

Traditions and Concepts in Family Relationships

Tradition 1

1. What is my primary purpose?
2. What is the primary purpose of my family relationships?
3. Does my home provide an opportunity for each person to grow? Why/ why not?

Tradition 2

1. Do I believe “there is no winning or losing, only a journey to greater understanding”? Why not? What gets in the way?
2. How does decision making work in my family? Is there one person that makes a decision for everyone else?
3. Is the voice of a loving God being expressed in “the group conscience” in my home or has one member of the family become the ultimate authority?

Tradition 3

1. Do I try to be all things to all people all the time? Why? What’s my fear?
2. How can I treat others with acceptance, tolerance, and love?
3. Am I accepting myself and others as we are? How?

Tradition 4

1. When do I give too much weight to the perceptions of others rather than my own autonomy?
2. Tradition Four asks us to be obedient to the unenforceable. What does this mean to me? If no one can punish me for breaking the Traditions, then why should we (in our home) try to abide by them?
3. Where in my life am I waiting for someone else to change before changing myself?

Tradition 5

1. Do I know what comfort, kindness and non-judgmental listening are? How can I practice them in my home today?
2. Am I consistent in my behavior and treatment of family members?
3. Do I accept myself where I am at this time or am I too hard on myself?

Tradition 6

1. Do I keep my attention focused on my spiritual well-being and relationship with God, or am I easily diverted by routine problems of day-to-day living?
2. Am I allowing personal problems or success to overwhelm me? Am I letting them get in the way of how I treat others?
3. When in the past have I operated in my family out of a primary aim of ego-gratification? How did it work out?

Tradition 7

1. Have I learned to care for myself physically, emotionally and spiritually? How?
2. Do I depend on someone else to tell me that I'm ok? Do I require "outside contributions"?
3. Do I seek approval of others?

Tradition 8

1. Do I recognize that I'm not a professional counselor or "resident expert" for every concern facing the members of my family? Do I act as if I am a therapist, doctor or attorney for my family members?
2. Do I always try to help my family members? Do I want to enable them? Do I want to do for them what they can do for themselves?
3. Do I help in a "no strings attached" way? Or am I a score-keeper on what I owe and what I'm owed by a family member?

Tradition 9

1. Do I understand that the equality of my family members is sustained by order, balance and a division of responsibilities?
2. How do I treat other trusted servants? Do I appreciate them and support them, or criticize and second-guess them?
3. Am I taking on more than I can handle?

Tradition 10

1. Am I willing to extend the same dignity and respect to family members as I would like to receive?
2. How do I concentrate on our common bonds rather than on our differences?
3. Am I defensive when someone doesn't agree with me? How do I respond?

Tradition 11

1. Am I trying to force someone into living the way I think is right? How?
2. How am I grateful for the people in my life?
3. Is my recovery attractive to others?

Tradition 12

1. Do I avoid gossip or criticism within or outside of the family?
2. Am I able to listen to others with an open mind, or am I discounting them because they are not agreeing with me?
3. Do I put anyone in my family group on a pedestal, expecting more of them than I do of myself?

Concept 1

1. Do I ever try to be the ultimate authority, or can I trust our collective or group conscience?
2. Do I reach out and ask for help with my physical/emotional/spiritual needs when required? Do I gratefully accept help?
3. How do I respond when I sense controversy or conflict? Can I keep the focus on my own experience, strength and hope and not on my perception of others' thoughts, actions, motives??

Concept 2

1. Is there anything that keeps me from being willing to allow others the grace and trust to complete their delegated tasks? Do I appreciate their talents and strengths?
2. In what way do I understand and appreciate the interdependence in my group (family/work/friends)?
3. Do I know the difference between who I am and what I do?

Concept 3

1. How do I feel when I am asked to take a trusted servant role? Grateful? Unworthy? Humbled? Joyful? Unqualified? Trusted? Overwhelmed? Why?
2. How hard is it for me to make decisions? Do I utilize resources such as seeking counsel of others, researching previous decisions, seeking spiritual guidance?
3. What are the benefits of a creative working atmosphere which allows for changed minds and new information versus a rule-book atmosphere?

Concept 4

1. Do I ever withhold my opinion or information when I have the opportunity to share it? Why?
2. In what ways have my actions and attitudes contributed to the harmony or dissonance of situations?
3. What can I do to participate more fully in my life? Where does fear hold me back?

Concept 5

1. When I am in the minority or have a grievance in my workplace, family, friendships, or Al-Anon, how willing am I to express that? What would make me more willing?
2. How hard is it for me to listen to someone's grievance with me or something I've done?
3. How can listening to a minority viewpoint benefit me when I am stuck in my own thinking? How could I invite minority voices to participate?

Concept 6

1. When I need help do I communicate my needs clearly and courteously?
2. Do I doubt others' abilities?
3. Whom do I trust ("trustees") to help me with those parts of my personal life I cannot do effectively? Work life?

Concept 7

1. How do I determine the difference between legal and traditional responsibility in my personal life?
2. Am I willing to cooperate and participate or do I gossip or criticize?
3. Do I know what my own role is in my life? How can I bring balance between situations that cross my path in daily life and my spiritual growth?

Concept 8

1. As my own "Executive Committee," can I flexibly prioritize my needs, plans and energies? Or am I resentful when life changes my plans?
2. Is it easier for me to give than to receive? If so, why?
3. Have I delegated something that is actually my responsibility to someone else? Why?

Concept 9

1. What role does my Higher Power have in my vision for the future? What roles do my relationships have?
2. Do I have a fear of failure or success? Am I afraid of being judged or criticized for my decisions?
3. Do I equate being a leader with being alone?

Concept 10

1. Am I willing to voice my concerns when expectations, job descriptions, and/or family roles are unclear? How would I approach that?
2. Have I assumed responsibilities that are not mine? Why?
3. What am I sacrificing when I fail to delegate or clearly define my own or others' responsibilities?

Concept 11

1. How do I contribute to an atmosphere of harmony at home/at work?
2. How can I respect others when I do not like and/or agree with them?
3. When have I taken on too many responsibilities? What were my motives?

Concept 12

1. Do I ever assume unqualified authority? Do I seek authority, wealth or power as a goal? When have I acted as the ultimate authority with my spouse, child, at work, those I sponsor, or anyone at all?
2. Are there areas in my life where I need to practice more balance? Financially? Emotionally? Physically? Spiritually? Do I tend to practice extremes between being irresponsible or fearful?
3. Do I think and act democratically in the groups in my life (family, work, etc.) [keep an open mind, and no one is a rubber stamp]?
 - a. When I ask others what they think, how do I respond when someone I care for disagrees with me? Do I question their motives?
 - b. Can I consider all viewpoints carefully before making a decision?