

Session Profile

This profile should be used in conjunction with the handouts and PowerPoint presentation. It is a set of instructions intended to give direction and guide the facilitator through the workshop session.

Help Dealing with Loss Participatory Workshop

Facilitator introduction, “Hello everyone my name is On the tables you will find handouts and materials to be used during this workshop to include the following:”

- ❖ Facilitators’ instructions/Ground-rules.
- ❖ Traditions & Concepts Sheets—1 per table.
- ❖ A complete list of all questions.
- ❖ A complete listing of literature and websites findings.
- ❖ Session notes sheets.
- ❖ Large post-it sheet for table responses and markers.

Slide #2

Session Goals

- ❖ To make members aware of tools and helpful questions to ask when dealing with loss.
- ❖ Suggest members discuss and understand the importance of the spiritual principles involved in dealing with loss.
- ❖ For members to become aware of effective and viable options for dealing with loss.

Slide #3 &4

Introduction to session

- ❖ Facilitator enlists a member to read the introduction.
- ❖ Depending on the reader this should take about 5 min.
- ❖ The introduction below is for the facilitator to follow, and assist with reading when necessary.

Dealing with Grief and Loss

One of the areas of recovery and life that many find difficult are the areas of grief and loss. There are many relationships of great importance and lasting affection. So, it would seem logical that loss could and probably will be a part of any relationship. In recovery we come from varying backgrounds and experiences, this makes it difficult to claim that one way is more prudent than another when dealing with grief or loss.

There are many things that cause grief, such as the death of a loved one, a spouse, life partner, parent, family member or cherished friend, a sponsor, a person that you sponsor, support group member, or a fellowship friend. It could be loss of a beloved pet, it could be loss of health, youth, wealth, employment, loss of financial security, divorce, loss of mental faculties, the grief of a lost pregnancy or the realization that the ability or opportunity to have children is gone. In some cases, it could be the loss of certain freedoms, or the death of a dream.

Slide #4 Intro cont'd.

Loss and grief go hand and hand with death and often in recovery, this is the thing we are the least prepared for or experienced with. It can also cause stress that can lead to relapse. Relationships are complicated and so is death. Many of us used drugs to numb pain or uncomfortable feelings. This is an area where many of us hit stumbling blocks. Our fellowship is aging, and we are losing many older members to illnesses and natural causes of death; other than active addiction or overdose. Any loss is substantial, and we would be better served to learn how to cope with and support one another to begin dialog about this topic.

In NA we are often closer to our friends and peers than we are with our own family members. Often those relationships can meld into a “family.” This happens as we are thrown together in recovery and share a journey with likeminded people. We are a high-risk group of people because of our past experiences and the chances we took while using. We often laugh about things that others not in recovery would not find humorous. When we get through these trying times, we have skills and experiences that can help someone else get through tough times as well.

Slide #5 Large Group Discussion Topics -15 minutes

- ❖ Let's take a few minutes to share some of our personal experiences in dealing with loss.
- ❖ Facilitator should go first: describe an experience of grief and or loss from your personal recovery.
- ❖ What about you?—let's discuss your own personal experiences with grief and loss.

Slide #6 Large Group Discussion Questions

- ❖ Facilitator will remind participants that a complete list of all questions are on the table.
- ❖ Facilitators call on a few people to share their responses to the questions.

Slide#7 Small Group Discussion Format- 20-30 minutes

Facilitator will inform participants, “Now we will spend 20-30 minutes in small-group discussions.” On the tables you will find handouts and materials to be used during this workshop to include the following:

- ❖ Facilitators' instructions/Ground-rules
- ❖ Question Sheets.
- ❖ A post-it note to record table notes.
- ❖ Session notes.

Facilitator will give instructions to each table/groups of members

- Each small group chooses a facilitator, a recorder, and a reporter. The facilitator should make sure everyone gets a chance to share. Going around the table from person to person works best. Each table has about 3-5 minutes per question, which includes the time to select one or two top ideas to share with the whole group at the end.
- The recorder should be someone with neat handwriting who can capture/summarize your ideas on the post-it sheet for display.

- Once the small group discussion ends, the reporter will share on the top one or two ideas from your discussion with the full room. We may not have time to hear from all of the group when we come back together as a full group, but we will collect all of the notes sheets from each table.
- **Facilitator read this section (quietly to self) while keeping time and walking among the group.***

Small Group Discussion 20-30 minutes

- ❖ Facilitator, give a warning at 5 minutes that the group should be switching to the next question. If they haven't chosen their top one or two priorities for the first question yet, encourage them to do so. They can do that through a show of hands—voting on each idea—if they wish.
- ❖ Give another warning at 5 minutes that they should be moving to the third question.

Small Group Reports 10 minutes

- ❖ Spend 5–10 minutes calling on tables to report their top two ideas on question one. Then do the same thing for question two and then question three.
- ❖ Make sure to limit reporters to no more than 2 or 3 ideas so that you can hear from as many tables as possible in 10 minutes.

Slide #8

Grief and Loss in the Literature

- ❖ Facilitator reiterates listing of literature for members to reference are on the table.

Slide #9

Conclusion/Wrap up 5 minutes

- ❖ Facilitator summarizes thoughts shared and thanks members for coming.
- ❖ Thank you all for your participation today. We hope you will continue these discussions in your home groups, service bodies, and events.
- ❖ Facilitator: Collect the input from each table you can send pictures of the post-its or typed responses.

Attachments

This packet includes a complete set of handouts needed for the workshop session. The first page is a numbered list of all the handouts.

