

Building Strong Home Groups Worksheet

This worksheet is meant to help NA members strengthen their home groups. Use it in your group business meetings to find ways to grow and improve. The idea of longer business meetings isn't always appealing. If needed, the group can schedule an extra business meeting or have a get-together on a separate day. In a spirit of giving, a little extra time goes a long way to strengthen the group so it can better carry the message. To make the process quick and smooth, hand out copies of this sheet in advance and try to get as many group members as possible involved. The worksheet includes a list of home group qualities in three categories on the back of this page.

1 Identify Areas for Group Improvement

For each category (*see list on the back of this page*), members can choose one or two items the group can improve, before or during the business meeting. Compare lists or vote. Address the top issues, one at a time.

2 State the Issues

The group should briefly discuss what needs to be improved in each area they chose, one at a time. Remember, keep it simple! Don't get too wrapped in the problem; move into the solution.

3 Brainstorm Solutions

As a group, discuss solution ideas. Remember, there are no bad ideas and there is no need to debate. One idea that won't work might lead to another that will. Focus on ways to make progress; don't worry about being perfect. Small improvements are better than no improvements.

4 Choose the Solutions

Choose the ideas that most members agree on. If needed, this can be done by a simple vote.

5 Make Decision(s)

From the brainstorming, look for simple, practical actions the group can take to implement the solutions. Be specific about *who* will carry out the action, and *how* it should be done.

Example

Area for improvement: Practices – Public Relations

The issue: meeting facility complains about noise and mess after our meetings, and they never know who to talk to about the problem.

Brainstorming/choosing the solutions (votes):

- let people know about noise (2)
- announce in meeting format (5)
- also mention trash/cig butts (3)
- have someone stay to clean up (5)
- give the facility phone numbers (4)
- have someone check in monthly (5)

Decisions:

- Add statement to meeting format about keeping noise and mess down.
- Group secretary will give facility our contact info and check in monthly.
- Get a "clean-up" person each month to make sure we don't leave a mess.

Principles demonstrated by the group and its members

Ideals

- Consistency and Commitment** – People can count on our meeting and trusted servants.
- Spirit of Service** – Members serve willingly with gratitude for NA.
- Benefits of Service** – Trusted servants demonstrate growth that comes with service.
- Principles in Action** – Members live NA principles and share about them in our meetings.
- Positive Perspective** – The group and members dream big and share our successes.
- Intimacy and a Sense of Home** – We help all members feel like a part of the fellowship.
- Other** _____

How strong home groups operate

Practices

- Safe and Positive Environment** – Our format keeps us focused on recovery.
- Teaching Principles** – The group discusses the steps, traditions, and literature.
- Self-Support** – Members give time and resources freely to support the message.
- Good Public Relations** – Our group reflects well on NA as a whole.
- Encourage Diversity** – The meeting reaches all newcomers and welcomes them home.
- Nurture All Members** – Group members are supportive and challenge each other to grow.
- Other** _____

How a group interacts with NA and the community

Roles

- Evolves with Members** – Members' personal growth strengthens the group.
- Establishes a Network** – Our group puts newcomers in touch with experienced members.
- Gateway to Service** – Members introduce newcomers into group service, then beyond.
- Model of Service** – Our group prepares trusted servants to work well at other levels.
- Unity and Credibility** – We work with other groups and ASC in a spirit of cooperation.
- Positive Message** – Group members are an example of NA changing lives for the better.
- Other** _____

Group Notes (use extra paper if necessary)

- ① **Area for improvement** _____
- ② **The issue** _____

- ③ **Brainstorming** _____

- ④ **Choosing the solutions** _____

- ⑤ **Decisions** _____

Worksheet can be copied or downloaded from http://www.na.org/discussion_boards.htm