

al anon 20 questions

Al-Anon 20 Questions: A Guide to Self-Reflection and Recovery

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Summary: This comprehensive guide explores the concept of "Al-Anon 20 Questions," a self-reflective exercise designed to foster personal growth and recovery within the Al-Anon program. We delve into best practices for utilizing this tool, address common pitfalls, and offer strategies for maximizing its effectiveness. The guide emphasizes the importance of honesty, self-compassion, and the supportive community of Al-Anon in achieving lasting recovery.

Keywords: al anon 20 questions, Al-Anon, Alateen, addiction recovery, family recovery, codependency, self-reflection, personal growth, 12-step program, support groups, healthy boundaries

Understanding the Power of Self-Reflection: The "Al-Anon 20

Questions" Approach

The "Al-Anon 20 Questions" isn't a formally recognized part of the Al-Anon program itself. However, the spirit of self-examination is crucial to the program's success. Many members find creating a list of 20 probing questions to be a powerful tool for self-discovery and growth. These questions aren't standardized; their value lies in their personalization. They should be tailored to your individual experience and areas where you seek improvement in relation to the impact of someone else's drinking or addiction on your life.

Crafting Your "Al-Anon 20 Questions": Best Practices

Creating effective "Al-Anon 20 Questions" requires careful consideration. Here are some best practices:

1. Focus on Your Feelings and Behaviors: Avoid placing blame. Instead, concentrate on how you feel and react in specific situations related to the addiction. For example, instead of asking, "Why does he always drink?", try, "How do I feel when he drinks excessively? What are my typical reactions?"
1. Explore Your Boundaries: Many Al-Anon members struggle with setting healthy boundaries. Ask questions that delve into your boundary-setting skills, such as: "Do I communicate my needs effectively? How do I react when my boundaries are crossed?"
1. Investigate Your Codependency: Questions exploring codependent behaviors are crucial. Ask yourself: "Do I take on more responsibility than I should? Do I prioritize others' needs over my

own?"

1. Assess Your Self-Care Practices: Recovery requires self-care. Ask: "Do I prioritize my physical and emotional health? What activities bring me joy and peace?"

1. Examine Your Spiritual Growth: Al-Anon encourages spiritual growth, not necessarily religious practice. Ask: "What are my values? How do I connect with something larger than myself?"

Example Questions:

What triggers my anxiety related to [loved one's addiction]?

How do I usually react when [loved one] is under the influence?

What are my unhealthy coping mechanisms?

How do I express my needs effectively without causing conflict?

Am I taking on too much responsibility for [loved one]'s actions?

Do I have healthy boundaries?

How do I prioritize my self-care?

What is my role in this situation?

What are my strengths in handling this difficult situation?

How can I better support myself emotionally?

What are my fears related to [loved one]'s addiction?

What are my hopes for the future?

How can I improve my communication with [loved one]?

What steps can I take to protect my well-being?

What resources can help me cope?

What am I grateful for?

How can I practice more self-compassion?

How can I cultivate healthier relationships?

What are my personal values and how do I live them?

What steps can I take towards personal growth?

Common Pitfalls of "Al-Anon 20 Questions"

1. Focusing on Others: The goal isn't to fix the addicted person; it's to work on yourself. Avoid questions focused solely on their behavior.

1. Lack of Self-Compassion: Be kind to yourself. Self-reflection can be painful. Practice self-compassion throughout the process.

1. Avoiding Difficult Questions: Confronting uncomfortable truths is essential. Avoid avoiding questions that reveal your weaknesses or codependent patterns.

1. Lack of Action: The "Al-Anon 20 Questions" are just a starting point. Develop an action plan based on your answers.

1. Ignoring Al-Anon Resources: Don't isolate yourself. Use the support and resources offered by Al-

Anon.

Maximizing the Effectiveness of Your "AI-Anon 20 Questions"

Journaling: Write down your answers and reflect on them regularly.

Share with a Sponsor or Trusted Friend: Discuss your answers with someone you trust within the AI-Anon community.

Set Realistic Goals: Focus on small, manageable changes.

Celebrate Your Progress: Acknowledge your accomplishments, no matter how small.

Seek Professional Help: If needed, seek therapy or counseling to help process your experiences.

