

# Tools of the Nar-Anon Program

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✓ **Higher Power**

- ✓ Twelve Steps
- ✓ Twelve Traditions
- ✓ Twelve Concepts
- ✓ Serenity Prayer
- ✓ Breathe
  - Pause when agitated
- ✓ Sharing Experience, Strength and Hope
- ✓ Sponsorship
  - In general, as a sponsor or sponsee
- ✓ Phone
  - Call your sponsor
  - Meeting phone list
- ✓ Meetings
- ✓ Service
  - Commitments
- ✓ HALT
  - **H**ungry
  - **A**ngry
  - **L**onely
  - **T**ired
- ✓ 3 A's
  - **A**wareness
  - **A**cceptance
  - **A**ction
- ✓ 3 C's
  - I Didn't **C**ause It
  - I Can't **C**ontrol It
  - I Can't **C**ure It

✓ Slogans

- Detach with Love
- Do the Next Right Thing
- Easy Does It
- First Things First
- How Important Is It?
- Keep an Open Mind
- Keep It Simple
- Let Go and Let God
- Let It Begin with Me
- Listen and Learn
- Live and Let Live
- One Day at a Time
- Principles Above Personalities
- Progress Not Perfection
- Surrender
- Think
- This Too Shall Pass
- Trust the Process

✓ 5 G's

- **G**et off their backs
- **G**et out of the way
- **G**et on with your life
- **G**et to meetings
- **G**ive it to God

✓ Some of Your Own Tools

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