

## A Story

One evening my husband did not come home from work. Because of his dual disorder, I was concerned. I called hospitals, police, and friends to no avail. No sleep for me, only worries, and anger. I thought, "Is he spending lots of money, using drugs again, with another woman, is he dead?"

One of his coworkers called the next day to offer condolences. She said, "When he called yesterday on the way to be with his family, we forgot to ask where to send flowers." Quick to pretend that I was aware of the situation, I said, "I'll ask him give you a call when he has the details."

Next I called his other brother. He said, "He's fine I just spoke with him 20 minutes ago." My head began to spin, everything felt surreal as if I'd had the rug pulled from under my feet... again!

Next I called my sponsor who reminded me that I am powerless in situations such as this. However, that leaves me free and empowered to respond appropriately; to admit to myself and talk with a trusted friend—like my sponsor—about what has happened, Just breathe and accept each moment. Since that time, I have learned that suffering and tragedy are like road signs on my path that point me to the place deep within me that has always been perfect, and knows peace—a place filled with light, life, love, beauty, power, truth and joy.

I also accepted my feelings and emotions so they could pass through me with no resistance. Mindful of my breathing—slow, deep—I felt comforted and planned a hot bath for later, complete with candles, music, and hot tea.

When worry came to mind, I chose instead to breathe deeply and visualize myself in the hot bath. I was patient with myself, but persistent.

Later that day, my husband called confessing that he had lied, just wanting to fly to his hometown to get high with an old buddy.

That evening, I talked with my Higher Power about the day. I was filled with compassion for myself, and my husband, knowing that his "no-fault" illnesses had pulled the rug from under his feet too, and because of his behavior he had some big problems to clear up. I also felt relief that I was not responsible for his illnesses, nor for his behavior, nor for the consequences, nor for the cleanup. Ahhh! Compassion and understanding without judgment, and without compromising myself or him. I am so grateful for Dual Anon and recovery!

*God, grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

### Dual Anon Family Group Meetings Time & Location

**Monday 6:30—7:30 pm**, First Lutheran Church, 6400 State Line Road, Shawnee Mission, KS. Enter door on southwest corner of bldg. downstairs, last room on right #101.

### First Names & Phone Numbers

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### CONTACT US:

### Dual Anon World Network

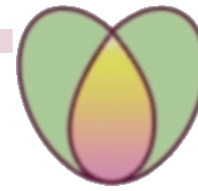
PO Box 8708,  
Prairie Village, KS 66208

[www.dualanon.org](http://www.dualanon.org)  
[dawn@dualanon.org](mailto:dawn@dualanon.org)

**Betty H.**  
**913-991-2704**



**Judy W.**  
**913-481-6844**



## Dual Anon

PO Box 8708, Prairie Village, Kansas 66208

## Welcome To Dual Anon

We are family and friends of people who experience a dual disorder of chemical dependency and emotional or psychiatric illness. We believe that the dual disorder of one family member can have a significant impact on the lives of the other family members.

In Dual Anon, we realize that we are not alone. Together we find it is possible to heal and regain our sense of well-being. The Dual Anon Program helps us discover solutions that lead to serenity.

As we apply Dual Anon's Twelve Step principles in our lives, we find our own personal recovery, learn new coping skills and our lives begin to improve. Without practicing these principles, living with the problems of another person's dual disorder was too much for many of us. We neglected ourselves, our thinking became distorted, we became desperate and tried to force solutions.

In Dual Anon we find a new sense of freedom and inner peace. In time our problems lose their power to dominate our thoughts and our lives. We learn to be understanding and compassionate without compromising ourselves.

We welcome and comfort families and friends who live with the effects of a loved one's dual disorder.

## The Twelve Steps of Dual Anon

1. We admitted we were powerless over dual disorders of chemical dependency and emotional or psychiatric illness -- that our lives had become unmanageable.
2. Came to believe that a Higher Power of our understanding could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power, to help us to rebuild our lives in a positive and caring way.
4. Made a searching and fearless personal Inventory of ourselves.
5. Admitted to our Higher Power, to ourselves, and to another human being the exact nature of our liabilities and our assets.
6. Were entirely ready to have our Higher Power remove all our liabilities.
7. Humbly asked our Higher Power to remove these liabilities and to help us to strengthen our assets for recovery.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when wrong promptly admitted it, while continuing to recognize our progress in recovery.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for our Higher Powers will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

## The Twelve Traditions of Dual Anon

1. Dual Anon Has one primary purpose: to help families and friends of people who experience a dual disorder of chemical dependency and an emotional or psychiatric illness. We do this by practicing the Twelve Steps of Dual Anon, by welcoming and giving comfort to families who are affected by dual disorders, and by, encouraging and understanding people who have a dual disorder.
2. Our individual recovery depends on Dual Anon Unity. We carry the message through our personal recovery and our service work.
3. Dual Anon recognizes one ultimate authority -- a loving Higher Power as expressed in our group conscience.
4. Relatives and friends of people with a dual disorder, when gathered together for mutual aid, may call themselves a Dual Anon Family Group, provided that as a group, they have no other affiliation.
5. The only requirement for Dual Anon membership is having a relative or friend who has a dual disorder of chemical dependency and emotional or psychiatric illness.
6. Each group is autonomous except in matters affecting other Dual Anon Family Groups, or DRA (Dual Recovery Anonymous).
7. Every Dual Anon Family Group is self-supporting through our own donations.
8. Dual Anon does not endorse, finance or lend the Dual Anon Name to any outside enterprise. Although a separate entity, we always cooperate with DRA.
9. Dual Anon is a volunteer, self-help organization. To carry out our service work, we may employ special workers, form committees and coordinate projects.
10. Dual Anon is an independent, non-professional organization. Dual Anon has no opinion regarding the use of medications, or other methods of managing dual disorders.
11. Our public relations policy is based on attraction rather than promotion; we maintain anonymity in all public media.
12. Personal anonymity is the right of every 12-Step group member.

## How The Steps Help

First we learn that we are powerless over the fact that our loved one has two illnesses. We are also powerless over the problems caused by those illnesses. We did not wish the illnesses on our loved one, and we cannot remove the illnesses. Likewise, we cannot remove the problems our loved one experiences because of their illnesses. We were never intended for that purpose. Understanding this truth brings us, in time, a new sense of freedom, inner peace and empowerment. With gentleness and hope we look forward to our own recovery growth and progress.

We learn to rely on a power greater than ourselves, a source of strength. While trying to help our loved one, our own lives became unmanageable. We lost our objectivity. Our Higher Power helps us regain our objectivity. At first our higher/helping power may be our group. In time, we come to an awareness of a great universal power, the very essence of life and love. (Some call God, HP, Great Spirit, Buddha, etc....)

We learn that we are dearly loved; we accept ourselves and others as we are. We have assets that aid our spiritual development and we find liabilities that can hinder. We learn that we do not judge, not even ourselves; we were never intended for that purpose. We learn to be understanding and compassionate without compromising ourselves. We learn that we are peace, and peace is powerful.

Finally, our recovery journey becomes more than a personal process. We are part of something much larger. We contribute to the recovery of others through our support and encouragement, just as they contribute to ours. Together we move forward in life with direction and balance. We learn to trust our intuition, our Higher Power, our program, and we trust the process of life.