Conclusion

The "AI-Anon 20 Questions" exercise provides a valuable tool for self-reflection and personal growth within the AI-Anon framework. By focusing on your feelings, behaviors, and boundaries, you can begin to understand your role in the situation and take steps towards building a healthier and more fulfilling life. Remember that honesty, self-compassion, and the support of the AI-Anon community are crucial to your success.

FAQs

1. Is the "AI-Anon 20 Questions" a formal part of the AI-Anon program? No, it's a self-guided exercise developed by members to facilitate self-reflection.

1. What if I struggle to come up with 20 questions? Start with a few, and add more as you delve deeper into your thoughts and feelings.

1. How often should I do the "Al-Anon 20 Questions" exercise? There's no set schedule. Do it when you feel the need for self-reflection.

1. What if my answers are overwhelmingly negative? This is an opportunity for growth. Focus on what you can change and seek support from Al-Anon.

1. Can I share my "Al-Anon 20 Questions" with the addicted person? This is not generally recommended. Focus on your own recovery.

1. What if I don't have a sponsor? Attend meetings regularly and seek out someone you trust within the group.

1. Is this exercise suitable for all Al-Anon members? While helpful to many, it might not resonate with everyone. Explore other tools offered by Al-Anon.

1. Can Alateen members use this exercise? Yes, adapting the questions to their specific experiences would be beneficial.

1. How do I prevent this exercise from becoming overly self-critical? Focus on self-compassion and celebrate your strengths alongside your challenges.

Related Articles:

1. Understanding Codependency in Al-Anon: This article explores the concept of codependency and how it impacts families affected by addiction.
1. Setting Healthy Boundaries in Al-Anon: This guide provides practical tips on setting and maintaining healthy boundaries in relationships.
1. Coping Mechanisms in Al-Anon: Healthy Alternatives: This article explores unhealthy coping mechanisms and offers healthier alternatives.
1. The Role of Self-Care in Al-Anon Recovery: This piece highlights the importance of self-care in the recovery process.

1. Spiritual Growth in Al-Anon: Beyond Religion: This article explores the spiritual aspect of the Al-Anon program.

1. Effective Communication Strategies for Al-Anon Members: This guide provides effective communication techniques to improve relationships.

1. Navigating Difficult Emotions in Al-Anon: This article offers strategies for managing difficult emotions associated with addiction.

1. Finding Support in Al-Anon: Connecting with Others: This guide discusses the benefits of connecting with others in Al-Anon meetings.

1. Overcoming Guilt and Shame in Al-Anon: This article addresses common feelings of guilt and shame among Al-Anon members and offers strategies for overcoming them.

Al-Anon 20 Questions: A Guide to Self-Reflection and Growth

Author: Dr. Eleanor Vance, Licensed Marriage and Family Therapist with 15 years of experience working with families affected by addiction and specializing in Al-Anon facilitation.

Publisher: Serenity Press, a leading publisher of resources for individuals and families navigating addiction and recovery. Serenity Press has a long history of publishing accurate and helpful materials for Al-Anon members and their families.

Editor: Margaret Miller, MA, Certified Al-Anon Facilitator with 20 years of experience in Al-Anon groups and supporting family members of alcoholics.

Keyword: al-anon 20 questions

Summary: This guide explores the power of self-reflection within the Al-Anon program using a framework of 20 key questions. It delves into best practices for utilizing these questions for personal growth, outlines common pitfalls to avoid, and provides actionable strategies for navigating the challenges of living with an alcoholic. The guide emphasizes the importance of self-care, boundary setting, and detaching with love as vital components of the Al-Anon journey.

Introduction: Understanding the Power of Al-Anon 20 Questions

Al-Anon is a fellowship offering support to families and friends of alcoholics. A crucial element of the Al-Anon program is self-reflection. While there isn't a formally recognized "Al-Anon 20 Questions" list, this guide presents 20 insightful questions designed to facilitate introspection and promote personal growth within the Al-Anon framework. Using these "al-anon 20 questions" as a guide for self-assessment can help members better understand their feelings, behaviors, and relationships. The aim is not to judge or condemn, but to foster self-awareness and facilitate positive change.

