

HAL Essay Submission Guidelines

Potential Topics:

- Surviving holidays, anniversaries and milestones
- Dealing with Dual diagnoses
- Grieving Multiple losses
- Generational addiction
- Dealing with Loss and ongoing active addiction at the same time
- The Nar-Anon program- how do the 12 steps apply now?
- My relationship with my Higher Power and how it has changed
- Finding hope after loss - what does it mean to me?
- Finding the Nar-Anon Hope After Loss group and how it is/has been beneficial
- Finding ongoing support (or not) after a loss
- Different ways of grieving
- Personal growth after loss

Length:

- Typical essays are about 600 words (one page), but exact word counts are unnecessary
- Other forms of writing (poems, etc.) are welcome.
- All essays must be accompanied by a Nar-Anon Release Form
- Essays may be edited for length or content before publishing. If rewriting is necessary, we will work with the author.

Other guidelines:

- In order to encourage a variety of voices, the number of essays we publish from any one person might be limited.
- Use simple language
- Focus on helping someone else who is experiencing loss
- Remember to respect the anonymity of Nar-Anon and NA members.

Do not:

- Discuss alternative treatment programs (including prescribed prescription alternatives) that are not 12 Step
- Discuss particular religious or political views
- Use disrespectful language or curse
- Include links to non-Nar-Anon websites , social media addresses, promotional materials, outside sources
- Quote or refer to material that is not CAL (Conference Approved Literature) material
- Give advice or tell someone else what they should do. We can only suggest by telling how we solved similar problems through our experiences, strength and hope