

## HOT TOPICS

### The subtleties of dominance

From our service manual, p. 50: “When the behavior of any member impacts the group, members apply the Traditions to the problem...This can be an exercise in applying Al-Anon principles so that the message is not a personal attack, but rather a request based on what is best for the Al-Anon group.”

Dominance often occurs when people are trying to be helpful, and we are an eagerly helpful lot. It is when it is out of balance that the problems exist. Do I have more than one group job? Do I have jobs in every group I attend when, especially in a smaller group, it might be important to let other members step up? Do I speak up when a member is being dominant, after I’ve talked with my Higher Power, Sponsor and Service Sponsor? Do I know about the tool kit “Using Al-Anon Principles to Resolve Conflicts (K-70)?

Conflict is a part of any human relationship, and my recovery grows when I step up and tell the truth, as I see it. If I am using the principles of the program I don’t scapegoat, I don’t raise my voice, I don’t roll over, I share from my heart with love, I tell the truth as I see it. Every group member is responsible for the health of the group. Do I turn to those members who are willing to step up and do I step back letting them handle it? I am always the one speaking up and not letting others have a chance?

We all presume good will. And there are times when group problems arise and we all have another growth opportunity, welcomed or not!