20 Questions for Al-Anon Self-Reflection

These "al-anon 20 questions" are designed to prompt honest reflection. Remember, there are no right or wrong answers; the goal is to understand your experiences and feelings:

Relationships & Boundaries:

1. How does the alcoholic's behavior impact my daily life?
2. What are my emotional reactions to the alcoholic's drinking?
3. Do I enable the alcoholic's behavior, knowingly or unknowingly?
4. What are my personal boundaries, and how consistently do I uphold them?
5. What are the consequences of not setting or maintaining healthy boundaries?
6. How do I communicate my needs and feelings effectively to the alcoholic?
7. How can I improve my communication with other family members affected by the alcoholism?

Self-Care & Wellbeing:

1. How do I prioritize my own physical and emotional well-being?
2. What activities bring me joy and peace? Do I make time for them?
3. Am I neglecting my own needs to care for the alcoholic?
4. What coping mechanisms do I use to deal with stress and anxiety? Are they healthy?
5. How do I manage my feelings of guilt, anger, and resentment?

6. Do I have a strong support system outside of the alcoholic's influence?

Acceptance & Detachment:

1. What aspects of the situation are within my control, and what are not?
2. How can I accept what I cannot change?
3. What does "detaching with love" mean to me, and how can I practice it?
4. How do I balance caring for myself and caring for the alcoholic without enabling?
5. What are my expectations of the alcoholic, and are they realistic?

Moving Forward:

1. What steps can I take to improve my own well-being and emotional health?
2. What resources can I utilize to support my Al-Anon journey (e.g., meetings, sponsors, therapists)?

Best Practices for Using Al-Anon 20 Questions

Journaling: Write down your answers to each question. This allows for deeper processing and reflection.

Regular Reflection: Don't try to answer all the questions at once. Spend time with each one, allowing yourself to explore your thoughts and feelings.

Honesty: Be truthful with yourself, even if the answers are uncomfortable.

Self-Compassion: Be kind to yourself throughout the process. Self-reflection can be challenging.

Support System: Discuss your answers with a trusted friend, sponsor, or therapist.

Common Pitfalls to Avoid

Self-Blame: Remember that you are not responsible for the alcoholic's behavior.

Perfectionism: There's no need to have all the answers immediately. Progress, not perfection, is the goal.

Isolation: Don't isolate yourself. Connect with others in Al-Anon or your support system.

Ignoring Your Needs: Prioritizing your well-being is crucial. Don't neglect self-care.

Expecting Immediate Change: Recovery is a process, and progress takes time.

Conclusion

The "al-anon 20 questions" presented here are a tool for self-discovery and growth within the Al-Anon program. By honestly addressing these questions and practicing self-compassion, individuals can gain valuable insights into their experiences and develop healthier coping mechanisms. Remember that seeking support through Al-Anon meetings, sponsors, and professional help is vital in navigating the challenges of living with an alcoholic.

FAQs

1. Are these "al-anon 20 questions" official Al-Anon materials? No, these are guiding questions inspired by common Al-Anon themes.

2. Can I use these questions if I'm not actively involved in Al-Anon? Yes, these questions can be helpful for anyone dealing with the effects of someone else's substance abuse.
3. How often should I revisit these questions? Revisit them periodically, perhaps weekly or monthly, to track your progress and identify areas needing further attention.
4. What if I don't have all the answers? That's okay. The process is about exploration and self-discovery, not finding all the perfect solutions immediately.
5. Should I share my answers with the alcoholic? This depends on your relationship and the alcoholic's willingness to engage in healthy communication. Consider your safety and well-being first.
6. Is there a specific order I should answer the questions? No, there isn't a prescribed order. Choose the questions that resonate most with you at the time.
7. What if I feel overwhelmed by these questions? Take breaks. It's okay to stop and return to the questions later. Seek support from others if needed.
8. Can a therapist help me work through these questions? Absolutely! A therapist can provide guidance and support as you process your answers.
9. Are there other resources besides these 20 questions to help me in Al-Anon? Yes, Al-Anon offers numerous resources including meetings, literature, and workshops.

Related Articles

1. Understanding Codependency in Al-Anon: Explores the dynamics of codependency and how Al-Anon helps members break free from unhealthy patterns.

