

- Leader Format -
SCFC Men's Stag DOUBLE WINNERS Thursday 7:30 PM Meeting

***Ensure all Laminated Readings are distributed at start of meeting. ** Chairs are circle format.*

7:30pm -- Good evening, my name is _____ and I'm a Double Winner!
I am your alcoholic/Al-Anon leader this evening.

Welcome to our Double Winners' Al-Anon meeting for recovering alcoholic men, focusing on Al-Anon principles. We want to apply good principles and concepts in all our relationships.

READ THIS ONLY IF NEWCOMERS PRESENT - What is a Double Winner?

[We call ourselves DOUBLE WINNERS because, firstly, we are WINNERS in that we follow the 12 steps of AA which teaches us how to live and deal with ourselves. Secondly, we are also WINNERS because we follow the 12 steps of Al-anon which teaches us how to live and deal with everyone else in our lives. The two together makes us DOUBLE WINNERS, and through the two programs, we learn how to live internally and externally on the journey to greater serenity. Accordingly, we learn how to apply good principles and concepts in all our relationships, including with ourselves.]

THIS IS A CLOSED AL-ANON MEETING – FOR SOBER ALCOHOLIC MEN ONLY!

READINGS:

1. I've asked a member to please read **The Opening Prayer**;
2. I've asked a member to please read about **Detachment**;
3. I've asked another member to please read about **Letting Go**;
4. Finally, I've asked a member to read the **Do's and Don'ts**.

The focus of this meeting is on ourselves, not on how OTHERs need to change or may be victimizing us. Please put away the microscope and get out the mirror. This is a solution-oriented topic meeting.

The mainstay of our meeting is anonymity. What is said here stays here.

Let's go around the room introducing ourselves – starting on my Left.

From the list of 52 topics, I have chosen to talk about (see topics on back):

~LEADER SHARES FOR 3-5 MINUTES~

The **meeting is now open** for sharing. We will go around the circle starting on my left /right.

At 8:25 pm – It is now time for the Secretary's report.

At 8:30 pm – Stand for Serenity Prayer.

Double Winners Meeting Topic List:

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| <p>1) Setting boundaries.</p> <p>2) Accepting others as they are.</p> <p>3) Not responsible for others.</p> <p>4) Self-care.</p> <p>5) Expressing anger.</p> <p>6) Letting go the need to control.</p> <p>7) Letting go while caring & loving another.</p> <p>8) Being independent.</p> <p>9) Being loving but not responsible for others.</p> <p>10) Letting go of guilt.</p> <p>11) Obsessions & learning to detach.</p> <p>12) Making amends & changing my actions.</p> <p>13) Courage to change.</p> <p>14) Acceptance, not approval.</p> <p>15) What's my part?</p> <p>16) Responsibility for and to myself.</p> <p>17) Giving up responsibility for others.</p> <p>18) Detaching with love.</p> <p>19) Owning our power.</p> <p>20) Recognizing my choices.</p> <p>21) Being open w/out being vulnerable.</p> <p>22) Allowing ourselves to be vulnerable.</p> <p>23) Appreciating and accepting others.</p> <p>24) Powerlessness over others.</p> <p>25) Dependency.</p> <p>26) Healing from a dependent relationship.</p> | <p>27) I am responsible.</p> <p>28) Trust.</p> <p>29) Allowing others to be themselves.</p> <p>30) Controlling others.</p> <p>31) Love and trust.</p> <p>32) Letting go of chaos.</p> <p>33) Peace with the past.</p> <p>34) Commitment.</p> <p>35) Patience.</p> <p>36) Obsession.</p> <p>37) Dependent relationships</p> <p>38) Interdependent relationships.</p> <p>39) Practicing new behavior while others don't.</p> <p>40) Being honest with yourself.</p> <p>41) Not covering up for anyone's mistakes or misdeeds.</p> <p>42) Being a Responder, not a Reactor.</p> <p>43) Human Being vs. Human Doing.</p> <p>44) Not creating a Crisis.</p> <p>45) Not preventing a Crisis.</p> <p>46) Not manipulating Situations.</p> <p>47) Not arranging all the Outcomes.</p> <p>48) Permitting another to face reality.</p> <p>49) Having No Opinions on Outside Issues.</p> <p>50) Not Being a Doormat.</p> <p>51) Alcoholic marriage; both sober alcoholics.</p> <p>52) The Tyranny of Testosterone.</p> |
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