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# **“U Asked 4 It!” NorCal Region Workshop**

## **Detaching with Love**

Northern California Region Nar-Anon Family Groups  
Video Teleconference Meeting **October 24, 2020**

Start Time: 10:00 am PT, 11:00 am MT, 12:00 pm CT, 1:00 pm ET, 18:00 UTC  
Please join 15 minutes before start time.

Speakers: Robert P., Bakersfield, CA & Audrey W., Walnut Creek, CA  
Followed by small breakout groups

Zoom ID: 980 1269 6869 (500 participant limit)

For more information please email: [ConvCoord@naranonnorcal.org](mailto:ConvCoord@naranonnorcal.org)

Please scroll down to next page for “Questions to Ponder” before the workshop



# Please think about these questions to prepare for the Workshop.

Your answers may depend on your situation at the moment. Please have this document available for reference during the discussion session.

SESH stands for “Sharing Experience Strength & Hope.” It is Nar-Anon’s daily reader. It can be purchased at these sites in English or Spanish:

- **Printed copy:** English [ncrnfg.org/WSESSEn](http://ncrnfg.org/WSESSEn) Spanish [ncrnfg.org/WSESSEs](http://ncrnfg.org/WSESSEs)
- **Electronic copies:** [ncrnfg.org/aBookNFG](http://ncrnfg.org/aBookNFG) [ncrnfg.org/iBookNFG\\*](http://ncrnfg.org/iBookNFG)

*\*In following [Tradition 6](#), Nar-Anon does not affiliate with or endorse these platforms. They are tools for providing members with eBooks of our literature.*

## Detaching from the Disease

1. Nar-Anon aligns with the medical opinion that addiction is a disease. (SESH Jan 28) Which of the following four views seems to best describe how you feel about this today?
  - a. I think the addicts could stop if they really wanted to do so. (SESH Oct 11)
  - b. Intellectually I understand that addiction is a disease, but it breaks my heart knowing there is nothing I can do. (SESH Apr 30)
  - c. Mostly I believe addiction is a disease, but deep down I do not understand why the addict is hurting me. (SESH Nov 29)
  - d. I believe addiction is a disease that I didn’t cause, I can’t control, and I can’t cure. (SESH Sep 5)

## Detaching from Others

2. Am I able to admit my powerlessness over others? (SESH Apr 27) Which of the following five views seems to best describe how you feel about this today?
  - a. My life is better when I make the decisions for my loved ones. (SESH Apr 7)
  - b. I am willing to offer advice even though the addict often ignores my suggestions. (SESH Oct 9)
  - c. I have learned to stand aside and I am sorry to see their pain if the addict suffers. (SESH Oct 17)
  - d. I have learned I can only change myself. (SESH Mar 19)
  - e. I understand I cannot even change myself without the help of my Higher Power. (SESH Mar 19)

## Detaching from my reactions

3. How do I feel about letting go? (SESH May 4) Which of the following six views seems to best describe how you feel about this today?
  - a. My reactions were automatic and required no thinking or self-awareness. (SESH Apr 16)
  - b. I have feelings and they are completely justified. (SESH Oct 25)
  - c. I anticipate how I will feel when things happen, even though many of those things never occur. (SESH Nov 25)
  - d. I can examine my feelings and then choose how to react. (SESH Aug 25)
  - e. I realize many of my feelings come about because I expect people to act as I wish. (SESH Sep 26)
  - f. “My resentment and anger toward the addict keeps me connected to the abuse which is now in the past...No matter how grievous the wrong, I need to forgive because my recovery is my first priority.” (SESH Nov 20)