

MY PART IN THE GROUP

*Circle the number of each item
you think you need to improve.*

MEETING PREPARATION

1. Do I arrive at meetings on time?
2. If I arrive early, do I pitch in and help people set up the meeting room?
3. Do I make a point of welcoming newcomers and visitors?
4. Do I greet group members by their first names?
5. Have I become familiar with all the Families Anonymous™ literature?
6. Do I bring my copy of *Today A Better Way*™ (#1015) with me to the meetings?
7. Do I “keep coming back”?

MEETING PARTICIPATION

1. Do I speak from my heart, telling how I really feel?
2. Am I honest about my shortcomings (character defects)?
3. Do I share my experiences in applying the principles of FA™ to my daily life?
4. Do I concentrate on *my* feelings and actions and not on the person who brought me to the program?
5. Do I observe the Four Destructive Forces by avoiding domination, discussion of religion, gossip, and dwelling on the past?
6. Do I try to stick to the meeting topic?

7. Do I show courtesy to those who are speaking by raising my hand and waiting to be recognized by the leader?
8. Do I avoid “crosstalk,” as defined in the meeting format?
9. When I tell my story, do I remember to do the following?
 - Avoid endless details
 - Emphasize personal growth and change
 - Admit changes that I still need to make
10. Have I prepared *Greeter/Contact Cards* (#6006) in order to personally offer my phone number to members for support between meetings?
11. When I share my experiences, do I avoid giving advice to the group?
12. Do I try to practice the Twelve Steps of FA within my group?
13. Do I listen to others with an openness that allows me to really hear what they are saying?
14. Do I demonstrate compassion for, and understanding of, other people’s pain?
15. Am I tolerant in thought and speech about the shortcomings of others?
16. Do I encourage and support others in the progress they make?
17. Am I careful to avoid putting pressure on the group to accept my ideas simply because they happen to have worked for me?
18. Am I careful to avoid intimidating others who may not have been in the program as long as I?
19. Do I realize that my personal point of view may not be right for everyone?
20. Am I sensitive to the times when I can *privately* share with someone else the help I have received from FA?

SERVICE

1. Do I offer to be responsible for any of the services that support my group?
 - refreshments
 - meeting room setup
 - meeting room close-down
 - secretary
 - treasurer
 - meeting leader
2. Do I willingly volunteer for work on committees that will benefit the group?
 - Program Committee
 - Intergroup Committee
 - Public Information Committee
 - Group Internet Committee
 - any other committee
3. Do I visit other FA groups?
4. Do I attend intergroup functions (if there is an intergroup in my area)?
5. Do I attend business meetings scheduled by my group?
6. Do I offer constructive ideas to help make my meeting meaningful and program-oriented?
7. Do I accept different opinions good-naturedly and defer to the wishes of the group?
8. Am I willing to extend myself and sponsor a newcomer?
9. Do I make a cooperative effort to “spread the word”?



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Am I Participating?



FAMILIES ANONYMOUS