

Concept Scavenger Hunt – Variety of Conference Approved Literature (CAL) Resources

1. Which Concept does this excerpt refer to?
“Such a match between expectation and ability was missing in my alcoholic family. Authority and responsibility were often misplaced. I can remember as an adolescent often mediating my parents’ drunken fights.” *Hope for Today* (B-27), p. 29
 - Concept One
 - Concept Nine
 - Concept Eleven

2. Regarding Concept Two, in which piece of Conference Approved Literature (CAL) is this excerpt found? “In my personal life, I have finally realized that I cannot do everything; indeed, I do not even want to. Therefore, I must learn to rely on other people.”
 - Paths to Recovery—Al-Anon’s Steps, Traditions, and Concepts* (B-24)
 - Many Voices, One Journey—Al-Anon Family Groups* (B-31)
 - Hope for Today* (B-27)

3. Regarding Concept Two, in which piece of CAL is this excerpt found? “For some who have been affected by alcoholism, relying on others to complete an assigned job or task may be difficult.”
 - Reaching for Personal Freedom—Living the Legacies* (P-92)
 - 2018-2021 Al-Anon/Alateen Service Manual* (P-24/27) version two (2)
 - One Day at a Time in Al-Anon* (B-6)

4. In *Paths to Recovery*, in which Concept is there an example of a parent teaching a child how to tie shoelaces for the first time?
 - Concept Three
 - Concept Nine
 - Concept Twelve

5. Which Concept does this excerpt refer to?
“While I was growing up, my alcoholic father acted like a dictator, making decisions for everyone in the family without consulting anyone. On the other hand, my mother was subservient and rarely

contested my father. I grew up seeing the extremes of decision-making—dominance and lack of participation.” *Hope for Today* p. 99

- Concept Four
- Concept Eight
- Concept Eleven

6. In which Concept would we find:

“Truly listening to someone who is expressing an opinion contrary to my own is one of the hardest things for me to do. Today, I understand that differing opinions weren’t allowed in my family of origin. Although it was never explicit, it was quite clear—‘Make up your own mind, as long as you agree with me.’” *Reaching for Personal Freedom* p. 141

- Concept Four
- Concept Five
- Concept Nine

7. In which Concept would we find:

“I have given my wife the primary administrative responsibility of managing our checking account. She writes most of the checks, and balances the checkbook. While both of us are ultimately responsible for the checking account, it is more efficient for one person to manage the checkbook.” *Reaching for Personal Freedom* p. 145

- Concept Six
- Concept Seven
- Concept Two

8. In regard to Concept Seven, in which piece of CAL does a parent play the role of the Board of Trustees, and remains a member of the Conference (family), and can, if necessary, override the decisions made by the Conference (the daughter) that would endanger the legal and financial well-being of the entire family?

- Paths to Recovery*
- Courage to Change—One Day at a Time in Al-Anon II* (B-16)
- 2018-2021 Al-Anon/Alateen Service Manual* version two (2)

9. In regard to Concept Eight, in which piece of CAL does it state:

“In my family I was the ‘executive committee,’ meaning much of the routine household management fell to me. No one consciously delegated it to me; it just seemed to be mine by default... It wasn’t long before taking on others’ responsibilities became a habit for me, a habit I carried into my adult life.”

- Paths to Recovery*
- Many Voices, One Journey*
- Hope for Today*

10. In regard to Concept Nine, in which piece of CAL does it state:

“As the GRs meet in their assemblies to name a Delegate, an even greater degree of care and dedication will be required. Personal ambitions must be set aside, antagonisms and controversy forgotten. ‘Who are the best qualified people we can name?’ should be the sole thought.”

- Reaching for Personal Freedom*
- 2018-2021 Al-Anon/Alateen Service Manual version two (2)*
- One Day at a Time in Al-Anon (B-14)*

11. In regard to Concept Ten, in which piece of CAL does it state:

“In a family it must be clear who sets the rules. If children can get a different answer from each parent to a request to stay out late, this is ‘double-headed management.’ If Dad prefers to defer to Mom on such matters, the entire family must know this....Likewise, Dad must have respect for Mom’s ultimate authority in this matter.”

- Paths to Recovery*
- Courage to Change*
- How Al-Anon Works for Families & Friends of Alcoholics (B-32)*

12. In *Paths to Recovery*, in which Concept does it state:

“Family structure composed of family teams, supervisors, and do-ers, no prima donnas and everyone gets treated fairly.”

- Concept One
- Concept Five
- Concept Eleven

13. In regard to Concept Twelve, in which piece of CAL does it where does it describe prudence as “wisdom with balance?” And describes how prudence can be exercised in “physical, emotional, and spiritual well-being. Taking things one at a time with some order of importance is being prudent. Conserving my energy when I am hungry, angry, lonely, or tired is prudent. Good physical exercise in accordance with my age and ability is prudent. Time for rest and leisure is prudent.”

Paths to Recovery

Courage to Change

Hope for Today

14. In regard to Concept Twelve, where do these examples appear?

“When I was promoted to supervisor at work, I finally felt I was in a position of unqualified authority. When decisions needed to be made and actions carried out, I never discussed options with the people who worked under me.”

“As a stepmother I also felt in charge. I listened with my head and not my heart.”

Hope for Today

Reaching for Personal Freedom

2018-2021 Al-Anon/Alateen Service Manual version two (2)