

Friday Flexible Al-Anon Group Inventory

(G8a Al-Anon “Taking a group inventory pamphlet.”)

The group inventory is a process which helps the group meet the needs of the people who attend the Al-Anon group. Groups are not cast in stone, they evolve and grow as needed by the group conscience of the Al-Anon members who attend them.

“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 openly discuss the responses, comments, and suggestions. Most members find that the answers to any questions that arise can be solved by application of the Twelve Traditions as well as by using the Al-Anon/Alateen Service Manual (P-24/27).

Suggestion for our group inventory process:

On the dates decided at the March 22 Group Conscience, the following document will be made available by print out in the meeting and also via the group Email which announces the meeting and by request will be made available. It is derived from the CAL Document G8a referenced above.

Along with this document, a lined piece of paper will be handed out, for digital copies the comments can be created in a separate document which you can then email to the group. For the last 30 minutes of the first meeting each member will write down the Part Number (I,II,III) and then the question number and write their answer on the paper.

Members can skip questions or only provide answers to the questions that seem most relevant to them.

The paper should not be signed and will be collected at the end of the meeting or sent to the email address ____?_____.

During the second meeting the papers will be randomly handed out and we will read the answers provided and discuss.

As we work the 12 steps in our lives, the process of inventory is a touchstone – a reality check for how we are doing. It can also be a beacon toward our shared goal of “letting it begin with me”. This inventory will allow group members to express their thoughts and feelings about how we are doing as a group and how we can continue to provide comfort to the families members of alcoholics. The inventory process asks us to write down our thoughts in three broad areas:

- I. Your view of Al-Anon
- II. Your view of our weekly Al-Anon meetings
- III. Your part as member of the Al-Anon group.

I. Your View of Al-Anon

1. Do we, as a group, follow the Traditions?
2. Do we criticize one another in the group or gossip about them?
3. Are group business meetings held regularly?
4. Are group business meetings held in a way in which members feel safe to share opinions?
5. Are members pressured by dominant members to accept their ideas?
6. Does our group have a process for the minority voice to be heard even after we've made a decision?
7. Do members purposely reveal their length of time in Al-Anon to gain credibility during group discussions?
8. Are we forming cliques or being indifferent to other members of the group?
9. Is the group process adequate for informing other members about local, Area and worldwide Al-Anon events and concerns?
10. Does our group undertake service projects on its own or in conjunction with the district AIS or Area?
11. Is our group active and supportive at the district and area levels? Do we send reps and Fin. contributions to the District, AIS, Area and World service?
12. Are there ways in which the group is not fully self supporting?
13. How does the group show its support for Alateen? Is their lit. available?
14. Are several eligible Al-Anon members certified to be of service to Alateen if the local group needs help?
15. Do we have CAL? Do we regularly order CAL? Do we have a lending library?
16. Is the group's copy of the *Al-Anon/Alateen Service Manual* available for members to use?
17. Does the meeting format allow time for reports from group officers?
18. Do we make an effort to give a warm welcome to newcomers?
19. Do we welcome everyone to our meeting regardless of age, gender, appearance, etc.?
20. Are teenagers welcomed at our meeting?
21. Are newcomers encouraged to share? Do we read the "Three Obstacles to Success in Al-Anon" and explain what is appropriate to share in a meeting?
22. Are newcomers given at least one member's telephone number, a schedule of meetings, and some Al-Anon/Alateen literature?
23. Do we let newcomers know what sponsorship is and how to obtain a sponsor?
24. Does our group process for selecting a Chairperson/Leader for the weekly meetings encourage members to volunteer to serve? Are the Chairpersons/Leaders prepared?
25. Do all members have an opportunity to participate in service to the group?
26. Is there rotation of leadership in the group?
27. Does the group have a process for handling problems? If so, are members aware of the process?

II. Your view of our weekly Al-Anon meetings

1. Is the meeting location convenient, safe, and welcoming?
2. Do members arrive early to welcome newcomers and visiting members?
3. Is Al-Anon's principle of anonymity explained when newcomers or visitors are present? Do we emphasize the importance of not repeating who we see and what we hear at the meeting?
4. Does the meeting follow the "Suggested Meeting Format Outline" in *Al-Anon and Alateen Groups at Work* (P-24)?
5. Is there a Chairperson scheduled for each week?
6. Are our meetings fresh, interesting, and helpful?
7. Do we encourage everyone to participate in the discussions by sharing and listening?
8. Do we refrain from giving advice?
9. Are our meeting topics Al-Anon related?
10. Do we make good use of our Conference Approved Literature (CAL) and *The Forum* for themes and topics for meetings?
11. Do we stick to the subject of the meeting or wander off on tangents?
12. Are we easily diverted from the topic in order to focus on a member's problem?
13. Do we avoid discussions of the alcoholic and his/her shortcomings?

III. Your view of our weekly AI-Anon meetings

1. Do I attend the meetings regularly?
2. Do I usually arrive a few minutes early and/or stay a few minutes after the meeting to help setup or put away tables, chairs, literature, or refreshments, and to welcome newcomers?
3. Do I periodically volunteer to chair/lead a meeting?
4. Do I attend steering or business meetings and offer ideas for improvement?
5. Can I accept disagreement and differing points of view good-naturedly?
6. Do I keep the focus on AI-Anon by maintaining my anonymity if I am also a member of another recovery program?
7. Do I volunteer for, or willingly accept, a group office for which I am eligible, such as: Secretary, Chairperson, Program Chairperson, Treasurer, or Group Representative?
8. Do I understand that private, personal circumstances compel some members to limit their service to the group?
9. Do I criticize others in the group or gossip about them?
10. Do I criticize or gossip about other groups?
11. Do I ever repeat anything personal I have heard at meetings or from another member outside of the meeting?
12. Do I communicate with other members for my personal recovery and to help others, rather than to complain and gossip?
13. Do I welcome new members, talk with them, suggest pieces of AI-Anon/Alateen literature, and offer my phone number or the group's telephone list and local meeting schedule?
14. Do I volunteer to sponsor newcomers? Am I presently sponsoring another member?
15. Do I read AI-Anon/Alateen literature everyday, 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?
16. Do I keep the focus on AI-Anon and my own recovery when I share?
17. Do I interrupt or carry on a conversation while another member is speaking?
18. Do I listen carefully to the speakers, the Chairperson, and other group members?
19. Do I avoid giving advice to members?
20. Do I try to make the fellowship known to others who need help? Do I participate in group service projects?
21. When group problems arise, do I focus on the problem or the solution?
22. Am I willing to support the group conscience even when I disagree with the outcome?
23. Do I show interest in the group officers' reports?