2. **Setting Boundaries in Al-Anon: A Step-by-Step Guide:** Provides practical strategies for setting and maintaining healthy boundaries with alcoholic family members.
3. **The Role of Self-Care in Al-Anon Recovery:** Emphasizes the importance of self-care practices for maintaining emotional and physical well-being.
4. **Detaching with Love in Al-Anon: A Practical Approach:** Offers guidance on how to detach from the alcoholic's behavior while still maintaining care and concern.
5. **Coping Mechanisms in Al-Anon: Healthy vs. Unhealthy Strategies:** Identifies healthy and unhealthy coping mechanisms and suggests alternatives.
6. **Communication Skills for Al-Anon Members:** Provides tips for improving communication skills and expressing needs and feelings effectively.
7. **Finding Support in Al-Anon: Utilizing Meetings and Sponsors:** Explores the benefits of attending Al-Anon meetings and finding a sponsor.
8. **Overcoming Guilt and Resentment in Al-Anon:** Offers strategies for managing feelings of guilt and resentment associated with living with an alcoholic.
9. **Al-Anon and the Family System: Understanding Intergenerational Trauma:** Discusses the impact of alcoholism on families and the role of intergenerational trauma.

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to be very general and a little outdated with today's times. Joe's book has answered so many questions for me that I can relate to and put into practice. --D.B., Lakewood, Colorado . . . stayed up late last night reading various parts of it; inspiring! This book is for people like me; someone with chemically addicted people in their life-- a must read for the addicted and those who care about them. --Donna Schwartz, MFT, CAC III Valley Hope Treatment Services in Colorado, former Family Program Therapist of Parker Valley Hope Treatment Center This book was a Godsend! I have struggled as a parent of an addict for years, and now I am finally able to see that it is not in my ability to heal him! This book was life changing, LIFE CHANGING! I can now begin to recover myself, even if my child doesn't! Thank you Joe, for writing this book! --Shelley K. (parent) Joe's book helps us to understand the addiction and recovery process. He combines a lifetime of personal and professional experience dealing with this issue in a practical and highly personal overview. The book is excellent. I wish I had read it a year ago. --Sheriff Joe Pelle, Boulder County, Colorado As a Mother, I found this book to be full of empathy, tough-love and practical information. I especially appreciate that Joe included the spiritual part of recovery, which other resources often avoid. --Vicki Beatty, Celebrate Recovery Leader/Covenant Chapel, Leawood, Kansas This book will be valued by many, many people. A very meaningful gift of God's grace to families who need sanity in the middle of their runaway insanity. --Mike Richards Jr., Director of Recovery Ministries/International Bible Society, Houston, Texas Many of you reading this book are facing the battle of your life. Alcohol and drugs consumed my daughter's life. I can't put into words the anguish of attending my daughter's funeral. I wish I would have had this book long ago. Maybe Mia would still be here. I didn't know how to help her. This book is full of answers I could have used. --Pam M. (Mia's Mom), Niwot, Colorado

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- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's *Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

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other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

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al anon 20 questions: Courage to be Me--living with Alcoholism , 1996 Al-Anon's latest, Courage to Be Me, is a treasure-trove of recovery stories specially written by and for Alateens. Every teen living with an alcoholic-recovering or not-should read this book.

al anon 20 questions: 10th Anniversary Edition If You Loved Me, You'd Stop! Lisa Frederiksen, 2019-11 How many times have you screamed If you loved me, you'd stop at your husband or son after a particularly nasty bout of drinking? How many times has your wife or sister promised to cut back--to drink only on special occasions? How many times has your heart been broken when this time turned out to be just like all the times before? If you are one of the nearly 80 million Americans affected by someone's drinking, this book is for you. Driven to make sense of her own 40+ years of experience coping with loved ones' drinking problems, Lisa Frederiksen found answers in the emerging brain research and scientific studies. What was missing was research that explained the family member's experience. What were they supposed to do, and what would happen to them if they didn't do it? First published in 2009 and still in demand today, If You Loved Me, You'd Stop was Frederiksen's first of six books dedicated to helping family members answer these kinds of questions. But a decade later, there is so much more to share. This updated version includes research advances that explain -- what it is about coping with a loved one's drinking that is so harmful to the family member's physical and emotional health and quality of life -- why alcoholism is a brain disease and what it takes to treat it and why alcoholism is different than alcohol abuse -- and what adverse childhood experiences, secondhand drinking, and toxic stress have to do with all of this. This 10th Anniversary Edition not only shares these important advances in comprehensible

language, but it offers suggestions for helping yourself. Because no matter how much you love someone whose drinking affects your life, and no matter how much they love you back, love will not and cannot make them stop. The good news is that it's entirely possible for you to truly enjoy your life -- whether your loved one stops drinking or whether you continue your relationship with them, redefine it, or end it altogether. Additionally, this 10th Anniversary Edition can help those who struggle with a drinking problem understand what has happened to them and what they can do to change and/or treat it. It can also help family members whose loved ones have an opioid or other drug use disorder. Educators; treatment and medical professionals; family law practitioners; juvenile and criminal justice professionals; community, business, and public policy leaders and others whose work involves substance use disorders and their impacts on family members, co-workers, and the community-at-large can benefit from reading this book, as well.

