow.

It is important that those who suffer the stress, heartache, and desperation associated with someone else's addiction have a safe place to unburden by sharing their concerns and fears.

Nar-Anon offers such a safe environment. Being able to freely share and listen allows us to grow with serenity and peace of mind.

Anonymity ensures equality between the newcomer and long-time members alike.

Our Nar-Anon Blue Booklet says to the family member or friend of the addict, "We merely invite your attendance in a common cause." Unity is preserved when we all come together focused on a common purpose. It is in this common cause of helping the families of addicts that we find our equality and unity. Yes, we are each responsible for, and work on, our own recovery in our own time and in our own way. But it is the spiritual principle of being a part of the whole that is protected by anonymity. It is by focusing on what we have in common that we are able to do together what we cannot do alone.

Anonymity safeguards against self-appointed spokespersons.

None of us is an expert, therefore revealing our profession, religion, philosophy, or other affiliations tends to separate and divide us,