

CONFLICT RESOLUTION

“We begin to realize that conflict is quite common, can happen in any setting, and that we can use our program tools in all areas of our lives. Conflict can provide an opportunity for growth.” (*Talk To Each Other: Resolving Conflicts Within Al-Anon, S-73*)

- 01/08 **Spiritual solutions**
- 01/15 **Loving interchange**
- 01/22 **Let it begin with me**
- 01/29 **Unity: Our common goal**
Group conscience: Mutual respect
- 02/05 **Our common bond: Singleness of purpose**
Autonomy: Freedom with balance
- 02/12 **Primary purpose: Compassion and understanding**
Spiritual aim: Cooperation without affiliation
- 02/19 **Self-support: Abundance**
Our personal experience: Knowing our roles
- 02/26 **Structure with flexibility: Working together**
Keep the Al-Anon focus: Let go of outside issues
- 03/05 **Attraction, not promotion: Humility**
Principles above personalities: Spiritual foundation
- 03/12 **Resolving conflict**
- 03/19 **Group conscience**

WEDNESDAY WORKSHOP SERIES

[HTTPS://AL-ANON.WORKSHOPSISERIES.ORG](https://al-anon.workshopsiseries.org)

Hosted by District 13 WA Area

We will have speakers each week sharing on Al-Anon's tools for solutions in all areas of our lives.



Every Wednesday
6:00 PM Pacific / 9:00 PM Eastern

Zoom Meeting ID: 387-493-608
Passcode: 123456

<https://zoom.us/j/387493608?pwd=MjRUUJmdUEyaWlWcVl2d1dBBeElMdz09>