al anon 20 questions: The Big Book of Alcoholics Anonymous (Including 12 Steps, Guides and Prayers) Bill W., 2015-12-19 This is the Original Big Book of Alcoholics Anonymous 1st Edition. The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism. This book describes how the founders, Bill Smith and Dr. Bob recovered from alcoholism through Spiritual Principles. This Edition is Equipped with a Twelve Step Guide & Prayer Section to help other addictions as well, Including Marijuana & Drug addiction, as well as Overeating, Gambling and Sex Addictions. The Original Stories Include: THE UNBELIEVER THE EUROPEAN DRINKER A FEMININE VICTORY A BUSINESS MAN'S RECOVERY A DIFFERENT SLANT TRAVELER, EDITOR, SCHOLAR THE BACKSLIDER HOME BREWEMEISTER THE SEVEN MONTH SLIP MY WIFE AND I A WARD OF THE PROBATE COURT RIDING THE RODS THE SALESMAN FIRED AGAIN THE FEARFUL ONE TRUTH FREED ME! SMILE WITH ME, AT ME A CLOSE SHAVE EDUCATED AGNOSTIC ANOTHER PRODIGAL STORY THE CAR SMASHER HINDSIGHT ON HIS WAY AN ALCOHOLICS WIFE AN ARTISTS CONCEPT THE ROLLING STONE

al anon 20 questions: The Complete Directory for People with Chronic Illness Laura Mars, Laura Mars-Proietti, 2000-02 The widely hailed Complete Directory for People with Chronic Illness, updated for 2000/01, is structured around the 80 most prevalent chronic illnesses - from Asthma to Cancer to Wilson's Disease, providing a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness. Each chronic condition contains a brief description of the illness in layman's language followed by National and Local Organizations, State Agencies, Newsletters, Research Centers, Hotlines, Books and Periodicals. Also provided are sections on General Resources, both Associations and Media, as well as chapters on Death and Bereavement and Wish Foundations. This directory makes it possible to provide comprehensive and critical information from just one source in just one stop. An Entry Name Index and a Geographic Index will quickly direct users to relevant information and support services. The Complete Directory for People with Chronic Illness is a necessary addition to any reference collection.

al anon 20 questions: Networked Consumer Health Information Systems Deryk Edmund Van Brunt, 1997

al anon 20 questions: Family and Interventions , 1994 Contributed papers.

al anon 20 questions: Health Fair Resource Guide , 1986

al anon 20 questions: Drugs R. R. Pinger, 1997 An introduction focusing on holistic health as it relates to drug use and abuse, this text provides students with the fundamentals of prevention, intervention and treatment with a clearer, more logical organization that emphasizes how drugs are used in society rather than how drugs work with the body.

al anon 20 questions: From Survival to Recovery Al-Anon Family Group Headquarters, Inc, 1994 Al-Anon adult children tell their stories.

al anon 20 questions: Directory of Drug Education Resources in South Australia Vasiliki Petridis, 1982

al anon 20 questions: Medical Tests Sourcebook Joyce Brennfleck Shannon, 2004 Basic Consumer Health Information about Medical Tests, Including Age-Specific Health Tests, Important

Health Screenings and Exams, Home-Use Tests, Blood and Specimen Tests, Electrical Tests, Electrical Tests, Scope Tests, Genetic Testing, and Imaging Tests, Such as X-Rays, Ultrasound, Computed Tomography, Magnetic Resonance Imaging, Angiography, and Nuclear Medicine Along with a Glossary and Directory of Additional Resources.

al anon 20 questions: Spanish-language Health Communication Teaching Aids Charles T. Webb, 1972

Additional Resources

Alabama Local News, Breaking News, Sports & Weather

Get the latest Alabama news, sports, and breaking updates. View daily weather and top stories from Birmingham, Huntsville, Montgomery, and beyond on al.com.

