

## Nar-a-non Talking Points

- Give example of denial of addiction
- Example of enabling behaviors
- How did you come out of denial?
- How did you discover Nar-a-non?
- What is Nar-a-non?
- How did you feel at your first meeting?
- How has Nar-a-non been helpful?
- What tools do you use to cope?
- Why focus on self when loved one is suffering?
- How do you let go of control?