I'm not a robot



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Are you leading an Al-Anon meeting soon or for the first time? Are you looking for topics to discuss? We've got you covered. Below are the Meeting Topics This is the first step towards recovery: accepting that the disease of
alcoholism controls your life and that you are powerless over the problem. After many years of denial, it is a crucial part of recovery for family members to accept that their loved one has the disease of alcoholism and they are powerless over the problem. Situations arise in recovery. Some are difficult, and we may have strong, uncomfortable feelings.
This slogan is good to remember during these times. This topic resonates with many Al-Anon members. As a family member to an alcoholic, we will do everything we can to get them to stop drinking. When we let go and let God, we let go of trying to control the situation and give it over to our Higher Power. A spiritual awakening can mean many
things in recovery. It's not a bolt of lightning, although some personal experiences seem to feel this. One way to look at the spiritual awakening is to think about how we come to understand our own Higher Power. Discuss Step 1: We admitted we were powerless over alcohol - that our lives were unmanageable. How did you admit powerlessness over
the alcoholic? Over your life? How did you keep an open mind? This topic is good for beginner's meetings or someone's first Al-Anon meeting. Before Al-Anon, my life was about being enmeshed with my family and my alcoholic. I could not see where my life ended, and their life began. Through Al-Anon, I have clear boundaries and I am able to detach
from situations in a loving way for my sanity. Detachment is a powerful tool for Al-Anon members. We can remove ourselves from situations that may harm us, make us uncomfortable, or for any reason we feel necessary. We have the power to make the decision to detach. In their efforts to assist, family members and friends of an individual with a
problem of alcoholism often become enablers to the progression of the disease. The enabling phenomenon allows individuals with the condition of alcoholism to avoid the consequences of their destructive behavior only enables their drinking problem since they feel secure knowing no
matter how many mistakes they make, you will be there to rescue them. It is essential for family members and friends of alcoholics to identify the signs of enabling that actually hurt their loved ones rather than help them. Anger is an intense emotion arising from being wronged, unmet expectations, and our inability to control the outcome. Many
arrive to Al-Anon very angry with their family member with the alcohol problem. Anger is a feeling that we all deal with from living in today is a way of escapism. In Al-Anon, we learn to be present at the moment, to enjoy
each day, a day at a time. Slogans work to help remind us to live in the present. "One Day At A Time," "How Important Is It?" "Keep It Simple". These slogans work to help remind us to let go of yesterday and the future and to stay in the moment. Forgiveness is a process we all work through. This topic can bring up a lot of discussion. Working on
the steps, we learn forgiveness, and we continue to work on it each day. Changes in life are inevitable. Significant changes such as divorce, the death of a loved one, and moving to a meeting, call our sponsor, call a friend, go for a walk, say
a prayer, journal, read A-Anon literature, or listen to a recovery podcast. We have a right to make decisions in your best interest. When it is in your best interest and for your well-being, you can choose not to be
around alcoholic behavior and walk away from arguments and fights that affect your mental and emotional sobriety. Have you found the courage yet to make this decision for your good? It's OK to walk away. One of the challenges of dealing with an alcoholic is setting unrealistic expectations. Individuals with alcohol addiction will, on many occasions,
swear to you that they will not consume alcohol going forward. While this may be comforting, it is unreasonable to expect honesty from individuals who cannot be honest with themselves. When a loved one suffers from alcohol addiction, our lives are filled with emptiness and the
constant need to seek approval outside of ourselves. Emptiness can feel like low-grade depression and lead to destructive behavior to fill the void. People struggling with alcohol addiction may not be in a position to provide you with the kind of love you want all the time. Being present is even more challenging when the person we depend on is
unpredictable, and we harbor resentment against them. When dealing with a loved one, it is a common experience to try and control them and solve their problems. Yet by doing this, we rob them of the dignity of being able to make their own mistakes and learn from their experiences. One of the best ways of handling issues with a problem drinker is
letting go and letting God deal with the matter. Gratitude lists can improve our daily mood by helping us focus on the positive and letting go and letting God deal with the matter. Gratitude lists can improve our daily mood by helping us focus on the positive and letting God deal with the matter. Gratitude lists can improve our daily mood by helping us focus on the positive and letting God deal with the matter. Gratitude lists can improve our daily mood by helping us focus on the positive and letting God deal with the matter.
