

Al anon s twelve steps twelve traditions

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Are Al-Anon 12 Steps the same as AA 12 Steps? Al-Anon employs a 12-step programme, similar to AA but applied through the perspective of a friend or family member of a person with AUD. The steps are: Admitting powerlessness over alcohol and recognising that their lives have become unmanageable.

What is the only requirement for membership in Al-Anon? Has only one requirement for membership—that each member has been affected by someone else's drinking.

What is the 12th tradition of Al-Anon? 8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers. 9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

What are the 12 principles of Al-Anon? The 12 spiritual principles of recovery are as follows: acceptance, hope, faith, courage, honesty, patience, humility, willingness, brotherly love, integrity, self-discipline, and service. Below are the spiritual principles of recovery, listed in order with the corresponding step: Step 1: Acceptance.

What are the three A's in Al-Anon? On the first day in Al-Anon, we are told the 3 C's: We didn't cause it; we can't cure it; and we can't control it referring to the addiction as well as the addict. Another triple I heard from my first sponsor is the 3 A's: Awareness, Acceptance, Action.

What are the three obstacles to success in Al-Anon?

Who pays for Al-Anon? There are no dues or fees in Al-Anon and Alateen meetings. Most groups pass a basket for voluntary contributions. Members are

asked to contribute what they can afford, so that the group can pay rent, provide literature, and offer support to local and worldwide service centers.

What are the 3 legacies of Al-Anon? Al-Anon's Three Legacies encompass Recovery through the STEPS, Unity through the TRADITIONS, and Service through the CONCEPTS. Adopted almost word for word from Alcoholics Anonymous, the Twelve Steps of Al-Anon are the Steps followed by each of us along this very personal path to recovery.

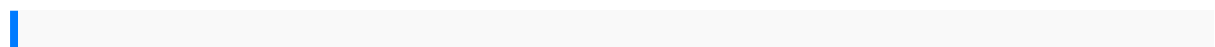
What is the Al-Anon prayer? God, grant me the serenity To accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference. We welcome you to the Serenity Seeker's Al-Anon Family Group and hope you will find in this fellowship the hope and friendship we have been privileged to enjoy.

What is Tradition 2 in Al-Anon? Tradition Two tells us that “for our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.” But what is a group conscience?

What are the 4 M's in Al-Anon? I was just reading some CAL (al-anon Conference Approved Literature) this after noon and read about something I had not read about before. The 4 M's. They are Managing, Manipulating, Martyrdom and Mothering.

What are the core beliefs of Al-Anon? In Al-Anon we learn individuals are not responsible for another person's disease or recovery from it. We let go of our obsession with another's behavior and begin to lead happier and more manageable lives, lives with dignity and rights; lives guided by a Power greater than ourselves.

What is the difference between the 12 steps and the 12 traditions? The difference between the 12 steps and the 12 traditions is not that big these two things are intertwined with each other. The 12 steps are the guidelines by which to get sober and recover. The 12 traditions act as the principles behind the steps and are meant to keep people focused on the primary purpose.



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