

and hear suggestions for their own problems. This type of sharing strengthens the atmosphere of recovery.

(Extra stuff)

**Taking meeting hostage** - Only share experience strength and hope and let someone else share. Part of sharing is sharing time.

**Outside issues** - All else is not N.A. Our therapy group, treatment, religious, political views and other fellowships are none of our business.

**Applying principles** - honesty, open mindedness, willingness:

**Honesty** - Practice sharing the whole truth with a sponsor and support group. We must learn to utilize our support group in ways that build us up when times are hard.

**Open minded** - Open to change and advice given by experienced members.

**Willingness** - Be willing to stay late, show up early. Be willing to serve at the meeting. Help set up and clean up. Be willing to make positive change.

**Not a social club** - We must be willing to come to meetings early and stay late. As we become involved in our home group, we learn to get involved with the services that the group tells in order to keep the meeting open.

This IP needs more input.

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# NARCOTICS ANONYMOUS



## MEETING ETIQUETTE



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TM 06/20/2015

Literary Work in progress.

Please copy and share this with your local Home Group for Review and Input

This document was written in open participation by members of the Groups of The Anonymi Foundation.

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## **WHERE THE F AM I?!**

An N.A. meeting is a place where two or more addicts meet for the purpose of recovery from the disease of addiction. During this time, from prayer to prayer, addicts share their experience, strength and hope dealing with reality without the use of drugs. The only guidelines for an N.A. Meeting are the Twelve Traditions of N.A. If you find yourself in an N.A. Meeting, sit down, give yourself a break and listen for your story. The spirit of recovery flows when addicts are free to share honestly. However, considering our primary purpose, we are mindful to share the message in our meetings and the mess with our sponsors. You don't have to be clean when you get to your first N.A. Meeting, however we suggest that you keep coming back and come back clean!

## **DON'T SHOOT THE MESSENGER**

The longer we come to the rooms, we learn to share our experience, strength and hope. As we share our stories other members begin to get to know us. Question is- are we giving them the real deal? We must become aware of who we are in order to tell others the truth. This is only possible if we are openly sharing who we were, who we are, and through the spiritual growth, who we are becoming. As other see through our masks, they see who we truly are. At this point, our true colors come out, we begin to change in the eyes of those around us. Sometimes we make a judgment call on how we see them. We must be careful. Many times we have become unwilling to hear these people because of things that they share. We must be able to instill principles before personalities in our recovery. It can be very detrimental to shoot the messenger or the mess before we hear what they have to say. By allowing each other to be whom they are, we allow people to grow

into who they are becoming. We must realize that this person may be the one to save our lives one day.

## **CARRY THE MESSAGE, NOT THE MESS**

Addicts are lost when the drugs are taken away. It is our responsibility to guide the addict in the right direction. We share our personal experience on how we stay clean, the NA way. We share solutions to keep the disease arrested and from taking over the meeting. By choosing not to participate in the atmosphere of recovery, we alter the very spiritual direction of the meeting. It is a good practice to help remain focused on the topic and how we can share something to help the still suffering addict.

## **COME EARLY STAY LATE**

Commitment and surrender are the principles that we practice by showing up early and staying late. We fellowship to be a part of and to not feel alone. It strengthens the atmosphere of recovery. By staying late we learn to strengthen our support group and offer our service. When others share honestly, others are able to identify and hear suggestions for the problems that are troubling them now, this type of sharing strengthens the atmosphere of recovery.

The results of the fellowship we experience before and after the meeting are relationships that foster trust that so many of us are lacking when we get here. It also gives us the opportunity to get out of self and be of service. Making the coffee, hugging newcomers and simply talking to fellow recovering addicts are all ways we can feel a part of.

When we come early and stay late, we are able to see others living the program and we gain some hope that this may work for us as well.

## **SIDE CONVERSATIONS AND DISTRACTIONS**

Meetings are the only place that N.A. Happens. For this reason we must be vigilant in promoting an atmosphere of recovery.

Side conversations impact our atmosphere of recovery. They can be distracting and rude. Our life saving message may not be heard if you (we) are engaged in side talk

When you (we) participate in side conversations, you (we) may miss something that could be passed on to another addict, because you (we) have experience with it. By engaging in side talk, we may very well be blocking the lifesaving message that Narcotics Anonymous has to offer.

It is important for us to maintain a positive atmosphere of recovery throughout the meeting. When there is side talk or distractions throughout the meeting, it takes our focus away from why we are here. All communication devices should be placed on silent or off. We limit the things that will take our focus away from our primary purpose, which is to carry the message to the addict who still suffers.

## **SHARE PERSONAL EXPERIENCE**

In Narcotics Anonymous we share our personal experience. Not only have we found is our experience all we have to offer, but this opens us up to being vulnerable. When we are vulnerable and honest we connect to each other on a gut level. It allows us to take the mask off and let our guard down, revealing our true selves. Sharing our own experience also helps others to feel what we are sharing about and not just hear it. The connection is weakened or lost when we do not share our own experience. When addicts share honestly, others are able to identify