authentic with yourself. Being dishonest about your recovery journey will trap you in active addiction, coming to terms with their addiction helps you to rebuild your own life and find effective ways to help your loved ones, such as family therapy. The Serenity Prayer is a
great source of comfort and strength during stressful situations. Sometimes, the Serenity PrayerGod, Grant me the serenityTo accept the things I cannot change the things I cannot chan
means being intentional about looking after yourself and addressing your challenges so that you are not contributing as much to the confusion and chaos in your own life. While this might not stop your loved one from drinking, your attitude towards the situation will be changed. Learning how to live your life without revolving around an alcoholic can
be challenging. We learn to live our lives and let others live during. "I didn't cause it, I can't cure it." Remember that active alcoholics are people who drink. It's not because of who we are or what we do. These three sentences work for other situations, too. Maybe at work when our boss is in a bad mood. It might not be about
us. We can remember the three C's.In Al-Anon, we learn self-love. We learn that our negative character defects do not define who we are, and we have many positive character defects. These are just a few suggestions for Al-Anon meeting topics. Al-Anon literature is filled with excellent topics, and specific Al-Anon principles can be used as
topics. Sources: Hope For Today, Al-Anon Family Groups Support group Al-Anon Family Groups Founded in 1951, is an international mutual aid organization
for people who have been impacted by another person's alcoholism. In the organization's own words, Al-Anon is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of an alcohol-related problem or seeks help."[1] Alateen "is part of the Al-Anon is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of an alcohol-related problem or seeks help."[1] Alateen "is part of the Al-Anon is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of an alcohol-related problem or seeks help."[1] Alateen "is part of the Al-Anon is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of an alcohol-related problem or seeks help."[1] Alateen "is part of the Al-Anon is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of an alcohol-related problem or seeks help."[1] Alateen "is part of the Al-Anon is a "worldwide fellowship that offers a program of recovery for the families and the alcoholic recognizes the existence of a program of the alcoholic recognizes the existence of a program of the alcoholic recognizes the alcoholic recognizes the existence of a program of the alcoholic recognizes the existence of a program of the alcoholic recognizes the existence of a program of the alcoholic recognizes the alcoholic recognizes the existence of a program of the alcoholic recognizes th
fellowship designed for the younger relatives and friends of alcoholics through the teen years".[2] Al-Anon defines itself as an independent fellowship with the stated purpose of helping relatives and friends of alcoholics.[3] According to the organization, alcoholics through the teen years".[2] Al-Anon defines itself as an independent fellowship with the stated purpose of helping relatives and friends of alcoholics.[3] Its "Preamble to the Twelve Steps" provides a general description:
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 believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution;
does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions. [3] Al-Anon has but one purpose: to help families of alcoholics, and
by giving understanding and encouragement to the alcoholic.[3] Not an intervention program, Al-Anon does not have the stated primary purpose of arresting another's compulsive drinking. Members meet in groups after the opening readings
so everyone has a chance to speak.[5] Many Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts: We welcome you to the [Name of Group] Al-Anon family group meetings begin with the "Suggested Al-Anon/Alateen Welcome", which starts are suggested Al-Anon family group meetings begin with the "Suggested Al-Anon family group meetings begin wi
of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon we discover that no situation is really hopeless, and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.[6] Stepping Stones in Katonah, NY, where Al-Anon was founded. Al-Anon was co-
founded in 1951, 16 years after the founding of Alcoholics Anonymous on June 10, 1935,[7] by Anne B. and Lois W. (wife of AA co-founder Bill W.).[8] Before the formation of Al-Anon, independent groups of families of alcoholics met. "Bill thought the[se] groups could be consolidated and that Lois should be the one to take it on."[8] Al-Anon adopted the
Twelve Steps of Alcoholics Anonymous for their own use, changing the word "alcoholics" in the twelfth step to "others" ("we tried to carry this message to others").[9][10] Its name derives from the first parts of the words "Alcoholics Anonymous".[11] Alateen, part of Al-Anon, began in California in 1957 when a teenager named Bob "joined with five
other young people who had been affected by the alcoholism of a family member."[12] Although people commonly turn to Al-Anon for help in stopping another's drinking, the organization recognizes that the friends and families of alcoholics are often traumatized themselves and in need of emotional support and understanding. According to Lois W.:
After a while I began to wonder why I was not as happy as I ought to be, since the one thing I had been yearning for all my married life [Bill's sobriety] had come to pass. Then one Sunday, Bill asked me if I was ready to go to the meeting with him. To my own astonishment as well as his, I burst forth with, "Damn your old meetings!" and threw a shoe
