

Hope After Loss Abbreviations and Terms

HAL = Hope After Loss on-line group

3 A's = Awareness, Acceptance, Action

3 C's = Didn't cause it. Can't control it. Can't cure it.

ALO = Addicted Loved One

ESH = Experience, Strength and Hope

HALT = Hungry, Angry, Lonely or Tired

HP = Higher Power

JFT = Just For Today

ODAT = One day at a time

SESH = Sharing our Experience Strength and Hope (title of the Nar-Anon daily reader)

SLE/H = Sober Living Environment/Home

Qualifier = The person who's addiction has lead us to Nar-Anon

Blue Book = Booklet published by Nar-Anon containing reading used at meetings

Continuing Our Journey After Loss = Booklet of shares by members who have lost loved ones to addiction. Used as readings for meetings.

Nar-Anon 36 = A Nar-Anon workbook used to work the 12 steps

NFG = Nar-Anon Family Groups (The official name of the international Nar-Anon organization)

NA = Narcotics Anonymous (Sister Group to Nar-Anon for those working on recovery from addiction)

CAL = Conference Approved Literature (literature approved by the World Service Office to be used during meetings)

WSO = World Service Office (the international Nar-Anon organization)

WSC = World Service Conference(annual meeting of Nar-Anon leaders)

GSR = Group Service Representative (HAL representative to the larger Regional or National Nar-Anon groups)