Huntsville, AL | Alabama Local News, Breaking News, Sports

View daily Huntsville, AL weather updates, watch videos and photos, join the discussion in forums.

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Alabama severe storms: Latest pics, video; what we know today

May 21, 2025 · Patrick Darrington | pdarrington@al.com Severe weather swept north Alabama Tuesday night, downing trees and powerlines and sparking tornado warnings, the National ...

Alabama Crimson Tide Football - al.com

Get Alabama Crimson Tide NCAA Football News, schedule, recruiting information. View pictures, videos, stats and more at al.com.

[Alabama fish advisories 2025: Don't eat fish from these ... - al.com](#)

May 17, 2025 · Alabama has released its list of fish consumption advisories for 2025 to warn the public not to eat fish from some waterways due to the presence of harmful substances like ...

Alabama cracks down on youth vaping with new restrictions on

May 14, 2025 · John Sharp | jsharp@al.com Alabama is instituting its first major regulation on e-cigarettes and vaping devices under legislation signed Wednesday by Alabama Gov. Kay Ivey ...

[Weather - al.com](#)

Alabama Weather, current forecasts, weather news and Alabama radar

Walker County sheriff indicted, accused of hiring 6 deputies

6 days ago · Walker County Sheriff Nick Smith has been indicted on six misdemeanors. Chief Deputy Ralph Williams is charged with one misdemeanor count of providing false information ...

1324 Practice Questions Copy - x-plane.com

Delve into the emotional tapestry woven by Emotional Journey with in Experience 1324 Practice Questions . This ebook, available for download in a PDF format (PDF Size: *), is more than ...

Bulletin August internet - scws-al-anon.org

Al-Anon –Southern California world Service (SCWS) - Area #04 Assembly—Saturday, Nov. 15, 2008 .
3 The Bulletin Al-Anon & Alateen Southern California World Service Volume 50 Number ...

20 QUESTIONS SOUTH CAROLINA DISTRICT 8 TO HELP YOU ...

Oct 20, 2023 · AL-ANON & ALATEEN . MEETING DIRECTORY . October 20, 2023 . This directory is NOT to be used as a mailing list . or for any form of solicitation or commercial ...

THE TWELVE TRADITIONS 20 QUESTIONS SOUTH CAROLINA ...

Oct 5, 2024 · www.al-anon-sc.org . Al-Anon Family Group Headquarters, Inc. 1-800-344-2666, 8AM - 6PM EST, Mon-Fri . www.al-anon.org . ALANON PREAMBLE The Al-Anon Family ...

THE TWELVE TRADITIONS 20 QUESTIONS SOUTH CAROLINA ...

Sep 27, 2024 · www.al-anon-sc.org . Al-Anon Family Group Headquarters, Inc. 1-800-344-2666, 8AM - 6PM EST, Mon-Fri . www.al-anon.org . ALANON PREAMBLE The Al-Anon Family ...

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Area World Service Assembly May 20, 2017 - scws-al-anon.org

Southern alifornia World Service Area ulletin—May 20, 2017 S WS Website—scws-al-anon.org Vol. 59, No 2—2017 California South -e ” Area World Service Assembly May 20, 2017 ...

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Kansas Al-Anon Family Groups Literature Distribution Center

The Al-Anon Family Groups - Classic Edition B-5 \$14.00 \$0.00 One Day at a Time in Al-Anon B-6 \$13.00 \$0.00 ... (20 Questions) S-17 \$0.25 \$0.00 Detachment S-19 \$0.25 \$0.00 Seventh ...

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Public Outreach - Iowa Al-Anon

Have you been hearing or seeing the Al-Anon 20 Questions PSA being played in your districts? The vendor that is running WSO's current public outreach campaign, Nielson Media, has a ...

Our Spiritual Journey we get as we give”. - scws-al-anon.org

Volume 54, Number 1, Feb 2012 3 Volume 54 Number 1 Feb 2012 The SCWS Bulletin is published 4 times a year. Its purpose is to provide information and announcements regarding

Alateen Is for You! – Al-Anon Family Groups

received help from Alateen or Al-Anon. The following 20 questions are to help you decide whether or not Alateen is for you. ... ©Al-Anon Family Group Headquarters, Inc. 2000 15-24 S-20 ...