as hard as I could. This surprising display of temper over nothing pulled me up short and made me feel desperately needed, had vanished ... I decided to strive for my own spiritual growth. I used the same principles as he did to learn how to change my
attitudes ... We began to learn ... that the partner of the alcoholic also needed to live by a spiritual program. [13] Al-Anon/Alateen literature focuses on problems common to family members and friends of alcoholics such as excessive care-taking, an inability to differentiate between love versus pity and loyalty to abusers, rather than the problems of the
alcoholic.[5] The organization acknowledges that members may join with low self-esteem, largely a side-effect of unrealistically overestimating themselves for the other person's behavior.[5] Participation in Al-Anon has been associated with
less personal blame by women who, as a whole, engage in more initial personal blame for the drinking than men.[14] Family members of alcoholics begin to improve as they learn to recognize family pathology, assign responsibility for the pathology to a disease, forgive themselves, accept that they were adversely affected by the pathology and learn to
accept their family members' shortcomings.[15] Al-Anon members are encouraged to keep the focus on themselves, rather than on the alcoholic. Although members believe that changed attitudes can aid recovery, they stress that one person did not cause, cannot cure and cannot control another person's alcohol-related choices and behaviors.[16] Al-
Anon's primary purpose is to help families and friends of alcoholic's spouse is active in Al-Anon and the alcoholic is more likely to be increased and parenting by both is more
likely to improve. [17][18] A 1999 clinical analysis of methods used by concerned significant others (CSOs) to encourage alcoholics to seek treatment indicated that Al-Anon participation was "mostly ineffective" towards this goal. The psychologists found community reinforcement approach and family training (CRAFT) "significantly more" effective
than Al-Anon participation in arresting alcoholism in others.[19][20] In 2015, Al-Anon Family Groups published its 2015 Member Survey Results of demographic and other information from Al-Anon members in Canada and the United States Of the 8,517 respondents, 93 percent identified as white, 83 percent as female and 61 percent as married.
Twelve percent of the respondents had children under age 18 at home, [21] while "80 percent of respondents initially joined Al-Anon because a person with a drug problem was negatively affecting their lives". [21] For the
2006 Alateen Member Survey, conducted in the U.S., 139 Alateen members responded. Sixty-five percent were female, 35 percent were female, 72 percent were female, 72 percent were female, 72 percent were female, 35 percent were female, 35 percent were female, 36 percent were female, 37 percent were female, 38 percent were female, 39 percent were female, 39 percent were female, 30 percent w
may be depicted as an inverted pyramid, with the organization's headquarters (the World Service Office) at the bottom and the "autonomous" [23] groups at the top. Al-Anon and Alateen members meet in Groups for fellowship and support. Each Group may elect a Group Representative (GR) to represent a group at District meetings. [24] Al-Anon and
Alateen Groups' Group Representatives (GRs) attend District meetings they discuss service activities, Group issues (their primary purpose being to be a forum for Groups) and information from their Area and the World Service Office (WSO) of Al-Anon and Alateen, with GRs having voting privileges. A District may host regular
events, such as workshops and speaker meetings, for the local fellowship, [24] An Area comprises several Districts, (For example, Texas is divided into two Al-Anon and Alateen Districts, for a total of about 24 in the state, [25]) Each Area has regular meetings (known as
Assemblies) where Group Representatives (GRs) meet and vote on issues impacting that Area Assembly, GRs elect a Delegate to the annual World Service Conference (WSC) (aka "The Conference"). The WSC meets annually to interface with the
World Service Office (WSO), which is managed by administrators and overseen by the Board of Trustees (who meet more regularly themselves). Al-Anon promotes democracy and accountability. According to one of its General Warranties of the Conference, "That though the Conference serves Al-Anon it shall never perform any act of government; and
that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action." Another states "That no Conference member shall be placed in unqualified authority over other members."[27] According to Tradition Two of Al-Anon's Twelve Traditions: "Our leaders are but trusted servants—they do not
 Areas through elected Delegates and ultimately responsible to the Groups. According to Concept One of Al-Anon's Twelve Concepts of Service: "The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon Groups." [28] When Love Is Not Enough: The Lois Wilson Story is a 2010 film about the wife of AA co-founder Bill
 Wilson and the beginnings of AA and Al-Anon. The 1994 film When a Man Loves a Woman "...confronts the realities of substance abuse as it affects all members of one family with an alcoholic at its center."[29] The alcoholic is played by Meg Ryan and her husband, who makes his way to an Al-Anon meeting, is played by Andy García. The hosts of
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doi:10.1080/13668809808414699. Wikimedia Commons has media related to Al-Anon/Alateen Online Bookstore Retrieved from " Al-Anon Recovery 
