

Meeting Date:
Jan 14, 2019

Monday Night How it Works AFG Open Meeting

TOPIC: Ending Divide and Conquer, The greater Good

DATE: Jan 14, 2019 7pm – 8pm

Al-Anon Speaker: Kim B, Delafield

Book: Reaching for Personal Freedom, page 70-71

Our kids for a long been using the old “divide and conquer” approach to get what they wanted – playing my husband and me against each other. As a result, we agreed to talk to each other before responding or taking any action. Our children were not happy, because they didn’t get their way as often. They eventually learned that they had responsibilities to themselves and the family that needed to be met before they could enjoy the privileges they wanted.

I grew up feeling invisible and unimportant. That was my perception, not reality. I developed bad attitudes such as “why try?”; “No one cares anyway”; and “What difference does it make?” In my family, the one who was the loudest or most assertive won – and that wasn’t me. I learned in this program that I do not have to speak the loudest or even win. After I voice my opinion, I can let go of the results, and let my Higher Power take care of the situation. I also learned that other people had the right to make their own choices and to be heard. I actually began to treat myself better when I thought in terms of the greater good for a group or family. I recognized the equality and value of every member, including myself.

I learned while growing up in an alcoholic home, I isolated when situations scared me, and I aligned myself with those I felt safe with when office politics became divisive. Although those behaviors enabled me to keep my job, they did not contribute to a better work environment. Common welfare as a way to achieve progress.

1. In what ways have I used Tradition One to alleviate division in my family?
2. How does understanding Tradition One help me to change my perception of myself and my role in my family?
3. In what ways does Tradition One help me to recognize the value of others, as well as myself?
4. How has Tradition One given my insight into my behavior in the work place?

Meeting Place:
Waukesha State Bank
Community Room
S69W15273 Janesville Rd,
Muskego, WI 53150

For more information: Call 414 688-6884