

Guidelines

The Shared Experience of Al-Anon Members

Taking a Group Inventory

Each Group is encouraged to develop its own procedure for taking an inventory. Regardless of the method, experience shows that the Group benefits most by allowing time to discuss the responses, comments and suggestions. Most members find that questions that arise can be solved by application of the Twelve Traditions as well as by using the Al-Anon Family Groups UK & Eire Service Manual.

SUGGESTED METHODS FOR TAKING AN INVENTORY

Using the questions set out under 'The Group' and 'Our Weekly Meetings' below, work as a group with each member having the opportunity to share their personal experience or answer 'yes' or 'no'. Another suggestion is to prepare a questionnaire for each member to fill out. These anonymous responses can be collected by the chairperson and used to lead a group discussion or to have a lucky dip with each member commenting on responses they have drawn from the hat. Alternatively, ask each member to complete the questionnaire and bring it back the following week. At the next meeting, members may read out their responses.

THE GROUP

- Does the Group follow the suggested Al-Anon/Alateen format?
- Are we forming cliques or being indifferent to other members of the Group?
- Do we criticise others in the Group or gossip about them?
- Do we use up-to-date Conference Approved Literature (CAL)?
- Do we make sure newcomers have at least one member's phone number and some Al-Anon and Alateen literature?
- Do we let members know about sponsorship and how to find a sponsor of their choice when ready?
- Do we keep our meetings fresh and interesting in order to retain our long-time members?
- Do we make financial contributions to our District, our Area and the General Fund/Al-Anon Family Groups CLG?
- Does everyone have a chance to participate in service to the Group?
- Does our Group undertake service projects on its own, or in conjunction with the Area or District?
- Is our Group active and supportive at District and Area levels?



OUR WEEKLY MEETINGS

- Is there a chairperson each week?
- Are our meeting topics Al-Anon related?
- Are our meetings interesting and helpful?
- Do we stick to the subject of the meetings or wander off on tangents?
- Are we easily diverted from the topic in order to focus on a member's problem?
- Do we discuss the alcoholics and their shortcomings?
- Do we refrain from giving advice?
- Do we encourage everyone to participate in the discussions by sharing and listening?
- Do we make good use of Conference Approved Literature (CAL) and *Al-Anon Today* for subjects and themes of meetings?
- Do we allow time for the Group Representative to discuss business matters?



MY PART AS A MEMBER OF THE GROUP

(A PERSONAL CHECKLIST)

- Do I attend meetings frequently?
- Do I periodically volunteer to chair a meeting?
- Do I participate in business meetings and offer ideas for improvement?
- Do I accept disagreement and differing points of view good-naturedly?
- Do I volunteer for, or willingly accept service roles with my Group?
- Am I understanding when their personal circumstances compel some members to limit their Group service?
- Do I criticise others in the Group or gossip about them?
- Do I ever repeat anything personal I have heard at meetings or from another member?
- Do I make telephone calls for my personal recovery rather than to complain and gossip?
- Do I welcome new members, talk with them, suggest pieces of Al-Anon/Alateen literature or offer my phone number?
- Do I support my District and Area?
- Do I read Al-Anon literature every day and apply the principles to my daily life?
- Do I let the Group know which pieces of Conference-Approved Literature (CAL) are particularly helpful as part of my sharing at meetings?
- Do I keep the focus on Al-Anon and my own recovery when I share?
- Do I help before and after meetings by doing service for the Group?
- Do I interrupt or carry on a conversation while another member is speaking?
- Do I realise the benefits of sponsoring?
- Do I listen carefully to the speakers, the chairperson and other Group members?
- Do I avoid giving advice to members?
- Do I try to make the fellowship known to others who need help?
- When Group problems arise, do I focus on the problem or the solution?
- Do I put pressure on the Group to accept my ideas because I have been in the fellowship a long time or for any other reason?