and confidential space for individuals to share their experiences, strength, and hope with others who understand what they are going through. Addiction is an all-encompassing disease, so naturally, there's a very broad list of potential topics for discussion, ranging from managing family relationships to finding humor during hard times. Al-Anon
meeting topics tend to fall under the following categories: Members learn about the physical, emotional, and psychological effects of alcohol addiction and how it can impact relationships, finances, and overall well-being. This insight helps for better understanding and empathy with the loved one struggling with a drinking problem. Providing support
and guidance for the emotional pain, stress, and confusion that often accompanies loving someone who struggles with alcohol addiction is one of the main goals of the organization. Members learn how to take care of themselves, set healthy boundaries, and manage their emotions. They learn about the importance of self-care and self-compassion for
the sake of themselves and the addicted person they want to support. Alcoholism hurts everyone around the drinker and can leave loved ones with feelings of anger, guilt, or hopelessness. Some topics offer messages of hope and healing for members who may have felt helpless and alone in their struggles. They learn that they are not alone in their
experience and that there is a way forward. Al-Anon members will be encouraged to explore how alcoholism has affected their relationships with the person struggling with addiction without enabling them. Although Al-Anon members are not
responsible for the alcohol addiction of their loved ones, they can take accountability for their own actions and reactions. This means taking ownership over their behaviors that may have been enabling or triggering to their addicted loved one; or a guilt trip that can leave a person feeling more isolated than inspired to change. Al-Anon members learn
that they cannot control the behavior of the person struggling with addiction, but they can control how to let go of the need to control and accept the things they cannot change. Al-Anon members learn to focus on the present moment and to let go of the past and the future. They learn how to live in the present and
enjoy life despite the challenges that come with living with someone who struggles with addiction. Al-Anon isn't a religious organization but many members find that their spirituality and how it can be incorporated into recovery
The topic discussed as an Al-Anon meeting is largely shaped by the type of meeting that's being held. There are twelve different formats that meetings may rotate between. Meeting formats will also change how the discussions are conducted, and who's allowed to attend. Step Study - Study of the classic Twelve Steps. Typically covered once a month
Closely related are the Concepts and Principles meetings. Traditions Study - The group studies one or more of the Al-Anon as well as of the group itself. Applying them to family relationships may offer new insight. Slogans Study - Al-Anon or Alateen Traditions, keeping in mind their value in maintaining the unity and growth of worldwide Al-Anon as well as of the group itself. Applying them to family relationships may offer new insight. Slogans Study - Al-Anon as well as of the group itself.
involves many slogans. Members are invited to explain how the slogan could be used to solve a specific problem. Personal Stories - One or more members are asked in advance to speak at the meeting and tell how the Al-Anon program helped them find a new way of life. Topic Discussion - The
chairperson or leader presents a topic to help members share the principles of the program and discuss the subject as it applies to them. Panel Discussion - Members are invited to write anonymous questions which are answered by the group or the chairperson. Exchange Meeting - An individual or team of speakers from another Al-Anon/Alateen
group may exchange speakers. Open Meeting - Non-Al-Anon members may attend. This includes friends, A.A. members, a husband, wife, and child team, members of the clergy, doctors, social workers, or other professionals in the field of alcoholism
 Beginners Meeting - An introductory meeting may be held 30 to 45 minutes before the regular meeting to acquaint newcomers with the Al-Anon meetings, but the focus may vary depending on the specific meeting and the needs of the group. The
meetings provide a supportive, non-judgmental space for individuals to share their experiences, gain insight, and find hope and healing. Ready to get started? Check out our directory to find in-person and virtual Al-Anon meetings near you. Al-Anon meetings near you. Al-Anon meetings near you.
Family Groups, which include Alateen for teenagers, provide support and encouragement to anyone affected by someone else's drinking. There are no dues or fees for membership. Attendance of Alateen is limited to teenagers and the adult Al-Anon members who are certified as Alateen Group Sponsors. Individuals referred to Al-Anon and Alateen
groups benefit from contact with their peers who have similar experiences and are applying the Al-Anon program to their daily lives. They learn the facts about a relative or friend's addiction to alcohol and how it affects all who are close to the drinker as well as the drinker. Al-Anon and Alateen groups meet locally in over 118 countries. There are also
electronic meetings (via email, telephone, and social media). Information about Al-Anon Family Groups is available in English, Spanish, and French on our website. Note: 1. Membership in Al-Anon Family Groups is available in English, Spanish, and French on our website.
