

DO YOU NEED NAR-ANON?

Ask yourself the following questions and answer them as honestly as you can:

- ❖ Do you find yourself making excuses, lying or covering up for your child, spouse, relative or friend?
- ❖ Do you have reason not to trust your child, spouse, relative or friend?
- ❖ Is it becoming difficult for you to believe his/her explanations?
- ❖ Do you lie awake worrying about your child, spouse, relative or friend?
- ❖ Is your child missing school without your knowledge?
- ❖ Is your spouse missing work and are the bills piling up?
- ❖ Are your savings mysteriously disappearing?
- ❖ Are the unanswered questions causing hostility and undermining your marriage?
- ❖ Are you asking yourself “what’s wrong” and “is it my fault?”
- ❖ Are your suspicions turning you into a detective and are you afraid of what you might find?
- ❖ Are normal family disagreements becoming hostile and violent?
- ❖ Are you cancelling your social functions with vague excuses?
- ❖ Are you becoming increasingly reluctant to invite friends to your home?
- ❖ Is concern for your spouse, child or friend causing you headaches, a knotty stomach or extreme anxiety?
- ❖ Is your spouse/child easily irritated by minute matters?
- ❖ Are you unable to discuss the situation with friends or relatives because of embarrassment?
- ❖ Are your attempts to control frustrating?
- ❖ Do you overcompensate and try not to make waves?
- ❖ Do you keep trying to make things better and nothing helps?
- ❖ Are the lifestyles and friends of the child/spouse changing? Do you ever suspect they may be using drugs?

If you have answered Yes to four or more of these questions, Nar-Anon may be able to give you the answers you seek.