

Meeting Date:
June 10, 2019

Monday Night How it Works AFG Open Meeting

TOPIC: Primary Purpose, Support without control,
Intentional Life

DATE: June 10, 2019 7pm – 8pm

Al-Anon Speaker: Mary Y, Brookfield

Book: Reaching for Personal Freedom, pg 92-94

The principle of Tradition Six applies to my relationships with family members and friends. The fact that we belong to different political parties or share different opinions does not dilute the purpose of friendship, or the relationship in our family. Staying true to my primary purpose keeps me focused on what's really important.

In my alcoholic home, I tended to have an overdeveloped sense of responsibility to help others. Without realizing it, I became the helper, fixer, and enabler. These sick dependencies gave me a false sense of security. In any relationship, one person cannot meet all the needs of the parties involved. Family members are responsible for their own spiritual, emotional, or physical well-being. If I am totally dependent on another person or outside entity, it can weaken my relationship.

I think carefully before I endorse or lend my name to anything. Practicing this Tradition helps me lead a more thoughtful, intentional life.

1. In what ways can I share differing opinions with others, without diminishing the quality of the relationship?
2. How does staying focused on the spiritual quality of others help me to have healthier relationships?
3. How can my over-dependence of someone else harm our relationship with each other?
4. How can someone else's over-dependence on me harm our relationship with each other?
5. How can Tradition Six help me to lead a more thoughtful, focused life?

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For more information: Call 414 688-6884