



Al-Anon Family Groups

INDIANAPOLIS INFORMATION SERVICES AND LITERATURE DEPOT

Choosing a Workbook

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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, \$9) 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. The original (shorter) version (P-5, \$4) is also still available.

Reaching for Personal Freedom (P-92, \$15) 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, \$10) The *Paths to Recovery* book (B-24, \$21) 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. B-24 and P-93 are also available as a set. (K-31, \$27)

Alateen's 4th Step Inventory (P-64, \$5) 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.

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Contact anytime via e-mail indylc@indiana-al-anon.org

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