



Portland Al-Anon Information Service & Literature Depot

Choosing a Workbook

*Consider adding a new title of **Conference Approved Literature** to your personal collection!*

All these titles (and more!) are available from the Portland AIS.

Did you know that Al-Anon offers four (4) workbooks? Workbooks can be used to work through Al-Anon material on your own, with a Sponsor, or with a small group. Workbook questions can also be a good source for fresh meeting topics. Choose from the following to select a workbook to add to your program of recovery!

Blueprint for Progress: Al-Anon's Fourth Step Inventory (P-91) Workbook for conducting an in-depth inventory. Includes reflections and inventory questions on 22 aspects of personal growth, such as anger, control, fear, finances, honesty, intimacy, sex, spirituality, and more! This workbook can also be a great source to introduce any of these themes as the topic for a meeting. Also lists and describes Character Traits, which can be a useful tool for Steps Six and Seven. Checklist included.

Reaching for Personal Freedom (P-92) Living the Legacies. A workbook for using Al-Anon's Twelve Steps, Traditions, and Concepts of Service in one's personal life. Each chapter begins with a brief introduction followed by personal stories of how members have applied each Legacy to their personal lives. Questions address each personal story.

Paths to Recovery Workbook – A Companion for Studying Al-Anon's Steps, Traditions and Concepts (P-93) The *Paths to Recovery* book (B-24) features in depth chapters focusing on each of our 36 Legacies. Each chapter includes stories submitted by members, along with a list of thought-provoking questions. The workbook contains the questions from the book, with space to write your answers.

Alateen's 4th Step Inventory (P-64) Keeping it simple, for members of any age. This approach to the 4th Step was developed for Alateens, yet anyone is welcome to participate. This inventory has a section for each of the following: Attitudes, Self-Esteem, Love, Responsibility, Feelings and Relationships. Also includes a list of character traits and a section on continuing to take personal inventory in Step 10.

When you buy from the Portland AIS, you support our local services.

Contact anytime via e-mail ais@al-anonportlandoregon.org