

SAFETY FIRST

Awareness of dangers: In Nar-Anon, we learn that addiction is a family disease. This disease may pose a threat to our safety and security. We may be filled with worry and uncertainty. Our physical, emotional, and financial well-being may be threatened. If the threats become an abusive reality, our safety may depend on our readiness to protect ourselves and our family. Some situations are too complicated for simple answers, but "Safety First" always applies as we balance risk to the family's safety against the shame of drug use, a tense confrontation, or someone's arrest.

Risks include:

- Physical violence
- Being in a vehicle with an impaired driver
- Finding a stash of drugs, weapons, or an overdosed addict, especially by children or authorities
- Physical or mental illness
- Financial insecurity

Covering up drug activity can be illegal and may carry serious consequences to ourselves or our children such as loss of: child custody, housing, vehicle, job, freedom, or loss of citizenship rights.

Acceptance and building a crisis plan: We cannot anticipate every danger but we do have choices. We may need to plan ahead – a way to get out of the home, easy access to cash, car keys or other transportation, and a safe place to go. A plan, along with the help of our Higher Power, can give us the courage to act decisively in a crisis. Circumstances may require immediate action on our part.

Action and steps toward safety: With awareness of drug use, our powerlessness over it, and knowledge about the danger it can cause to ourselves, our families, and others, we work our Nar-Anon program of recovery. Many find it helpful to have a trustworthy contact. In Nar-Anon, we learn more about ourselves and weigh our options with our sponsors, professionals, and other members. Together with the tools of the program and the help of our Higher Power, we can find the courage and strength to protect ourselves and those in our loving care.

- Prioritize our safety and seek help when needed from legal and other professionals.
- Learn more about our rights and our responsibilities.
- Keep going to Nar-Anon meetings, talk with other members, seek a sponsor, and work the Steps.