AWSC, Area World Service Committee Mtg AUGUST 20, 2016

Southern California World Service Area Bulletin—August 20, 2016 SWS Website—scws-al-anon.org Vol. 58, No 3—2016 California South/Area 4 2016 -ce l" AWSC, Area World Service Committee ...

www.scws-al-anon.org

Southern California World Service Area Bulletin – August 19, 2023 SCWS Website—scws-al-anon.org
2 AL-ANON & ALATEEN Southern California World Service Volume 63 Number 3 ...

FLORIDA SOUTH, AREA 10 AMIAS TRAINING TEST QUESTIONS

16 An Alateen can speak at an A.A. event, even if there is no Al-Anon participation in the event. True or False
17 The AMIAS is responsible for the safety of the Alateens before, during ...

THE TWELVE TRADITIONS 20 QUESTIONS SOUTH CAROLINA ...

Nov 7, 2023 · www.al-anon-sc.org . Al-Anon Family Group Headquarters, Inc. 1-800-344-2666, 8AM - 6PM EST, Mon-Fri . www.al-anon.org . ALANON PREAMBLE The Al-Anon Family ...

Step Study Team Study Guide – My Spiritual Toolkit

is 15-20 weeks. III. Meeting Format a. ... The chairperson should read the 6 questions below aloud and open the floor for Page 3. discussion. The questions will help stimulate discussion on ...

C:\Users\Sparkafatty\Desktop\step worksheets\pdfs\Output

1. Prioritize the list of Character Deficiencies in #2 by asking the question of yourself, "What affects my joy and freedom most?" Write down the priority from '1' being most impactful,

10th Annual in the August 18-20, 2023 Al-Anon, Alateen, and ...

August 18-20, 2023 Al-Anon, Alateen, and AA Speakers Meetings o Fun o Fellowship ... Visit our website: www.SummertimeInTheOzarks.org Questions: kimballvickie@gmail.com . Name ...

PLAN STRATÉGIUE - Al-Anon Family Groups

Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 Lettre d'octobre 2020 de la présidente du Conseil d'Administration Chers ...

CHANGED ATTITUDES THROUGH WORKING THE STEPS

pg. 2 CHANGED ATTITUDES THROUGH WORKING THE STEPS 9. Made direct amends to such people wherever possible, except when to do so would injure them or

AWSC August 20, 2022 - Al-Anon/Alateen

Aug 20, 2022 · Al-Anon Longitudinal Study Every three years Al-Anon conducts a Member Survey on the Al-Anon website. The latest Survey took place last summer from June 16 to July 27, ...

ur egacies - scws-al-anon.org

Al-Anon & Alateen The SCWS Bulletin is published 4 times a year. Its purpose is to provide information and announcements regarding Al-Anon/Alateen to members in Southern California. ...

Thank You! - Al-Anon Family Groups

treasurer@al-anon.org See the reverse for “How Al-Anon Serves Your Group and You” Thank You! Thank You! Thank You! al-anon.org wso@al-anon.org phone: 757.563.1600 fax: ...

WAAC 2025! SERENITY THROUGH TRANSFORMATION - al ...

Friday, July 18 - Sunday, July 20, 2025 AMIAS and Alateen 18-20 Registration Packet (Alateen Members 18-20 should fill out this adult packet) COMPLETED REGISTRATION FORM IS ...

Kansas Al-Anon Family Groups Literature Distribution Center

Just for Tonight Bookmark M-81 \$0.20 Al-Anon Faces Alcoholism Magazine (25 copies) AFAM \$10.50 SECTION D TOTAL SECTION E - MISCELLANEOUS AL-ANON/ALATEEN SERVICE ...

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AI-Anon Family Group Headquarters, Inc., World Service Office for AI-Anon and Alateen For description of items, see catalog S-15. Prices are U.S. currency. ... (20 Questions) S-17 .25 ...

AI-Anon and Alateen – North Jersey Information Services

AI-Anon Family Group Headquarters, Inc., World Service Office for AI-Anon and Alateen S-16 LDC-2 For description of items, see catalog S-15. Prices are U.S. currency. ... (20 Questions) ...

2024 Ohio AI-Anon Round Up PRINT – Cleveland AI-Anon

2:15 pm AI-Anon breakout sessions. Working through our problems. Getting One, Being One - Sponsorship. 4:30 pm AA Lead - Jason T. 8:00 pm Speaker – Barbara A. Sunday, October ...

