

FACING MY CHILDREN
A WORKSHOP ON RELATIONSHIPS AND RESPONSIBILITY

“The serious business of childhood is play.”

(Meeting leader *may add as many appropriate questions as desired* to the ones provided. The meeting leader may want to reproduce the questions as a list to be distributed to the group or as “ask it” basket aids, but it might be most productive to still read the list aloud before beginning the discussion. Allow for 10 or more minutes at the end of the meeting to discuss the suggested amends at the end of the list of questions.)

Leader says: Please read or listen carefully to these questions and then answer them honestly in your head and your heart.

1. Have I been affected by another person’s drinking?
2. Did I parent a child in an alcoholic family environment?
3. Did I try to control my household in order to avoid conflict, confrontation or violence with the drinker?
4. In focusing on the drinker, did I isolate myself from my children?
5. Did I demand quiet of my children when the drinker came home?
6. Did I demand absence of my children from the drinker’s presence?
7. Did I require perfection of my children?
8. Was my relationship with my children more confrontational than affectionate?
9. Did I blame my children, or give my children reason to feel blamed, for my mistakes or the condition of the drinker?
10. Did I try to make my child my “best friend” or confidant to whom to voice my cares and problems?

Leader says (after discussion of the questions):

If I answer YES to any of these questions, I may come to the conclusion that, as good a parent as I may be or have been, amends to my children are owed.

A good definition of “amend” is: *to make better*.

Perhaps some of us can make an excellent amends by *actively* supporting Alateen in our homes, in our groups, and in our district. Support can mean encouraging my group to sponsor an Alateen meeting, buying Alateen literature for an Alateen group, working on an Alateen event, inviting an Alateen to tell his story, or having Alateen literature on hand. It can also include recommending Alateen to members who are concerned about their children.

Perhaps some of us can make an excellent amends by bringing our child to Alateen for the recommended “six meetings” so the child has a chance to determine for him or herself whether Alateen is for him or her.

Perhaps some of us can overcome whatever impedes us from becoming Alateen Group Sponsors so that other children of Alcoholic households can have the opportunity to see if Alateen is for them and to find the seeds of the wonderful recovery we have found in the rooms of Al-Anon.