

Download Nar Anon Steps Working Guide

“Working the Steps” is an integral part of the Nar-Anon 12 Step recovery program. In its’ simplest form, it is a step-by-step guide to living a more fulfilling, authentic and spiritually oriented life. Nar-Anon is a Spiritual Program. This means that we accept the idea that we are dependent upon a Higher Power for help in solving our problems and achieving peace of mind. Nar-Anon is a support group designed to help family and friends of drug addicts. Members can share their experiences with an addicted loved one. Prayers have often been part of working a 12 step program, according to ones belief in a Higher Power. As such, many people working a 12 step program have used certain prayers in relation to working certain steps or in their daily walk in recovery.