disclosure of their Al-Anon membership as followers of the Al-Anon Family Group Headquarters, Inc. 's LinkedIn page. Thank you for helping to uphold Al-Anon's principle of anonymity at the media level. 2. AFG, Inc. cooperates with professionals but does not endorse or recommend professional viewpoints. Comments posted by LinkedIn members are
the personal opinions of these members and do not reflect the opinions of the Al-Anon Family Group Headquarters, Inc. In keeping with Al-Anon's Twelve Traditions, the Al-Anon Family Groups are not affiliated or allied with any organization or entity. Happy work anniversary, Michael Rodriguez! Congratulations on celebrating 29 years with Al-Anon's Twelve Traditions, the Al-Anon's Twelve Traditions, the Al-Anon's Twelve Traditions on celebrating 29 years with Al-Anon's Twelve Traditions of the Al-Anon's
Family Group Headquarters, Inc. Thank you for your hard work and dedication to our organization. You are an important member of our team, and we look forward to many more years of working together to make our mission, vision, and values a reality for families and friends affected by a loved one's alcoholism. Al-Anon Family Groups' World
Service Conference (WSC), Al-Anon's annual business meeting, is the principal guarantor of Al-Anon and Alateen's harmony and survival. The first WSC took place in April 1961 in New York City, USA. Al-Anon just held its 65th WSC in April 2025 in Windsor, Connecticut, USA. Within Al-Anon's World Service Office (WSO) Archives collection, there are
numerous WSC artifacts, records, audio recordings, and other ephemera. Conference history is fascinating. Visit the WSO and tour the Archives! It is an enriching experience for anyone interested in Al-Anon's journey
#annualbusinessmeeting #FamilyDisease #Recovery #alcoholism #12Steps #12Traditions #12Concepts Al-Anon is an organization for family and friends of someone with a drinking problem. Al-Anon meeting topics are topics chosen by a meeting leader—the chairperson—for discussion at an Al-Anon Family Groups meeting. Al-Anon meeting topics
are related to the experience of dealing with a friend or family member who has a problem with alcoholism. Sometimes the topic and share their related experiences, strengths, and hope. Learn more about Al-Anon Family Groups
and Al-Anon meeting topics. Al-Anon is a support group for the family and friends of someone who has a drinking problem. It is distinct from Alcoholics Anonymous (AA), which is an organization that helps individuals recover from a drinking problem. It is distinct from Alcoholics Anonymous (AA), which is an organization that helps individuals recover from a drinking problem.
the person with the drinking problem, but rather to teach the family and friends of that person how to cope, stay safe, and hope. Research has shown that people who attend Al-Anon meetings over the course of at least six months report
improvements such as increased well-being and a better ability to handle problems related to their loved one's alcohol use. Al-Anon meeting topics are always related in some way to addiction and the process of recovery. Each meeting topics are always related in some way to addiction and the process of recovery.
The idea is that listening to the stories of others and sharing your own experiences will help you learn about addiction, feel less alone, and better understand and support the person with the drinking problem. Below are some of the topics that seem to be of most interest to those who are newcomers to Al-Anon Family Groups, or who want to learn
disease can help you understand how the alcoholic goes through cycle after cycle of swearing off alcohol but returning to their same habit days later. Explore that topic. You may get mixed messages about anger in your household. Are you told to control your anger but others in the family are allowed to explode violently? At Al-Anon, you learn that
anger is a natural and normal emotion. Being angry is okay, it's what you do with the anger that makes a difference. The Al-Anon meeting opening statement says, "So much depends on our own attitudes, and as we learn to place our problem in its true perspective we find it loses its power to dominate our thoughts and our lives." What attitude is
dominating your life? The principles you learn in Al-Anon Family Groups can help deal with changes as they come in life - sometimes major changes. You have choices. You have to accept the things you cannot change. You do not have to accept
unacceptable behavior. You have the right to make decisions that are in your best interest—to decide not to be around alcoholic behavior and to walk away from fights and arguments. And to decisions? Do you have control issues? If you step interest—to decide not to be around alcoholic behavior.
