

TEAM Event Questions for “Obstacles to Success” Small Group Discussion

**GOSSIP: an obstacle to success**

**in the Al-Anon Program**

Questions have been either taken directly from or gleaned from our literature, or from the experience, strength and/or hope of an Al-Anon member.

1. **When have I allowed public controversy, drama or gossip to affect:**

**... my personal relationships?**

**... service in Al-Anon?** (Discovering Choices, page 280)

**FEAR OF FAILURE: an obstacle to success**

**in the Al-Anon Program**

Questions have been either taken directly from or gleaned from our literature, or from the experience, strength and/or hope of an Al-Anon member.

1. **What if I forget my story when it’s my turn to share?** (When I got Busy, I got Better, page 5)

2. **What if I lose our literature, break our coffee pot, alienate my group, or lose our treasury?** (When I got Busy, I got Better, page 5)

3. **What if I am distracted, lose heart, am unable to finish a project?**

4. **What if I take on a responsibility and don’t do it well?**

5. **What if I forget to follow through, drop the ball?**

6. **What if I disappoint myself or others?**

7. **What are my special talents?** (When I got Busy, I got Better, page 18)

8. **Am I ready for new growth?** (When I got Busy, I got Better, page 20)
9. **How can I pass on the support I have received?** (When I got Busy, I got Better, page 20)
10. **Am I ready to make a difference?** (When I got Busy, I got Better, page 21)
11. **What abilities have I learned to trust in Al-Anon?** (When I got Busy, I got Better, page 30)
12. **How does practicing Step 3 alleviate my fears?** (Pages 19-21, Reaching for Personal Freedom)
13. **How does the Serenity Prayer apply to what may be worrying me...?** (page 72, Discovering Choices)
14. **How does sharing at a meeting enhance my recovery?** (page 106, Discovering Choices)
15. **How can participation during meetings and/or service help me to learn how to speak to or work with others in my life?** (page 106, Discovering Choices)
16. **How can I give back to Al-Anon based on my current level of comfort?** (page 147, Discovering Choices)
17. **What outcomes would I like to control in my relationships? Service?** (page 240, Discovering Choices)
18. **What negative outcomes do I fear?** (page 240, Discovering Choices)
19. **What would it take for me to see these negative outcomes in a positive light?** (page 240, Discovering Choices)
20. **How did I feel before getting involved in service for the first time? How do I feel now?** (page 258, Discovering Choices)
21. **How has my Al-Anon service changed my ideas about the program and how it works?** (page 258, Discovering Choices)

22. **How did working on an Al-Anon project affect or change my relationship with another member? ...for better or worse?** (page 258, Discovering Choices)

23. **What relationship skills did I learn from my involvement in a particular service position?** (page 258, Discovering Choices)

24. **How has service affected and/or enhanced other relationships?** (page 258, Discovering Choices)

25. **What passage from Conference Approved Literature has helped calm my fears?** (page 298, Discovering Choices)

26. **How can practicing the Steps, Traditions and Concepts help me overcome “fear of failure?” In what ways, specifically?**

27. **What slogans can I use to help me overcome “fear of failure?”**

**DISCUSSION OF RELIGION: an obstacle to success  
in the Al-Anon Program**

Questions have been either taken directly from or gleaned from our literature, or from the experience, strength and/or hope of an Al-Anon member.

1. **Have I learned to respect individual religious differences within Al-Anon?** (page 91, Having Had a Spiritual Awakening)

2. **How, specifically, could/does “discussion of religion” effect Al-Anon as a whole? ...individual progress in Al-Anon?**

3. **Is “discussion of religion” an “outside issue?” How so?** [see page 93, Al-Anon Family Groups (Traditions 1, 5, 6, 10, 11)]

4. **How might “discussion of religion” within the Al-Anon program be an “obstacle to success” for other members?** (see page 24, 2014-2017 Al-Anon/Alateen Service Manual).

5. How is “discussion of religion” different from a personal sharing about a spiritual/religious experience?

6. Could “discussion of religion” create or lead to members “engaging in controversy, contrary to our Al-Anon Preamble? (See the Al-Anon Preamble, page 3, Reaching for Personal Freedom; page 12, 2014-2017 Al-Anon/Alateen Service Manual; see the Preamble in the front of How Al-Anon Works)

7. How might “discussion of religion” negatively affect Al-Anon as a whole?

8. How might “discussion of religion” negatively affect a newcomer to the Al-Anon Program?

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THE FOLLOWING IS SORT OF A HOT TOPIC FOR ONE MEMBER, SO I HAVE PUT IT IN RED. I DIDN'T WANT TO EXCLUDE IT FROM THE QUESTIONS SINCE IT WAS GIVEN BY ONE OF OUR GROUP MEMBERS. HOWEVER, IF YOU DO NOT WISH TO USE IT, THAT IS FINE TOO.

