

Meeting Date:
June 18, 2018

Monday Night How it Works AFG Open Meeting

TOPIC: Step 6 – A practical tool

DATE: June 18, 2018

Al-Anon Speaker: Jim B, Hartland

Book: Reaching for Personal Freedom, Page 36 & 37

Step 6 is one of the most practical tools in Al-Anon. The first five steps lead me to an honest assessment of my life, including a new relationship with a Higher Power who propels me forward. Step Six shows me how to move forward with that Power, who is now in charge of my reactions, behaviors, and the details in my life.

I am aware of the need to work Step Six when I find myself tripping over some thought or concern. If I am running conversations in my head with people who are not with me, or going over and over some possibility or fear, then probably I'm aware of some aspect of my life or character defect that I am entirely ready for my Higher Power to remove.

Step Six is a very practical way to get out of an obsessive and dangerous way of thinking.

1. How can Step six help me to let go of my obsessive thinking and enjoy the present moment?
2. In what ways does Step Six prepare me to face everyday problems and worries?

**Waukesha State Bank
Community Room
S69W15273 Janesville Rd,
Muskego, WI 53150**

For more information: Call 414 688-6884