and try to solve problems for others you rob them of the dignity of being able to make their own mistakes and learn from them. Are you learning to "let go and let God?" Courage to change is not something that comes naturally to those who grew up in alcoholic homes. You may have found yourself being comfortable in relationships that were not only
not healthy but downright sick. In order for all that to change, you have to seek courage from an outside source. Are you able to deal with major crises but find yourself driven crazy by the small, everyday ones? Are you able to deal with major crises but find yourself driven crazy by the small, everyday ones? Are you able to deal with major crises but find yourself driven crazy by the small, everyday ones? Are you further to change, you have to seek courage from an outside source. Are you able to deal with major crises but find yourself driven crazy by the small, everyday ones? Are you further to change, you have to seek courage from an outside source. Are you further to change, you have to seek courage from an outside source. Are you further to change, you have to seek courage from an outside source. Are you further to change, you have to seek courage from an outside source. Are you further to change, you have to seek courage from an outside source. Are you further to change, you have to seek courage from an outside source. Are you further to change from an outside source for all that to change from an outside source for all that to change from an outside source for all that the further to change from an outside source from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further to change from an outside source for all that the further than the furth
damaging and destroying others? Have you learned that it isn't your job to convince that person with an alcohol use disorder gets into a crisis, do you want to rush in and save the day? This can be the exact opposite of what
you should do to get that person to the point of reaching out for help. Some of the things that you do to try to help the person with an alcoholic use disorder are the very things that are enabling that individual to continue in the dysfunctional behavior. Are your expectations not reasonable at all when you are dealing with your loved one with an alcoholic use
use disorder? You may be setting yourself up for disappointment and frustration until you learn to adjust your expectations closer to reality. Emptiness is the loneliness that comes with living with and trying to love someone who was just not "there." Someone who doesn't care about anything else but alcohol. Have you tried to fill that void with less
than healthy things? You may have come to Al-Anon thinking the person with an alcohol use disorder was the only one who was exhibiting insane behavior. But when you focus on yourself, you may realize that some of your behavior and thinking are also off-kilter. That's why they call alcoholism a family disease. Are you afraid or even terrified of being
alone or abandoned? Do you go to any lengths to hold on to a relationship, no matter how unhealthy or harmful because you are afraid of not ever being able to have another one? One of the 12 Traditions of Al-Anon states that we have no opinion on outside issues. Someone else's drinking or behavior is an outside issue. How do you keep the focus on
your spiritual journey of recovery and not on anyone else's behavior? It seems to be one of those "spiritual truths" that before you can be forgiven, you must first move. God does not require you to "feel" like forgiving, only that you
forgive. By doing so, by taking that first step, even just faking it until you make it even, then God is able to give you a forgiving heart. Do you find yourself feeling sorry for yourself? A suggestion is to sit down and write out a gratitude list. It is amazing how that really works to chase away the gloom. Do you work on your Al-Anon program every day?
Do you see how that keeps you making progress, or at least prevents the worst backward slides? Do you have difficulty with the honesty part of the program? After years of covering up and keeping secrets, it can be hard to be open and honest. It may sound like a trite saying, but there is a lot of wisdom in the suggestion to keep it simple. Are you
practicing the principle of letting go and letting go and letting go and letting God in relation to living with an alcoholic, but also in dealing with many other things? Learning it is okay to live your life without it revolving around an alcoholic can be new territory. How can you learn to live and let live? When you start looking after yourself first and addressing your problems, you
aren't contributing as much to the chaos and confusion. The person with an alcohol use disorder can stop reacting to your efforts to control them. You won't be stopping them from drinking, but your situation and attitude will be changed. At Al-Anon, somebody else's drinking is none of your business, You are not responsible for someone else's choices
The shame and the embarrassment caused by their behavior doesn't belong to you, it belong to you, it belong to you, it belong to make their own mistakes and, hopefully, learn from them. You can only do your part
right, share your experience, strength, and hope when it's appropriate to do so. The slogan "one day at a time" sounds like another one of those trite sayings that are overused, but there really is a lot of wisdom in reminding yourself to not live in the past or project the future, but deal with the here and now. You may have come to Al-Anon never once
thinking you were powerless, that there was a problem. Step 1 is admitting you are powerless over alcohol. Do you have to find a way to fix any disagreement? Step 2 says we came to believe a power greater
than ourselves could restore us to sanity. Have you accepted that you are insane and need that help? Or do you still maintain that only the alcoholic is the crazy one? Do you have problems with an alcohol use disorder. Crises,
problems, grief, abuse, chaos, anything but boredom. How can you accept the gift of serenity? Trust is a problem when you first come into Al-Anon. All the lies, the betrayals, and the secrets can leave your heart broken and hardened. Have you begun to learn to trust yourself and others? Part of Al-Anon's primary purpose is to "offer understanding and the secrets can leave your heart broken and hardened."