HANDOUTS FOR THE TABLE



1. Facilitator's Instructions
2. Ground Rules
3. Brainstorming Guidelines
4. Traditions
5. Concepts
6. Complete list of questions
7. Complete list of references
8. Session notes sheet

#1

Facilitator Instructions



1. Help the group pick a recorder.
2. Restate the groups assignment and time available.
3. Guide the discussion around the table—use the ground rules.
4. Lead the group in summarizing the main points of the discussion to share with the larger group.

#2

Ground Rules

Listening is an
act of respect
for others.

Stay focused on
the subject
at hand.

Don't forget our
Fifth Tradition;
We all Love NA!

One more
time—
avoid
repetition.

To disagree
without being
disagreeable. . .
that is OUR
process!

Be sure that everyone
participates; don't
dominate!

#3

Brainstorming



Guidelines



ABOVE ALL...HAVE FUN!!!

#4

Twelve Traditions of NA

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our Traditions. As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on NA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every NA group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. NA, as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.
10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities

Twelve Concepts of NA

1. To fulfill our fellowship's primary purpose, the NA groups have joined together to create a structure which develops, coordinates, and maintains services on behalf of NA as a whole.
2. The final responsibility and authority for NA services rests with the NA groups.
3. The NA groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it
4. Effective leadership is highly valued in Narcotics Anonymous. Leadership qualities should be carefully considered when selecting trusted servants.
5. For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.
6. Group conscience is the spiritual means by which we invite a loving God to influence our decisions.
7. All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.
8. Our service structure depends on the integrity and effectiveness of our communications.
9. All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.
10. Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.
11. NA funds are to be used to further our primary purpose, and must be managed Responsibly.
12. In keeping with the spiritual nature of Narcotics Anonymous, our structure should Always be one of service, never of government.

#6a

Dealing with Loss complete list of Questions

1. What are three losses that impacted your life prior to recovery?
2. What are three losses during recovery that has impacted your life?
3. What recovery tools are you/have you used to process number 1&2?
4. Which steps are most impactful?
5. What spiritual principals can be helpful when dealing with loss/grief?
6. Is your sponsor involved and how much?
7. How effective is the utilization of your support group when dealing with loss/grief?
8. Is it reasonable to seek outside help and/or have you inventoried self to determine any level of reason, to obtain outside help?
9. What are you doing to be other-minded as you process your loss and or grief?
10. What are your stated values and goals for dealing with loss?

#6b

11. What meaningful things can you say to someone who is experiencing a loss?
12. What is the best way to greet someone who just experienced a loss?
13. How do you greet someone who is mourning a loss?
14. What was the most thoughtful way someone expressed their condolences/support to you.
15. When should someone be finished grieving?
16. How can I console someone who experiences a sudden loss? What can I talk about?
17. How do I comfort someone grieving, using only words?
18. What do people who have just had a loss or grieving really want to hear? It seems like no one wants to hear "Sorry for your loss," or "I know how you feel." How do I comfort them and show support?
19. What are some of the ways we may hurt rather than help when someone is experiencing a loss?
20. How do I acknowledge a loss when someone is grieving without causing harm?

#7a

Complete list references from the Narcotics Anonymous Literature

Listed below are the NA references/publications found that include, refer to and/or highlight Grief and Loss in Recovery:

- Living Clean (Chapter 4) "Death, Dying and Living with Grief...Some of us come to NA mourning the loss of friends or family members to the disease.
- NAWAY Magazine Generosity Entry 1 of 5 giving generously of ourselves, especially... File Format PDF Adobe Acrobat recovery us a good example of how giving of ourselves can help us endure pain and... When we first get clean some of us find we're grieving many losses: our...
- NA Way magazine Jan 99 grief and loss...recovery, your views on NA matters, and feature items... dedicated to the celebration of our message of recovery "that an addict, any addict, can...
- An Introductory Guide to NA Recovery and Relapse; published separately as a pamphlet (1976, 1986) it's text is also...dereliction, degradation, isolation and loss of control are all results of our disease. Our disease is... This step is a great tool for avoiding grief before us...
- Disaster Manual Carolina RSC-2009 this simple booklet is intended to aid our fellowship back to recovery as... We may experience profound grief over losses and sorrow for the losses of others...
- Living Clean. That make recovery an ongoing, rewarding and exciting journey requires an active change in our ideas... the limits of our compassion. We endure the loss of fellow members and sometimes of our loved ones and learn to live through grief.
- NA Way magazine July 1, 2002... We can look at our newest recovery book The Narcotics Anonymous Step Working Guides... Dealing with death, loss, grief, and other...

#7b List cont'd.

- NA Way Magazine July 1998 When my sponsor relapsed and if she had that kind of recovery, she was just the one I had prayed for the God... My sponsor was a cornerstone of my recovery foundation that allowed me to... Feelings or grief surfaced over the loss of the relationship. There were many.
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- NA Way July 2005 to the celebration of our message of recovery- "that an addict, any... my own grief and loss. At the risk of sounding cliché, it was humbling.
- The NA Way Magazine January 2013_recovery, your views on NA matters, and feature items. All manuscripts... My crash involved extended jail time, three failed rehab attempts, loss of my children, and ... We learn through our grief that our common welfare...
- The NA Way Magazine January 2016 hurdles like the challenges of change, disappointments, loss, and grief, but I am not.
- NAWS News Sep 30, 2019...ACKNOWLEDGING LOSS. We began our meeting with a ... her service, share our grief, and return to the work ahead. We heard about the process of recovery literature, service literature, and service pamphlets (SPs) best...

