

## **QUESTIONS FOR WORKSHOP**

**#1) What was my "a-ha" moment when I stopped blaming someone else for all my problems and began focusing on my own actions?**

**#2) In what ways can I say "Yes" to Al-Anon service, and who can I ask to help me?**

**#3) Do I take Al-Anon's availability for granted? Am I willing to go to any length for my recovery?**

**#4) If every alcoholic affects at least four or five other people, why isn't Al-Anon four or five times larger than A.A.? If Al-Anon is for anyone affected, are we reaching out to everyone affected?**