encouragement" to your loved one with an alcohol use disorder. It says in the Al-Anon meeting opening statement, "Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it." Can you really become unreasonable and not even know it? It difficult it is to detach when the "disease" is in
the various populations at risk for the disease, current statistics and trends, and psychological disorders that often accompany addiction. You will also find information on spotting the signs and symptoms of substance use and hotlines for immediate assistance. Just for Today Just for today, I will try to live through this day only, and not tackle my
whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime. Just for today, I will be happy. This assumes to be true what Abraham Lincoln said, that "most folks are as happy as they make up their minds to be." Just for today, I will try to strengthen my mind. I will study. I
will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration. Just for today, I will exercise my soul in three ways: I will do
somebody a good turn, and not get found out. I will do at least two things I don't want to-just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault
 with anything and not try to improve or regulate anybody except myself. Just for today, I will have a program. I may not follow it exactly, but I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better
perspective of my life. Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world, so the world will give to me. Page 2 Just for today, I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that
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 something that requires effort, thought and concentration. Just for today, I will adjust myself to what is, and not try to adjust everything to my own desires. I will do somebody a good turn, and not get found out. I will do at least two things
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Just for today, I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision. Just for today, I will have a quiet half hour, sometime, I will have a quiet half hour, sometime, I will have a quiet half hour, sometime, I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will have a quiet half hour all by myself from two pests: hurry and indecision.
afraid to enjoy what is beautiful, and to believe that as I give to me. Service Questions by Jan RFile Size: 328 kbFile Type: docxDownload File Al-Anon is a support group for friends and family members of individuals who struggle with alcohol
addiction. The meetings provide a safe and confidential space for individuals to share their experiences, strength, and hope with others who understand what they are going through. Addiction is an all-encompassing disease, so naturally, there's a very broad list of potential topics for discussion, ranging from managing family relationships to finding
humor during hard times. Al-Anon meeting topics tend to fall under the following categories: Members learn about the physical, emotional, and psychological effects of alcohol addiction and how it can impact relationships, finances, and overall well-being. This insight helps for better understanding and empathy with the loved one struggling with a
drinking problem. Providing support and guidance for the emotional pain, stress, and confusion that often accompanies loving someone who struggles with alcohol addiction is one of the main goals of the organization. Members learn how to take care of themselves, set healthy boundaries, and manage their emotions. They learn about the importance
of self-care and self-compassion for the sake of themselves and the addicted person they want to support. Alcoholism hurts everyone around the drinker and can leave loved ones with feelings of anger, guilt, or hopelessness. Some topics offer messages of hope and healing for members who may have felt helpless and alone in their struggles. They
learn that they are not alone in their experience and that there is a way forward. Al-Anon members will be encouraged to explore how alcoholism has affected their relationships and how they can build healthier ones in the future. They learn how to maintain healthy relationships with the person struggling with addiction without enabling them.
Although Al-Anon members are not responsible for the alcohol addiction of their loved ones, they can take accountability for their own actions and reactions. This means taking ownership over their behaviors that may have been enabling or triggering to their addicted loved one; or a guilt trip that can leave a person feeling more isolated than inspired
to change. Al-Anon members learn that they cannot control the behavior of the person struggling with addiction, but they cannot change. Al-Anon members learn to focus on the present moment and to let go of the past and the future. They
learn how to live in the present and enjoy life despite the challenges that come with living with someone who struggles with addiction. Al-Anon isn't a religious organization but many members find that their spiritual beliefs can be a source of strength and support during the recovery process. Meetings may include discussions of spirituality and how it is a religious organization but many members find that their spiritual beliefs can be a source of strength and support during the recovery process.
can be incorporated into recovery. The topic discussed as an Al-Anon meeting is largely shaped by the type of meeting formats will also change how the discussions are conducted, and who's allowed to attend. Step Study - Study of the classic Twelve
Steps. Typically covered once a month. Closely related are the Concepts and Principles meetings. Traditions Study - The group studies one or more of the Al-Anon as well as of the group itself. Applying them to family relationships may offer
new insight. Slogans Study - Al-Anon involves many slogans. Members are invited to explain how the slogan could be used to solve a specific problem. Personal Stories - One or more members are asked in advance to speak at the meeting and tell how the Al-Anon program helped them find a new way of
life. Topic Discussion - The chairperson or leader presents a topic to help members share the principles of the program and discuss the subject as it applies to them. Panel Discussion - Members are invited to write anonymous questions which are answered by the group or the chairperson. Exchange Meeting - An individual or team of speakers from
another Al-Anon/Alateen group may exchange speakers. Open Meeting - Non-Al-Anon members, a husband, wife, and child team, members of the clergy, doctors, social workers, or other professionals in
the field of alcoholism. Beginners Meeting - An introductory meeting may be held 30 to 45 minutes before the regular meeting to acquaint newcomers with the Al-Anon meetings, but the focus may vary depending on the specific meeting and the
needs of the group. The meetings provide a supportive, non-judgmental space for individuals to share their experiences, gain insight, and find hope and healing. Ready to get started? Check out our directory to find in-person and virtual Al-Anon meetings near you. Author: Matt Gonzales | Last Updated: 2/26/20 | 6 sources When a drinking problem
surfaces in someone's life, friends and family typically encounter an unpredictable wave of problems in their own lives. Al-Anon Family Groups, or simply Al-Anon, address these issues. Grounded in the traditions created by Alcoholics Anonymous, Al-Anon Family Groups, or simply Al-Anon, address these issues.
