



Portland AI-Anon Information Service & Literature Depot

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## Issues of Control

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***How AI-Anon Works for Families and Friends of Alcoholics*** (B-32) This book explores many AI-Anon basics, including a section about the three Cs. Many of the AI-Anon tools included in this book can be employed to help us without issues of control.

***Blueprint for Progress: AI-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, including an entire section about Control..

***As We Understood*** (B-11) A collection of Spiritual Insights. The size of a daily reader, this is actually a "chapter book", with six chapters on various aspects of spirituality. Including an entire chapter about "Letting Go".

***Many Voices, One Journey*** (B-31) AI-Anon's story of growth and recovery. Includes questions for reflection/discussion, which are well suited to become meeting topics or to serve as journal prompts.

***Understanding Ourselves and Alcoholism*** (P-48) This pamphlet explores the alcoholic's obsession, addiction, compulsion and denial as well as the anxiety, anger, denial and feelings of guilt experienced by loved ones. These are feelings which can lead us to issues with control.

***Alcoholism, a Merry-Go-Round Named Denial*** (P-3) This pamphlet represents the life of an alcoholic as a play. Each "character" has only limited control. In recognizing what can be controlled and what cannot, change is possible.

***Detachment*** (S-19) This leaflet summarizes the basics of detachment. Detaching from situations we cannot control is an effective AI-Anon tool.

***Other:*** Most AI-Anon books feature an index, often including references for "Control" or "Controlling".

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*July 2023 Adapted from Indianapolis Information Service & Literature Depot*