

AI-Anon Informational Session

Intro:

- A. Welcome to the guests.
- B. Introduce yourselves as AI-Anon members making sure to state that you are not professionals.
 - Include something like this which was taken from the WSO website. Remember that it is best to use your own words. (We have highlighted a couple things that are always good to include.) *AI-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the AI-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, **whether or not the alcoholic admits the existence of a drinking problem or seeks help.** AI-Anon and our Alateen program for teens are **not religious programs** and there are **no fees or dues** to attend. We use our AI-Anon 12 Steps and 12 Traditions adapted from Alcoholics Anonymous. We are always careful to protect each other's **anonymity** as well as that of all AI-Anon, Alateen, and AA members.*
Today we are here to demonstrate what a meeting is like to give you a little taste of the real thing.

Meeting:

- A. Serenity Prayer
- B. Read the Suggested AI-Anon Welcome (From AI-Anon/Alateen Service Manual 2018-2021 <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>)
- C. Read the Suggested AI-Anon Preamble to the Twelve Steps (From AI-Anon/Alateen Service Manual 2018-2021)
- D. Read the 12 Steps
- E. Read the 12 Traditions including the introductory paragraphs (From AI-Anon/Alateen Service Manual 2018-2021)
- F. 1st member: Share (Suggest answering these three questions within your share.)
 - G. What was your life like before you came to AI-Anon?
 - H. What brought you to AI-Anon?
 - I. What is your life like today with AI-Anon?
- J. If two members are present: 2nd member: Share (Suggest answering same three questions within your share.)
- K. Suggested Closing (From AI-Anon/Alateen Service Manual 2018-2021)
- L. AI-Anon Declaration: "Let it begin with me...."

Closing Comments:

- A. Share how to find an AI-Anon meeting including suggestion of attending at least 6 meetings before deciding if AI-Anon is right for you. (Refer them to seattle-al-anon.org for current meeting information.)

Q & A

If common questions do not come up, presenters might bring them up. (Examples: The use of the word God and He in Steps and Traditions, results of efficacy from our 2018 Member Survey, etc.)

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