alcoholism. Extra care-taking A negative public image Being lied to Inability to trust Not knowing how to separate love and enabling Uncertainty about the future Oftentimes a loved one's alcoholism can be equally traumatic to their friends and family. By attending Al-Anon meetings, and interacting with others dealing with a similar situation, you may
gain a new perspective and a renewed sense of purpose. Al-Anon strives to help you keep a level head, and has a long history of success in helping families and friends of alcoholics tackle their issues. Looking to Help a Loved One? Our recovery programs are based on decades of research to deliver treatment that really works. Get Help Now History of
Al-Anon While Alcoholics Anonymous began to grow and attract its first legion of members in the 1940s, family groups started popping up where the loved ones of AA members gathered and talked. Wives of AA members would meet up at "coffee and cake" groups to help one another work out their issues at home. In 1951, Lois B. — wife of AA
founder Bill W. — collaborated with her friend Anne B. on consolidating these groups into a fellowship of their own, based largely off the 12-Step method of AA. Al-Anon was founded to help friends and family of alcoholics in 1951. Al-Anon was founded to help friends and family of alcoholics in 1955. Word spread quickly about
Al-Anon as a companion to AA, and just like AA, the groups started popping up around the world within years. It has grown every year since its inception, now with nearly 400,000 members in 130 countries. The life of Lois B. has been well-
documented, for her extensive efforts in generating interest in Al-Anon and providing a major resource for those affected by a loved one's alcohol addiction. Her life and the beginnings of Al-Anon were the subject of a Hollywood motion picture, and she is often considered one of the most important women of the 20th century. How Does It Work?
When Lois B. founded Al-Anon at the suggestion of Bill W., she decided that it should closely follow the proven 12-Step philosophy of Alcoholics Anonymous. The 12 Steps of Al-Anon meeting. The members of each group - of which there are 26,000
around the world - can steer the meetings as they see fit. Each meeting is different, and Al-Anon fits well with their life. In general, meetings consist of open and honest conversations among members about their loved one's problem, how it affects them, and any
progress they make in tackling their own issues. Anonymity plays a major role in Al-Anon. Members use just their first names, and there is an understood level of trust among all members to delve into their problems and receive helpful feedback from
others, without fear that their privacy will be intruded upon in any way. Alateen Not long after Al-Anon launched, in 1957, a teenage son of AA/Al-Anon parents started the first meeting for children of alcoholics in California. Alateen was started, and was promoted through Al-Anon. Today, there are more than 2,000 Alateen groups around the world.
Much like Al-Anon, Alateen welcomes youths dealing with alcohol addiction among their family or friends and allows them to share their stories. Members of Alateen are encouraged to understand that alcoholism is a disease and they are not the cause of a family member's drinking, nor can they change anyone. Through these meetings, teens often
learn how to better love themselves and their affected love one, and detach themselves from the situation so they can continue living fulfilling and enjoyable lives. Seeking help for your teen? Let us help you find treatment specifically catered to teens. Get Help Now Effectiveness 92 Percent of Al-Anon members report a positive experience from the
group. In a recent survey of 8,500 Al-Anon members, the most common response was "Al-Anon members report a positive experience from
the group. One focal point of these meetings is helping members realize that it's not their responsibility to cure their loved one's alcoholism. In teaching members how to approach the problem and carry on with their own lives in the face of these hurdles, Al-Anon has a proven track record of success. Al-Anon for Drug Problems Although designed with
alcoholism in mind, Al-Anon welcomes friends and family members of drug addicts as well. A 2015 survey of Al-Anon meetings due to a friend or relative's drug problem. These members are encouraged to share their stories and find solace in the group alongside everyone
else. Surprisingly, 85 percent of these members realize over the course of their Al-Anon experience that their lives have been negatively affected by someone's drinking as well. Finding Your Nearest Meeting, or Alateen meeting, can be found on the organization's website. A search will provide
contact information and websites for groups in your area. You can also find information about online meetings. The Al-Anon or Alateen is right for you. Medical Disclaimer: DrugRehab.com aims to improve the guality of life for people struggling with a substance use
or mental health disorder with fact-based content about the nature of behavioral health conditions, treatment options and their related outcomes. We publish material that is researched, cited, edited and reviewed by licensed medical professionals. The information we provide is not intended to be a substitute for professional medical advice, diagnosis
or treatment. It should not be used in place of the advice of your physician or other qualified healthcare provider.
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