

FAMILIES ANONYMOUS APPROVED LITERATURE

BOOKMARKS

- 134 Do's and Don't's** A reminder of how to gain strength.
- 135 Helping** A concise guide to helping you and those you love.
- 136 Just for Today** Suggestions for coping 'one day at a time'.
- 137 I am Responsible** How to work the 12th Step.
- 138 FA and Me** A companion to Tough Love. Twelve suggestions for successfully relating with an abuser.
- 139 The 12 Promises of FA** Twelve ways in which the FA programme can help you find a better way to live.
- 140 One Day at a Time** A reminder to 'keep it in the day'.
- 154 Letting Go & Letting Grow** How to 'let go', allowing growth
- 141 Serenity Prayer** Business card size.

FOR THE NEW MEMBER

- 142 Letter to the Newcomer** A welcome and introduction to give to the new member.
- 143 Do you Need Families Anonymous?**
A checklist to help you decide.
- 144 Does Someone You Care About Use Drugs?** A leaflet to give to the newcomer. Includes About FA, giving the history and background information; 'Helping'; 'To the Concerned Family Member', from others who have been through similar experiences; 'An Open Letter to My Family', from a user's point of view, how the family can avoid standing in the way of recovery; Do's and Don't's.
- 145 Twelve Step Workbook** A homestudy workbook that helps incorporate the FA programme into your everyday life.
- 146 Personal Inventory Form** Companion to 12 Step Workbook.
- 147 Today a Better Way (Daily Thoughts)** A hardback book contributed to by FA members worldwide, giving their thoughts/experiences for each day of the year.
- 148 Sponsorship** How using an FA sponsor can help new and existing members understand and use the programme.

OTHER

- 149 Group Starter Pack** Anyone who is interested in starting a new group please contact the office for information and guidance.
- 150 Literature List and Order Form**
- 151 Group History Form** For group financial records.
- 152 The Face of Anonymity**
Aspects of anonymity and its value seen in a new light.
- 153 Avoiding Four Destructive Forces**
How to maintain a healthy group.

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- 155 The 3Cs x 2** - the 3 Cs of Addiction and of Our Recovery
- 117 Group Inventory Form** How to keep your group healthy.
- 118 Audio Shares** - audio file on the website under 'Downloads'
- 119 'Anne's Story'** - audio file on the website under 'Downloads'
- 120 'Drug Abuse is a Family Illness' on DVD** for groups to use as an aid to their Public Information work. Those outside FA may like us to bring this and give a talk.
- 121 DVD Pamphlet** Gives background information as well as an order form for FA Public Information DVD no.120 above.
- 122 Introducing FA to the Professional Community** Leaflet introducing FA to GPs, counsellors, treatment centres, probation officers, advice centres etc.
- 123 Public Information Pack - An introduction to PI work** with samples and templates that can be adapted by groups to use in their local PI work area (call the office for details).
- 124 Spread the Word** A useful pamphlet to guide your group in building membership through referrals.
- 125 Rack Leaflet** (pack of 10) To send in reasonable quantities for public display in racks.
- 126 Poster (pack of 10)** A5 poster with FA info on it
- 127 How to Start a Group** Information leaflet.
- 128 Where to Find FA** A list of weekly meetings held in the UK (updated regularly).
- 129 Where to Find FA for Reference** A list of towns in the UK where meetings are held, for sending to professional individuals and organisations.
- 130 Meeting Format + 5 Readings** The suggested format and the readings for each meeting: the 12 Steps, 12 Traditions, About Drug Abuse', 'Four Destructive Forces' and 'Helping'. All A4 and laminated.
- 131 Cards and Slogans** (tent-fold) For the table at meetings: The Serenity Prayer and over a dozen slogans - colourful and laminated.
- 132 The Serenity Prayer** (tent-fold) For the table at meetings. Used by FA and other groups, for strength and peace of mind.
- 133 Conscience Meetings Guidelines** How and when to review group meetings - and keep the group healthy.

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BOOKLETS AND PAMPHLETS

- 101 The Twelve Steps of Families Anonymous**
A guide for groups or individuals to the basic principles of FA.
- 102 The Twelve Traditions of Families Anonymous**
UK publication giving a clear understanding of the 12 Traditions of FA
- 103 Member's Handbook** How to conduct an FA meeting. Explains how the 12 Traditions apply; also includes The 12 Steps, 4 Destructive Forces & topics for discussion at meetings.
- 104 FA Tough Love - Alternative to Enabling** An introduction and study of FA's concept of 'tough love'. Discusses guilt, anger, unhelpful protection, providing a step study for group/personal use.
- 105 FA Basic Pamphlet** Every member's first pamphlet. Describes the FA programme. Includes the 12 Steps; 12 Traditions; 'About Drug Abuse'; 'Helping' + the Serenity Prayer.
- 106 A Guide for the Family of the Drug Abuser** An in-depth look at drug abuse as a family illness and how the family can work towards recovery.
- 107 A Recovering Addict Comes Home** A father's anticipation of his son's homecoming and how he uses the FA programme for it.
- 108 A Father Faces Drug Abuse** How one FA father, working the principles and 12 Steps of FA, turns desperation into family love and respect.
- 109 Then and Now** A mother's experience of working FA's programme and the changes she made in her life.
- 110 Words Change Lives** A formula to enhance the FA 12 Steps, giving examples of some words to use and others to avoid.
- 111 Changing Attitudes** How the 12 Steps of FA can turn negatives to positives
- 112 Expectations** A mother describes her expectations of herself, her family and her Higher Power and how they changed as a result of working the FA programme.
- 113 Listening** One member's understanding of how listening became an important factor in her recovery.
- 114 A Guide for Teenagers** Thoughts for teenagers on living with a loved-one's drug dependence.
- 115 FAN FA Newsletter** (back copies)
- 116 FAN Favourites** Exerpts from Newsletter

