

Speaking Outside Nar-Anon

You may be asked to speak as part of outreach or public information, to the press or outside organizations. Protecting your personal anonymity, as well as the addict's, becomes even more essential in these situations.

- Remind your host to introduce you by your first name only.
- Request your image be blurred or not used if the session is being video-taped or filmed.
- Tailor your message to the audience.
- Avoid using Nar-Anon specific language or recovery language others may not understand.
- State that you are speaking as a member of the fellowship, not as an authority on Nar-Anon, addiction, or mental health.
- Remember, our public relations policy is based on attraction rather than promotion when telling how Nar-Anon has improved your life.
- Bring outreach literature and a meeting list, if available, to hand out to anyone interested.

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.

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 outreach encompassing public information, hospitals, institutions, and websites; and
- changing our own attitudes.

SO YOU HAVE BEEN ASKED TO SPEAK



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***Nar-Anon is a twelve step program
for families and friends of addicts.***

Approved for fellowship review.

SO YOU HAVE BEEN ASKED TO SPEAK

It is an honor to be asked to speak at a Nar-Anon event. Carrying the message of what Nar-Anon means to you and how it has changed your life is part of giving back and practicing Step Twelve. This is how we contribute to our personal growth and the growth of the fellowship. So much can go through your mind before the big day, and you might get a little anxious. Remember to ask your Higher Power to guide you as you speak.

Some Questions to Ask Yourself Before You Speak

- Am I ready to share my story outside my home group?
- Does my sponsor agree I am ready?
- How much time was I given - 15 minutes with open shares afterwards or main speaker for 45 minutes or more?
- Can I relate to the topic I was given?
- What parts of the program have helped me the most in my recovery?

Sharing the Nar-Anon tools and how you have used them is important. Remember, there may be new members

in the room who have never had a sponsor or worked the steps.

Suggestions to Keep the Focus on You and Your Recovery

- Tell a little of your history and why you came to Nar-Anon.
- Describe how you had a spiritual awakening and decided to work the program.
- Share why you keep coming back.
- Share how working the steps has changed your life.
- Keep the focus on your own recovery, rather than the addict's journey.
- Use only conference approved literature (CAL). *"Using CAL ensures members are hearing the same message no matter where they attend a meeting. This unites our members and avoids affiliation with outside causes in accordance with our traditions."**
- Don't bring handouts or material downloaded from the internet.
- Don't mention outside entities, treatment centers, or other Twelve Step programs.

*From Nar-Anon Blue Booklet, page 13.

Other Suggestions

- Take a few moments to meditate before speaking.
- Ask your Higher Power to guide you.
- Do not read directly from your notes but use them as a reference.
- Speak from the heart; no one else has your story.
- Speak in chronological order; this helps people to understand.
- You are sharing your experience, strength, and hope. Questions and answers during speaker meetings are discouraged and can be done after the session has closed.
- Refrain from giving advice or using "you should" in your sharing. What worked for you may not work for others.
- Remember to practice the Eleventh Tradition, particularly "... We need guard with special care the anonymity of all NA members."
- Keep your message positive and appealing.
- Relax, you are among people who understand.