

# Al-Anon guidelines

The Shared Experience of Al-Anon and Alateen Members.

## Taking a Group Inventory

G-8b

### Methods and Reflections

#### Methods for taking an inventory

*Each group is encouraged to develop its own procedure for taking an inventory. It can be done at one time or over a period of time. Some groups decide to hold a special meeting before or after the regular meeting, other groups use the inventory as a meeting topic once a year. Groups can ask the District Representative or an Area officer to facilitate the inventory meeting. Regardless of the method, experience shows that the group benefits most by allowing time to openly discuss the responses, comments, and suggestions. Most members find that the answers to any questions that arise can be solved by application of the Twelve Traditions as well as by using the Al-Anon/Alateen Service Manual (P-24/27).*

#### Here are some suggested methods for using the guideline:

1. Use the inventory questions for group discussion. In some groups the Chairperson or another trusted servant asks one question per meeting as part of the group format.
2. Distribute the forms to members at the beginning of the meeting. The Chairperson or Secretary collects the completed forms and uses the answers for a group discussion.
3. The Chairperson provides a note pad to each member. The Chairperson reads a question and encourages members to share more than just “yes” or “no” and to write down their comments.  
Pass a basket to collect the pages. Pass the basket again having each individual take out a page randomly and read the answer. (This method usually generates more honesty because of the anonymity.)
4. Give a copy of the inventory to each member and ask that they fill it out and bring it back the following week. At the next meeting have the Chairperson read a question and have others read their responses.



**Additional thoughts on my view of our Al-Anon or Alateen group:**

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**Additional thoughts on my view of our weekly Al-Anon or Alateen meeting:**

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**Additional thoughts on my part as a member of the group:**

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**Now that I have participated in taking a group inventory, I plan to take the following action(s):**

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**Additional resources for groups:**

- Groups at Work* booklet (P-24)
- Al-Anon/Alateen Service Manual* (P-24/27)
- Al-Anon Spoken Here* (P-53)
- Information for the Newcomer* (S-4)
- Anonymity* (P-65)
- Alateen Talk*
- The Forum* magazine