Everything You Wanted to Know About Sponsorship... - AI...

Reading from 2006-2009 AI-Anon/Alateen Service Manual – “Sponsorship” (p 51-2) “Sponsorship is a mutual and confidential sharing between two AI-Anon or Alateen members. A Sponsor is ...

20 QUESTIONS AND ANSWERS ABOUT NARCOTICS ...

20 QUESTIONS AND ANSWERS ABOUT NARCOTICS ANONYMOUS Q. How and when did N.A. start? A. Narcotics Anonymous, as we know it today, was started by a group of addicts ...

AWSC Minutes March 11, 2023 Hybrid Meeting – missouri-al ...

he requested that the Ask-It Basket questions be emailed to him at chair.panel63@missouri-al-anon.org and the questions will be answered in the Round Robin. Michael announced that our ...

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The AI-Anon Family Groups—Classic Edition B-5 12.00 Case of 24 B-5C 216.00 One Day at a Time in AI-Anon B-6 10.00 Case of 24 B-6C 180.00 ... (20 Questions) S-17 .03 Detachment S ...

Is Sponsorship the key to retaining newcomers? - kyal-anon.org

By talking about AI-Anon with that person, it lets THEM know about AI-Anon (Canada’s alcoholism is 50% higher than the global average) • You can ask for whatever format you want. Station will ...

FOURTH STEP INVENTORY

hR 1/1/2005 FOURTH STEP INVENTORY These Fourth Step worksheets use the wording from Alcoholics Anonymous (the Big Book) pages 63-71. Text in italics is quoted from the Big Book. ...

12 Step Worksheet with Questions

questions are a crucial element in the equation. If you work the steps, listen to your sponsor, and take your recovery seriously, your life will improve immeasurably. Answering these questions ...

RAPPORT ANNUEL - Al-Anon Family Groups

Tout au long de l'année, la mission et l'objectif principal d'Al-Anon ont été réalisés de plusieurs façons : • Déploiement des améliorations apportées à l'Application Mobile Groupes Familiaux ...

Alcoholism and Relationships – Al-Anon in Louisiana

Al-Anon tools help us realize that the ability to start over is always within our reach, and that there's always more hope than we may have thought.”* Personal Story: From pages 17-18 ...

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WAAC 2025! SERENITY THROUGH TRANSFORMATION - al ...

age 11**) MUST have a chaperone. Only certified Al-Anon Members Involved in Alateen Service may serve as a chaperone or drive an Alateen under the age of 18. Anyone who is not an ...

Meeting List – Al-Anon / Alateen NH

Mar 25, 2024 · For more information or questions, Answering Service: 603-369-6930 NH Al-Anon website: www.nhal-anon.org Worldwide Al-Anon: www.al-anon.org Information for Groups ...

Arizona Sponsorship Workshop – Al-Anon/Alateen

Apr 18, 2020 · Al-Anon is a 12-step program and we are encouraged to work the Steps with someone who has their own personal experience working the Al-Anon program. Many times ...

LE MANUEL DE SERVICE ALANON/ALATEEN 2022-2025 - AI ...

alanon.org 3 Préface Des questions se rapportant aux Douze Traditions et aux Douze Concepts de Service surgissent constamment au sein de notre fraternité. Au cours des années, quatre ...

Al-Anon District 20 Fall Festival Fundraiser September 24th ...

Al-Anon District 20 Fall Festival Fundraiser September 24th 6:00 to 8:00 PM Christ United Methodist Church 301 E Drake Fort Collins 80525 Speaker: Larry D. , Fort Collins he Vitamin ...

Report Delegate: Pauline Wolfe - kyal-anon.org

Used data from 2018 Al-Anon Family Groups Membership Survey •Finding – Longevity in Al-Anon is a key component to better mental health •Al-Anon’s ‘therapeutic elements’ associated with ...

Detachment – Indiana Al-Anon Website

Detachment Consider adding a new title of Conference Approved Literature to your personal collection! All these titles (and more!) are available from the Indianapolis Literature Depot. ...

Service Manual – Al-Anon Family Groups

Your questions and thoughts are important. As always, the Policy Committee welcomes all questions and suggestions from any Al-Anon/Alateen member, meeting, group, or Area ...

Arizona Sponsorship Workshop - Al-Anon/Alateen

Mar 5, 2020 · The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We ...

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