9. **If there is no discussion concerning specific religious beliefs then, How was it that through many discussions the Our Father (the closing prayer) was taken out of many meetings, district and the WSO because it was stated to be “too religious?”**

Will all who care to joint me...

Take what you like and leave the rest.

Yes --- any attempt to manage, dirct or control any of the three (3) obstacles has had disastrous consequences for group harmony.

Concept 4 --- Participation is the key to harmony.

[Page 23, THE FORUM, May 2011.]

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The following questions on “gossip” were gleaned from How Al-Anon Works for Families and Friends of Alcoholics, Chapter 13 – Communication, page 96.

**Sharing through your experience strength and hope:**

- 1. How does “gossip” effect communication?**
  
- 2. How does “gossip” create a judgmental and competitive atmosphere in which no one can feel comfortable about being themselves or expressing feelings?**
  
- 3. Describe ways in which “gossip” is destructive, especially in communication with others?**
  
- 4. In what ways does “gossip” undermine Al-Anon’s healing nature?**
  
- 5. When I “gossip,” how am I trying to control another person or situation?**
  
- 6. Why is discussing the alcoholic and/or others considered “gossip?”**
  
- 7. How is “gossip” a distraction that keeps us from “focusing on ourselves”---our own recovery? (See the Al-Anon Suggested Welcome.)**

## **DOMINANCE QUESTIONS**

**Sharing your experience strength and hope:**

- 1. What does “dominance” mean to you?**
  
- 2. Describe “dominant” behaviors:**  
  
... in an Al-Anon group meeting?  
  
... in Al-Anon service?
  
- 3. How have you been effected by “dominant” behaviors?**
  
- 4. How have you, perhaps, affected another person or persons by “dominant” behavior?**
  
- 5. How do I use “dominance” to control others, situations or events?**
  
- 6. The need to “dominate” can cause distortions in a relationship. How so? (See The dilemma of the Alcoholic Marriage, page 13, paragraphs 2-3.)**

7. **How does “dominance” effect communication?**
  
8. **How does taking on a limited responsibility for a limited length of time prevent dominance, thus better serving the group to the best of my ability?**
  
9. **How does rotation of leadership prevent dominance in Al-Anon?** (See Tradition Nine, page 50 in When I Got Busy, I Got Better.)
  
10. **Does competition and perfectionism promote dominance? How so?** (See Tradition Nine, page 50 in When I Got Busy, I Got Better.)
  
11. **How does “dominance” hinder success in the Al-Anon program?**
  
12. **What slogans can aid me in our efforts to stop using “dominant” behaviors?**
  
13. (See page 66, Many Voices, One Journey.) We have a member, perfectly sincere and all that---but who practically takes over our meetings whenever a question is asked. She acts as an automatic answering service. Answers usually are pretty good but it would be better if others, not so quick on their feet, were given more of a chance to get into the act. **How can this be managed without offending our eager beaver?**

14. In Many Voices, One Journey, page 76, it says” “The three deadly enemies” are “Discussion of Religion, Gossip and Dominance.”

There is an inference here that “dominance” and “dictatorship” are synonymous.

**How does a “dictatorship” differ from a “democracy?” How does it negatively affect an Al-Anon Family Group? (See General Warranty #5.)**



**DOMINANCE  
ADDITIONAL QUESTIONS**

- 1. Is there a service commitment I am holding onto longer than the allotted time commitment?**
  
- 2. How does the first Tradition give me the right to offer my opinion? How can I do this without dominating or having to win?**
  
- 3. Am I expressing myself for unity or control?**
  
- 4. What can I do if one member starts to dominate the group?**
  
- 5. How am I a leader and trusted servant? How can I be a leader without “being in charge?”**

**GOSSIP  
ADDITIONAL QUESTIONS**

- 1. Am I avoiding something I don't want to face in my life right now?**
  
- 2. Am I willing to take an honest look at my gossiping? What stands in my way?**
  
- 3. How am I trustworthy?**
  
- 4. How am I respectful of other's private information?**
  
- 5. How am I dependable? Can I be depended upon to keep a confidence?**