

SCWS Workshop Presentation

Conflict Resolution in Al-Anon

Created 1/2022
Revised 8/2025

Talk to Each Other: Resolving Conflicts within Al-Anon S-73

“Everyone experiences conflict. It is a fact of life, whether it is conflict in a family, with a friend or neighbor, a co-worker, or a member of an Al-Anon Family Group....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*

“In Al-Anon, we learn to trust a Higher Power, ourselves, and others in the group. There is an intentional absence of personal power or authority; we presume goodwill. It is no longer about winning or losing, but of traveling on a journey toward greater understanding. We enter into a reciprocal relationship to seek resolution of the conflict and invite our Higher Power into our conversations.”

-Tradition Two – *Conflict Resolution Using our 12 Traditions S-72*

“All Al-Anon discussions should be constructive, helpful, loving and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.”

- *2022-2025 Al-Anon/Alateen Service Manual,*
“Three Obstacles to Success,” P24/27 p. 20

Conflict Resolution Using Our Twelve Traditions (S-72)

“The Principles of common welfare and unity in Tradition One create a positive environment that is conducive to resolving conflict. We understand that everyone has a equal voice in the matter; we listen and learn. We also have a responsibility to share – to voice our view and opinions, and to accept those of others. Our common Goal is to find the solutions that is best for the greatest number. “

Tradition One - Conflict Resolution Using our 12 Traditions

“As Al-Anon members, we are non-professional. We share our personal experience and what has worked for us. Dominating a group and giving advice can fuel conflict. “

Tradition Eight - Conflict Resolution Using our 12 Traditions

Conflict Resolutions Using Our Twelve Traditions – Cont'd

“It can be difficult to accept that conflict can arise within Al-Anon, where we have found peace and serenity. However, such situations allow us the opportunity to learn to handle conflict differently than we did in the past.”

Tradition Eleven -Conflict Resolution Using our 12 Traditions

”When we place principles above personalities, we keep our focus on what unites us and avoid personality-related conflicts. Anonymity is the spiritual foundation for this approach. Anonymity helps us to accept the group conscience, even if we personally would have preferred a different outcome to the discussion we remember we all have the same spiritual potential.”

Tradition Twelve -Conflict Resolution Using our 12 Traditions

Loving Interchange to Resolve Conflict (S-71)

- Presume goodwill
- Stop talking
- Listen to the other person's point of view
- Discuss, don't attack
- Stick to the subject
- Accept responsibility for your words and actions

IF YOU CAN'T REACH A SOLUTION...



Agree to
Disagree



Say the
Serenity Prayer



Call your
sponsor



Break for lunch
or a snack

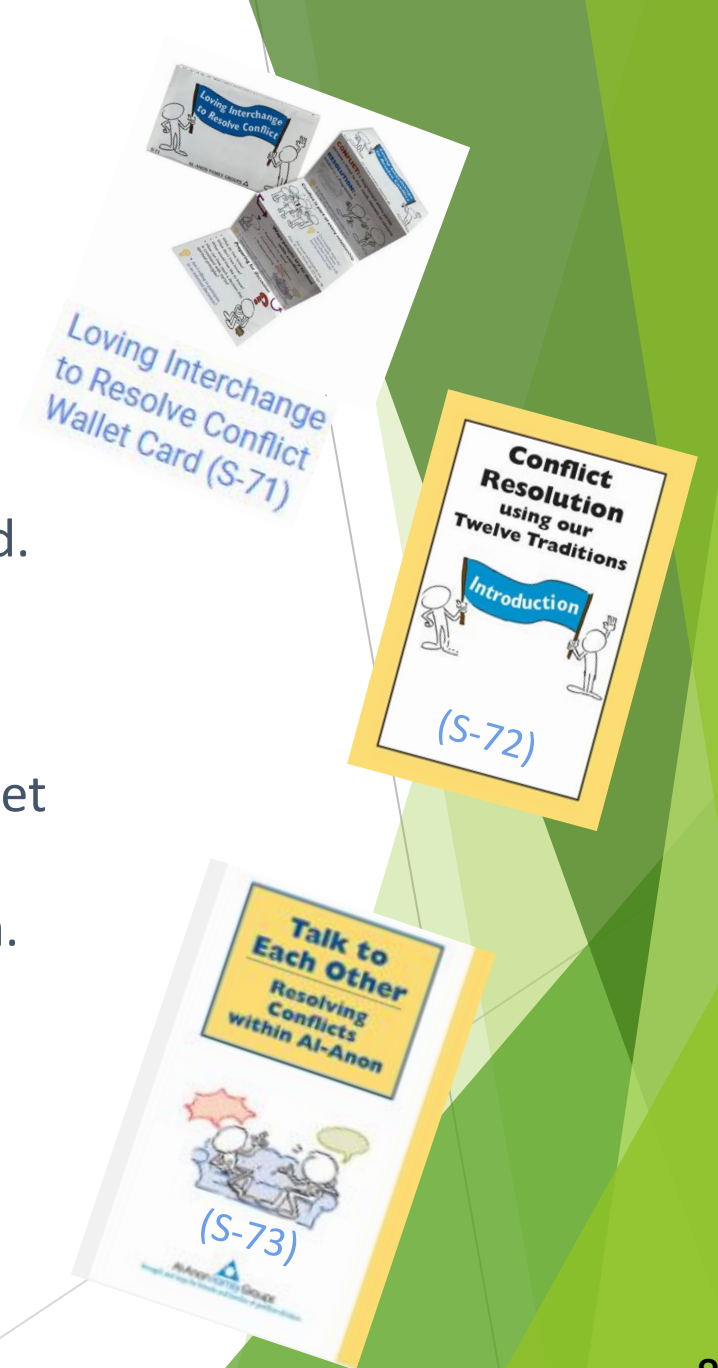
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Resources

Al-Anon has literature and documents that can help!

The *Conflict Resolution Kit* is made up of three tools (K 70).

- *S-71* is the *Loving Interchange to Resolve Conflict*--fold-out wallet card.
- *S-72* is *Conflict Resolution using our Twelve Traditions*--a packet of 6"X 4" laminated cards.
- *S-73* is *Talk to Each Other: Resolving Conflicts within Al-Anon*--pamphlet with specific guidance for conflict in the Group, District, Al-Anon Information Service/Literature Distribution Center (AIS/LDC) and Area.



“The principles that guide us through conflict in the naturally different points of view within our diverse fellowship are useful as personal standards in any group – families, jobs, clubs, churches – just about anywhere. In Al-Anon we learn how to live in a variety of relationships without losing ourselves or forcing our ideas on others. By including study of the Traditions on our paths to recovery, we learn how to have healthier relationships than most of us have ever known.”

Paths to Recovery © 1997, Page 134