Hi Ask It Basket Readers,

On June 4, 2018 there were two "Ask It Basket" questions regarding dominance in a "home group". As noted in the *Al-Anon/Alateen Service Manual, 2018-2020 on Pg. 22, Three Obstacles in Al-Anon, Item 3. Dominance is one of the obstacles in Al-Anon as well as Discussion of Religion and Gossip.* It can be disruptive to the unity of the group.

On pages 52-53 in the Service Manual, there is a very helpful reading about Group Problems and Solutions. It is suggested reading that. The most effective solution is to go back to the Traditions particularly Tradition 1. Holding a group conscience, since it is the *group* who has the authority (Tradition 2) to address an issue such as this with gentleness and presumed good will for all involved.

Sometimes a Group Inventory may be appropriate. Information about having a group inventory can be found in the Al-Anon Guidelines on the WSO website al-anon.org. There are two Guidelines on Group Inventories (GL 8A and 8B). These two documents can be very helpful to give a group some confidence in approaching a problem of this nature. They can be printed for free for your use at any time.

With those tools the group is empowered to work out the details of a solution remembering the group is the ultimate authority in Al-Anon via the group conscience.

Good luck with your endeavors to solve your problem using our Traditions and Concepts. Holding meetings on them which strengthen the group. The more understanding of the Legacies your fellow members have the stronger the group becomes.

I hope this helps somewhat to give you some encouragement to solve our common problems with the use of the Traditions which bind us together in unity!!

Your Trusted Servant,

Diane C